

DUFATANYIJE, TWIRINDE INDWARA ZANDUKIRA



GUKARABA INTOKI



Isabune



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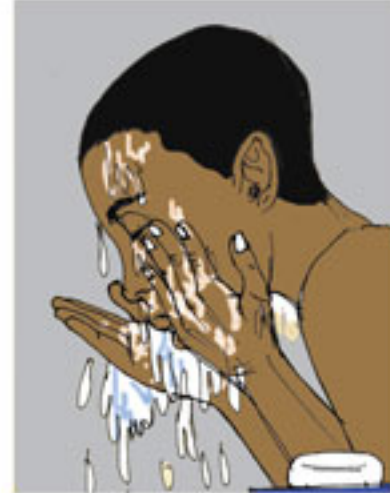
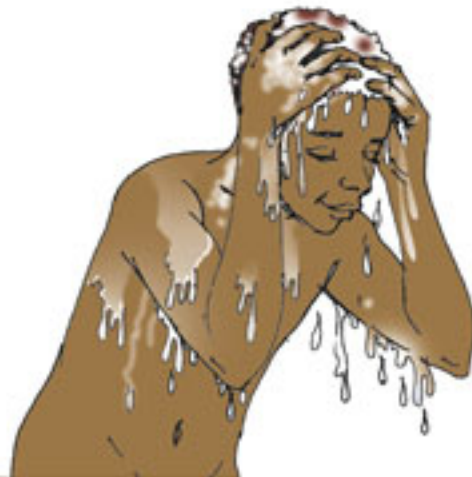
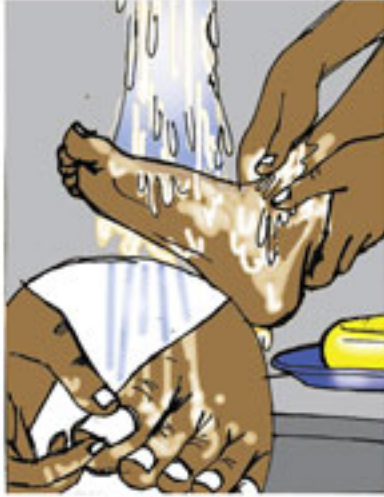
Karaba intoki igihe cose n'amazi meza n'isabune:

- Uvuye ku musarani (akazu ka sugwumwe)
- Uhejeje guhanagura umwana yitumye
- Imbere yo gufungura
- Imbere yo kugaburira umwana canke kumwonsa
- Imbere yo gutegura infungugwa

Karaba intoki mu mazi atemba, ntukarabire mw'ibase canke ikindi kintu muhurizamwo intoki kuko bisubiza umwanda ku ntoki. Ntimukoreshe igitambara kimwe mukwihana-gura, vyiza n'ukwumukisha intoki n'umuyaga udugije amaboko hejuru.

Gukaraba intoki n'amazi meza n'isabune bikurinda indwara zo gucibwamwo zirimwo kolera, indwara zica mumpwemu duhema, indwara z'urukoba ndetse n'indwara z'ikiza nka Ebola.

