

#TweseTuriKumweMurilbi

#WeAreInThisTogether

# Guma mu Rugo

*New Hampshire yasohoye itegeko ryo  
Kuguma mu Rugo kubera COVID-19*

Muze dufatanye guhagarika ikwiragira.  
DUSHOBORA kugira icyo duhinduye!

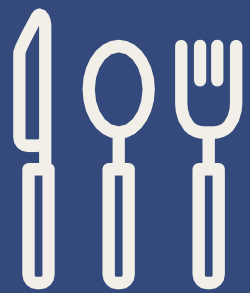
Uzave mu rugo gusa ugiye:



Kwa muganga [Kwivuza]



Gushaka ibintu by'ingenzi  
(Ibiryo, imiti, ibikoresho by'isuku)



Gufata ibiryo mu mariro agurisha ibyo  
gutwara gusa [take-out]



Kora siporo hanze ariko ugumizaho  
umwanya hagati yawe n'abandi bantu

Ushaka kumenya byinshi jya kuri:  
[nh.gov/covid19/](https://nh.gov/covid19/)



NH DIVISION OF  
Public Health Services  
Department of Health and Human Services

