

1)  
Hagarika gukwiragiza imigera igutera indwara  
ikongera ikandukira abandi!

2)

# Ipfuke ku Munwa mu Gukorora

3)  
Ipfuke ku munwa no ku mazuru n'igitambara canke agakaratasi kobigenewe iyo uriko urakorora canke urasamura

*canke*

4)  
Korora canke asamura wifutse igihande ca ruguru c'ishati wambaye, ntupfuke umunwa n'ikiganza.

5)  
Tera agakaratasi uhejeje gukoresha mu gaseke kagenewe gutabwamwo ibintu vy'umwanda.

6)

# Karaba iminwe yawe

igihe cose uhejeje gukorora canke kwasamura.

7)

Karaba umare amasegonda 20 uriko urakaraba ukoresha isabuni n'amazi ashushe

*canke*

8)

Ihanaguze umuti ubigenewe urimwo umuti wo kwica imigera mibi.

9)

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717 SE Delaware Street  
Minneapolis, MN 55414  
612-676-5414 or 1-877-676-5414  
[www.health.state.mn.us](http://www.health.state.mn.us)

10)

Ikoraniro ya Minnesota Iraba Uko Imiti Itakaro