ISUKU RY'UMUBIRI

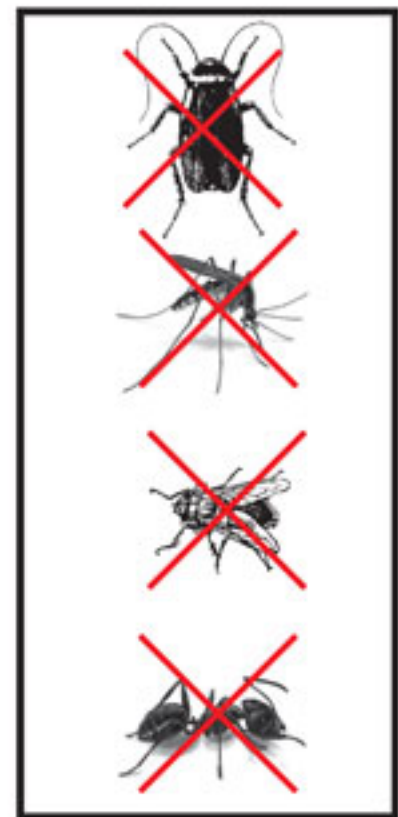


ISUKU RY'UMUBIRI

- Utegerezwa kwoga umubiri wose n'amazi meza n'isabune nimiburiburi rimwe ku munsu ukanamesa uduhuzu tw'imbere
- Ni vyiza kwiyoga mu mutwe iminsi yose ukoresheje isabune n'amazi meza
- Umuntu ategerezwa kwoga mu maso avyutse
- Utegerezwa gukaraba intoki ukazimarako umwanda ukoresheje amazi meza n'isabune
- Utegerezwa kwama uca inzara z'intoki n'iz'amano kuko zibika umwanda mwinshi
- Ni vyiza kwoza amenyo nimiburiburi kabiri ku munsu, mu gitondo no mwijoro nyuma yo gufungura
- Utegerezwa kumwa imishatsi y'abana hama abakuze bakibuka kwisokoza iminsi yose
- Utegerezwa kwama umesa impuzu kugira ngo zitanuka, kandi ukirinda kuzambarana n'abandi
- Utegerezwa kwama wikurugutura mu matwi uko woze umubiri wose canke mu mutwe
- Utegerezwa kwimwa inzya n'ubusakwaha igihe cose

Kugira isuku ry'umubiri bituma wirinda indwara ziterwa n'umwanda nk'indwara z'urukoba, kandi tukaja mu bandi tutamaramara

ISUKU RYO MUNZU

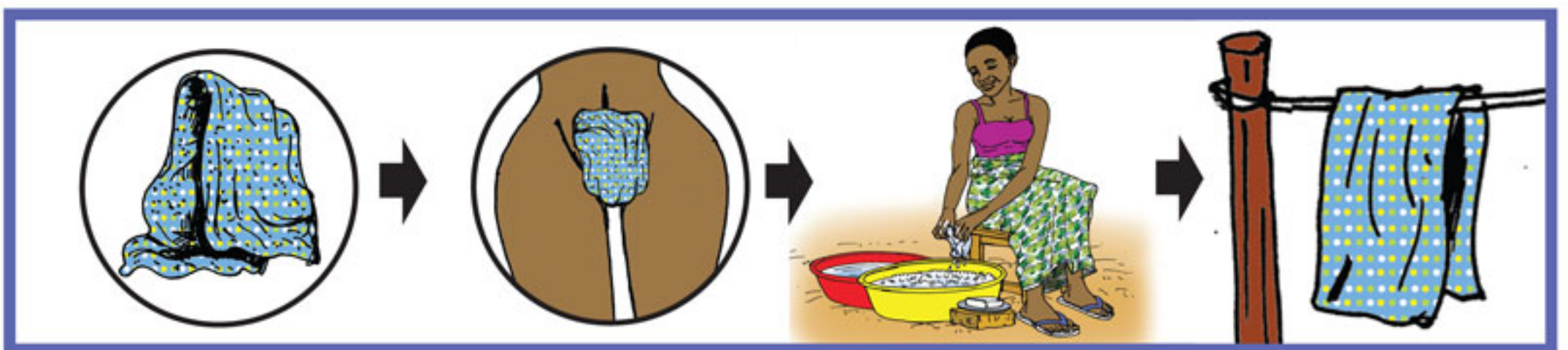
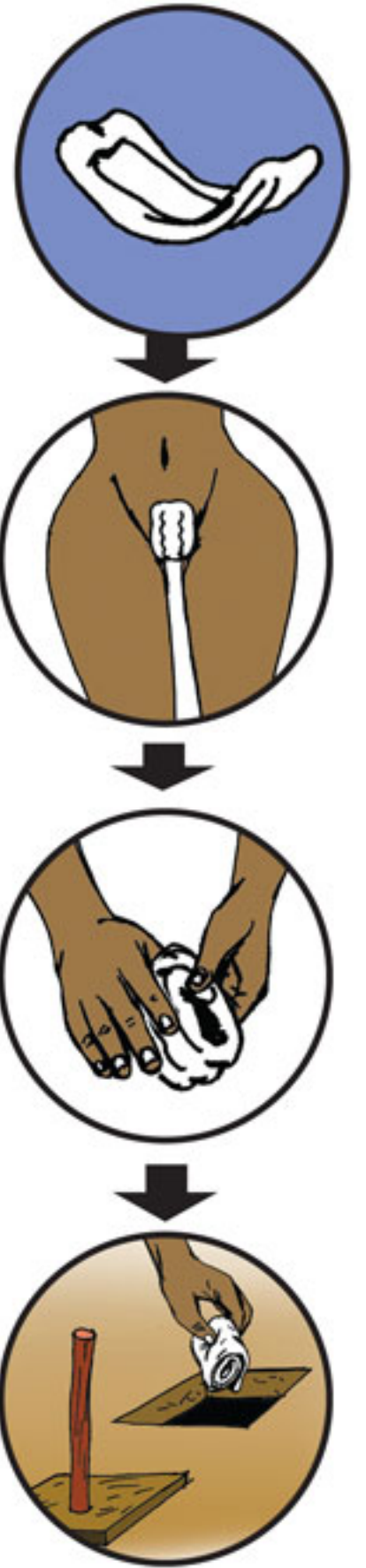


