



Ubushuhe burenze urugero

****Ntiwigere usiga abana, abantu bagendana ubumuga canke ibikoko mu modoka igihe hashushe. Izuba rirashobora guhindura imodoka ifuru mu mwanya mutoya, naho hanze hatoba humvikana ko hashushe***

Guma utekanye

- Guma mu gitutu, ahari akayaga nimba ubishobora, canke ahantu hafutse nko muni y'amazu.
- Ambara impuzu zitaremereye, zidakayangana, zagutse.
- Oga amazi akanye.
- Koresha igikoresho gitanga umuyanga ariko ntucizigire cane nk'inzira imwe yo kuguma hafutse.
- Ja mu mazu ya reta afise ivyuma bitanga akayaga.
- Ryama utifutse.
- Irinde ibinyobwa n'imfungurwa bishushe.

Guma unywa amazi

- Nywa amazi menshi kurusha uko wahora, cane cane uriko urakora canke uri kuruhukira hanze.
- Vytwararike, nturindire kugeza unyotewe kugira ubone kunywa amazi.
- Ntunywe inzoga canke ibinyobwa birimwo ikawa.

Guma uronka amakuru

- Kurikira amakuru y'ikirere yo mu karere hamwe n'amatangazo.
- Iyandikishe kugira uronke amakuru y'ikirere mu gisata ca reta kijejwe kubura ibiza n'impanuka mu buryo bwihuta (www.vtalert.gov)
- Kurikira imbuga ngurukanbumenyi z'amashirahamwe ya reta.
 - Abakurikirana ibihe bidsanzwe i Vermont
 - Urwego rwa reta ya Burlington rutanga serevisi z'ikirere
 - Urwego rw'igihugu rwa Albany rutanga serevisi z'ikirere
 - Igisata c'amagara y'abantu c'i Vermont

Iyumvire ingaruka ku magara

- Bifate ibisanzwe igihe hashushe.
- Gabanya gukorera hanze hamwe n'imyimenyerezo kandi ubigabanye mu mwanya ukanye w'umunsi.
- Saba ubufasha nimba wumva urwaye.
- Hagarika ivyo uriko urakora nimba wumva ugire ugwe canke ucitse intege.
- Gaba cane nimba ufise indwara idakira.

Suzuma abagenzi bagowe, umuryango n'ababanyi

- Hamagara abaryango n'ababanyi kugira umenye na cane cane nimba bashaje canke bafise indwara zidakira.
- Itwararike ko banywa amazi akwiye kandi birirwa ahafuse.
- Bibutse gufata ubushuhe nk'ikidasanzwe.

Gumiza inzu yawe ifutse

- Manika amahema afise amabara kugira wikingire izuba-amahema adafise irangi ashobora kutarinda izuba.
- Ugara amadirisha ku murango igihe hanze hashushe kurusha munzu.
- Ugurura amadirisha mw'ijoro igihe hanze hafutse kurusha mu nzu.
- Koresha hanze igikoresho gitanga umuyaga canke ukure ubushuhe buri imbere.
- Gabanya ikoreshwa ry'amashiga y'umuriro, ifuru hamwe n'ibindi bikoresho bishushwa.