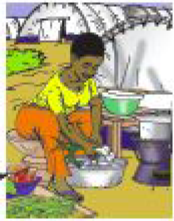
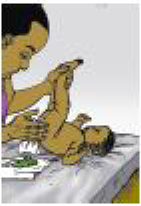
TIFOYIDE NI IKI?

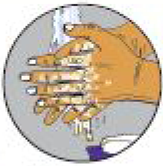
Menya uko woyikingira n'umuryango wawe

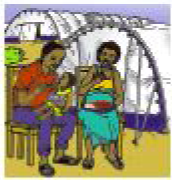
Tifoyide ni indwara isinzikaza ubuzima ugashobora no kwitaba imana, irinda kuvurwana muganga. Tifoyide yandukira mu buryo bukurikira: Mu mwanda mukuru, mu mazi no mu bifungurwa. Ibimenyetso vya tifoyide ni ibi bikurikira: umucanwa, nogukanya ugasuherwa, kubabara munda, gucibwamwo cankekutaja ku musarani.

1. Karaba neza n'amazi meza nisabuni intoke uhejeje gukoresha umusarani, gukura ko imyanda, imbere yo gukinjika n'imbere yogufungura. Kandi koresha igihe cose akazu ka surugumwe mukwirinda no gukwirakwiza imyanda.









Isabune

2. Mu gihe ufise umucanwa canke ikindi kimenyetso ca tifoyide hamagara umujanama w'ubuzima canke uje kw'ivuriro bidatevye. Kurikiza impanuro za muganga kandi ufate imiti nkuko muganga yabigusiguriye.

4. Uvomere amazi ukeneye ku munsi yo muwibonba kandi uyabike uyafundikiye neza.

3. Teka ivyokurya vyawe uvyitwararike kandi ubifungure bigishushe.

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