ISUKU RYO MUNZU

Tutegerezwa kugira isuku ry'aho tuba n'aho turyama:

- Mugukubura munzu, tumijagire amazi imbere yo gukubura kugirango ntidutumure intumo
- Tumese impuzu, ibisaswa n'ivyo kwifuka
- Twirinde gutagaguza ivyokurya vyasigaye bishobora gukwega udukoko nk'imbeba, isazi, inyenzi, n'ibindi vyokwega indwara
- Dute imyanda mu bimoteri vyayigenewe. Kirazira guta umwanda ahandi hantu. Kugira isuku aho tubaye bizotuma ikambi yose irangwa n'isuku, bityo dutandukane n'umwanda n'udukoko dukwegwa n'imyanda.

ISUKU MU GIHE C'UBUTINYANKA KU BIGEME N'ABAGORE



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- Mutegerezwa kugira isuku mu gihe c'ubutinyanka ku bigeme n'abagore. Mu gihe umwigeme cangwa umugore ari mubutinyanka, ategerezwa kwoga nimiburiburi kabiri ku munsi, ahindura ivyo yambaye n'ivyo kwibinda.
- Ku bakoresha udutambara, bategerezwa kudukwibura no kutumesa n'amazi meza n'isabune kenshi gashoboka, bakatwanikira ahari izuba tukuma neza. Iyo ukoresheje utwo dutambara tutaruma bituma ugira umunuko ndeste bishobora kugukwegera indwara zo mubihimba vy'irondeka.
- Ku bakoresha kotex, bategerezwa guhindura imbere y'uko yuzura, kandi bakayita ahabigewe. Kirazira guta kotex yakoreshejwe aho abantu babona.

Isuku mu gihe uri mubutinyanka ririnda indwara zifatira mu bihimba vy'irondeka zivuye kw'isuku rike kandi rikarinda kunuka nabi bituma uwuri mubutinyanka atidegevyva mubandi.

ISUKU RY'IBIDUKIKIJE

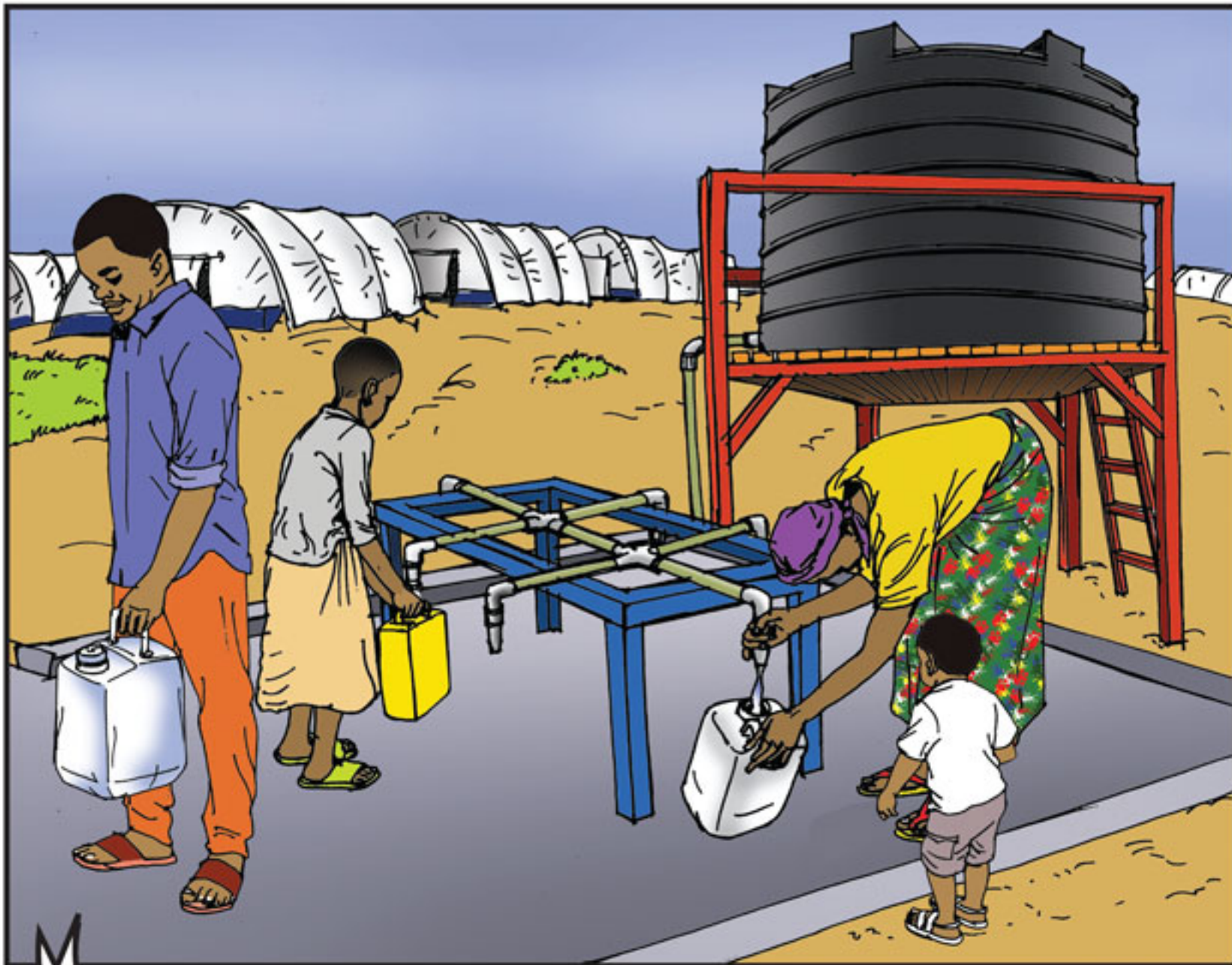


ISUKU RY'IBIDUKIKIJE

Dutegerezwa kugira isuku mw'ikambi n'ahayikikuje:

- Dukore ibikorwa rusangi mu gutera ibiti, gutora imyanda no kuyita mu bimoteri hamwe no gutema ibisaka n'ivyatsi bidukikuje
- Ibiti, amashugwe n'urwiri bizotuma duhema impwemu nziza, kandi biturinde inkukura.
- Isuku ry'ahakikuje ikambi rizoturinda indwara nka malaria n'izindi ziterwa n'umwanda canke isuku rike, bitume tuba ahantu heza.

AMAZI MEZA YO KUNYWA



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- Dutegerezwa kuvoma amazi yo kunywa kw'isoko ryabigenewe gusa
- Dutegerezwa kugira isuku ry'amavomo, twirinda gutaho imyanda, gusesa amazi ku ruhande, kwituma hafi yayo n'ibindi vyotosekaza ayo mazi
- Amazi yo kunywa ava kure kandi kuyasukura birazimvye, twirinde kuyonona
- Gira isuku y'ibikoresho bibika amazi yo kunywa hamwe n'ivyo kuyanyweshya
- Fasha umwana kunywa amazi n'igikombe cogejwe neza, kandi twirinde gusangirira ku gikombe kimwe, canke kunyweshya intoki zidakaravye

Kunywa amazi meza bizodukingira indwara zo gucibwamwo zirimwo na kolera, bidukingire no kurwara inzoka zo mu nda n'izindi ndwara zituruka mukunywa amazi mabi

GUKORESHA NEZA AKAZU KASUGWUMWE



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- Dutegerezwa kwituma buri gihe mukazu kasugwumwe, kirazira kwituma hanze canke mu gahinga
- Abavyeyi bategerezwa gufasha abana bato kwituma mu bikoreho vyabigenewe nka pot,baheze bate uwo umwanda mukazu kasugwumwe kandi boze pots ntizikwege isazi
- Kirazira kwituma hejuru mukazu kasugwumwe, kuko bikwega Isazi zigaheza zigakwiragiza umwanda n'indwara ziwukomokako, kandi bikabera intambamyi abandi bakoresha ako kazu kasugwumwe
- Ibuka gukaraba n'amazi meza n'isabune igihe cose uvuye mukazu kasugwumwe canke uhejeje gufasha umwana kwituma

Gukoresha neza akazu kasugwumwe no kukagirira isuku biturinda umunuko, umwanda n'isazi zikwiragiza indwara zituruka kw'isuku rike zirimwo gucibwamwo, kolera, tifoyide, inzoka zo mu nda n'izindi ndwara zitegwa n'isuku rike.

KURWANYA MALARIA



KURWANYA MALARIA

Turwanye malaria:

- Mukuryama iminsi yose mu musegetera urimwo umuti wica imibu
- Mukwirinda ibiziba n'amazi aretse mw'ikambi aho tuba.
- Duteme ivyatsi bikikuje aho tuba.
- Twihutire kwivuza no kuvuza abana mu gihe bagize bimwe mu bimenyetso vya malariya nk'umuriro, kumeneka umutwe, kudahwa, gucika intege n'ibindi...

KWIRINDA UMUGERA WA SIDA N'INDWARA YA SIDA



KWIRINDA UMUGERA WA SIDA N'INDWARA YA SIDA

- Kenshi, Umugera wa SIDA wandurirwa mu guhuza ibitsina mutikingiye
- Nta muti, nta n'urucanco rw'Umugera wa SIDA n'indwara ya SIDA, ariko ushobora kuyirinda mukwihangana ntukore imibonano mpuzabitsina canke ugakoresha agakingirizo. Abubakanye mushobora kwirinda mukutarenga ibigo canke mugakoresha agakingirizo neza igihe cose mugiyeye guhuza ibitsina n'uwo mutubakanye.

KONSA UMWANA AMABEREBERE GUSA AMEZI ATANDATU YA MBERE



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- **Amaberebere** arimwo intungamubiri zose umwana akenera mu mezi atandatu ya mbere, onsa umwana wawe **amaberebere** gusa. Ntugire ikindi kintu uha umwana mu mezi atandatu ya mbere habe n'amazi
- Onsa umwana kenshi, igihe cose abishakiye, ku murango no mwijoro
- Guha umwana amazi canke ibindi binyobwa bishobora gutuma umwana arwara mu gihe ubimuhaye mu mezi atandatu ya mbere akivuka
- **Amaberebere** atuma umwana atarwaragurika, ni vyiza kubandanya kwonsa no mu gihe umwana yoba arwaye, nk'ugucibwamo.

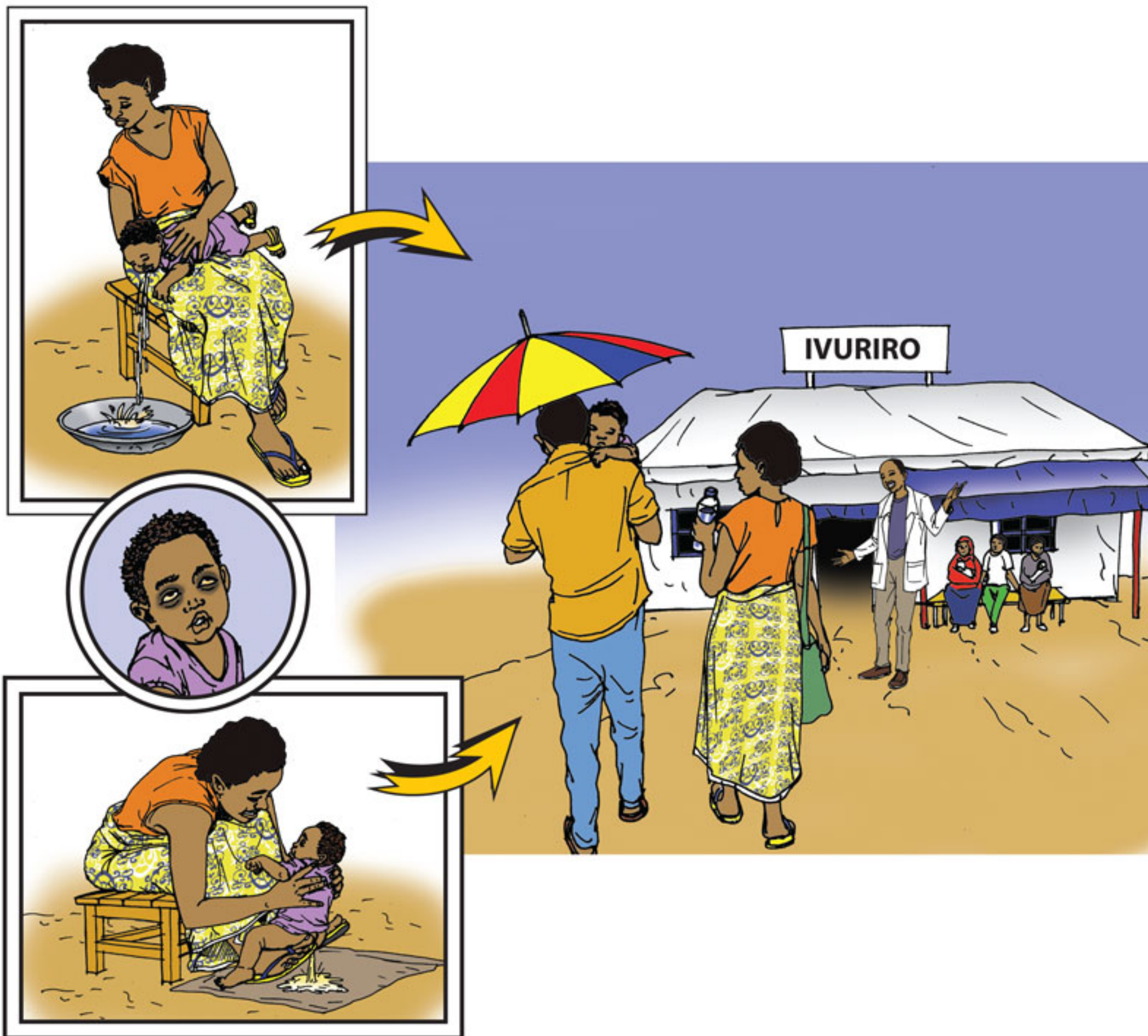
GU CANDAGISHA ABANA



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Ibuka gucandagisha umwana incanco zose ukurikije ikirangaminsi wahawe n'umuganga. wame ubika neza ikarata y'urucanco, kugira ngo igufashe gukurikirana incanco n'igikuriro c'umwana.

NYARUKANA KW'IVURIRO UMWANA ACIBWAMWO MUTARINDIRIYE NA GATO

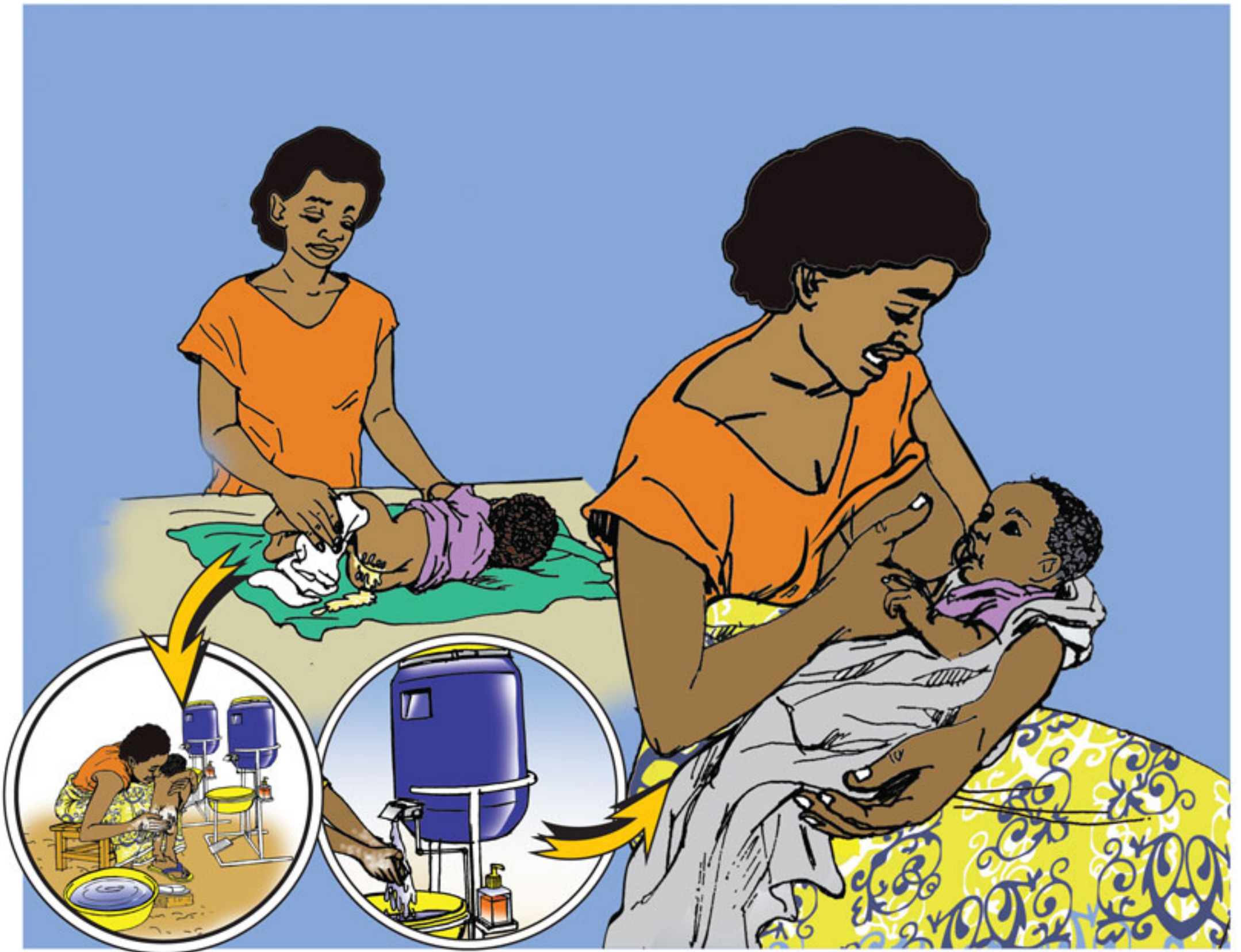


NYARUKANA KW'IVURIRO UMWANA ACIBWAMWO MUTARINDIRIYE NA GATO

Mu gihe umwana acibwamwo, munyarukane kw'ivuriro ribegereye.

Bandanya umuha ivyo anywa mu gihe umujanyeyo. Umwana adahwa naho, arashobora kuba yafashwe na korera. Kw'ivuriro bazobereka, mu gihe bikenewe, aho mushobora kuvuza korera habegereye.

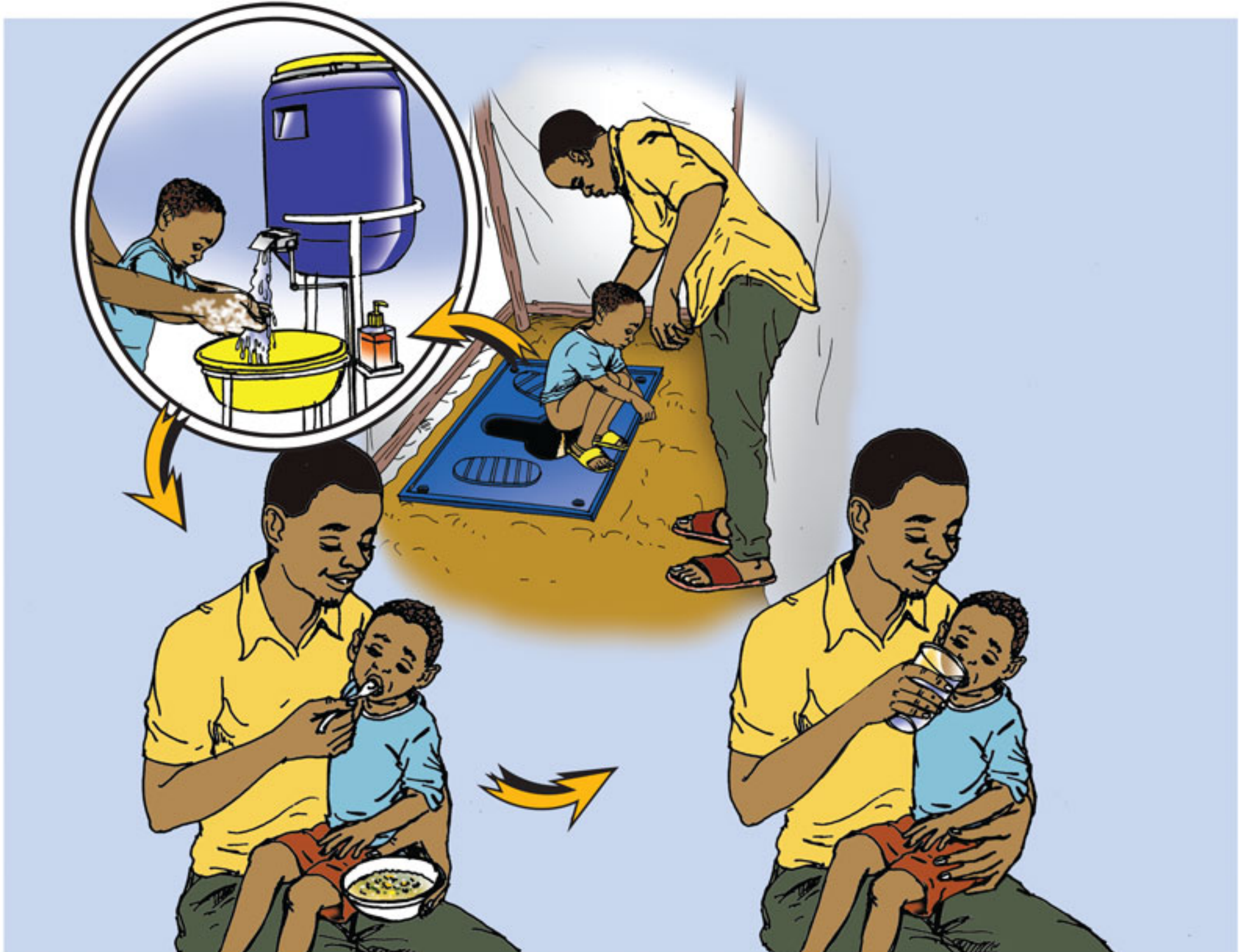
KUBANDANYA KWONSA ABANA BACIBWAMWO



KUBANDANYA KWONSA ABANA BACIBWAMWO

Umwana acibwamwo akeneye kuguma anywa kandi afungura umwanya wose. Kugira ntagware umwumira, abana bonka bakwiye kuguma bonswa igihe cose bishoboka.

KUBANDANYA KUGABURIRA UMWANA ACIBWAMWO



KUBANDANYA KUGABURIRA UMWANA ACIBWAMWO

Umwana acibwamwo akeneye gufungura no kunywa igihe cose bikenewe. Mu gihe ariko arakira, uwo mwana akeneye imfungugwa gusumba kugira ashobore kugarukana inguvu na nkenerwa aba yarataye mu gihe yaragwaye.

NYWESHA ICUNYUNYU SRO UMWANA ACIBWAMWO



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Mu gihe umwana acibwamwo,
n'ukumunywasha icunyunyu ngarukanamazi
citwa SRO giteguwe mw'iritiro ry'amazi meza
mwashuhije gushika abire canke harimwo
<<chlore>> hamwe na <<zinc>>. Mu gihe mu-
dashobora kuronka ico cunyunyu citwa SRO,
mwomuha iritiro ry'amazi arimo igice c'ikirahuri
gitoyi c'isukari hamwe n'akunyu bivanze ku
kayiko. Vanganya neza hanyuma munyweshe
umwana mukoresheje igikombe gisukuye
imbere yo kunyarukana uwo mwana kw'ivuriro.