



Ubwirinzi mu mbeho

Igihuhusi co mu mbeho

- Ba umubanyi mwiza - Iteho abasaza canke abagendana ubumuga, abagenzi, n'ababanyi, kugira umenye neza ko bari ahasururitse kandi ko bafise imfungurwa zikwiye hamwe n'amazi akwiye.
- Raba ko ivyuma bishusha hamwe n'ibitanga akayaga bitarimwo urubura canke iyindi micafu. Naho utabona urubura rwinshi, utwo dukoroka turashobora kuzibira ahaca umuyaga. Ahaca umuyaga hazibiwe birashobora gutuma karubone yiyegeraniriza mu nzu. Pima umwotsi kandi upime karubone monoxide ubuyene.
- Karubone monoxide ni umwuka wica, ntumota, nta bara ufise, ni uburozi. Ubuurozi bwa CO burashobora kwiyerekana nk'ibimenyetso vy'ibicurane harimwo kumeneka umutwe, gucika intege, iseseme, hamwe n'uburuhe. Ingero zo hejuru zitera kujuragirika, kwisinzirirako, hamwe no guta ubwenge. Nimba wumva ufise ikimenyetso icarico cose, va muhira hanyuma uhamagare ubufasha.
- Nimba ukoresha imoteri itanga umuyagankuba, itwararike kuyakiriza hanze, kure y'amadirisha yuguruye, imiryango canke ahaca umuyaga. Ibisohoka mu moteri itanga umuyagankuba canke icuma gishusha bishobora gutuma haba igwirirana rya monoxide ya karubone mu nzu bigashobora guteza urupfu.
- Bifate ibisanzwe mu gukuraho urubura. Gukora cane birashobora gutera indwa y'umutima, igituma nyamukru c'urupfu mu gihe c'imbeho.
- Ba magabo. Raba neza iminsi yose ko ufise ibikoresho vy'ibanze bikwiye vyo mu gihe c'imbeho harimwo amatoroshi, iradiyo ngendanwa, amabateri yo gukaba, agasandugu k'imiti y'ibanze, icupa ry'amazi, imfungurwa zitabora.
- Raba <https://www.healthvermont.gov/environment/climate/winter-weather> ku yandi makuru y'umutekano w'amagara.

Icika ry'umuyagankuba

- Nimba ubonye urutsinga rw'amatara ruri hasi, nturukoreko – igihe cose fata ko intsinga zirimwo umuyagankuba. Urutsinga rurimwo umuyagankuba rurashobora kukwica.
- Nimba uriko uraca ibiti canke amashami, raba neza ko AMWE adakora ku ntsinga z'umuyagankuba. Ibiti hamwe n'amashami birashobora gutwara umuyagankuba kandi ukagufata igihe ubikozeke.
- Menyesha ishirahamwe ryawe icika ry'umuyagankuba.
- Raba neza ko imiringoti yawe ifutse. Nimba imiringoti ibaye ibarafu, raba ahatobotse kandi ntiwigere ukoresha umukenke canke urundi rubeya mu guhoma imiringoti. Icuma cumisha umushatsi nibwo buryo bwiza bwo guheza iyo ngorane.
- Ntiwigere ukoresha icuma gishusha "utazi neza" nk'icotsa inyama canke ifuru kuko bishobora gutuma haduka umuriro canke umwotsi monoxide.
- Bika icyo arico cose gishobora gusha n'imiburiburi intambuko zitanu kuva ahari icuma gitanga ubushuhe.

Urugendo

- Banza urabe ikirere n'ibarabara uko bimeze imbere yo kugenda.
- Genda buhorobuhoro: Kugendesha imodoka cane mu mabarabara yo mu mbeho biteza kugongana.
- Gendera ku kirere cemewe inyuma y'uwuri imbere yawe, n'imiburiburi umwanya ureha n'ahari imodoka 3 gutyo ugasigaza umwanya ukwiye ugufasha guhagarara.
- Kura urubura rwose n'ibarafu mu modoka imbere yo gufata urugendo.
- Menya ahari amabarafu yirabura kuko asa n'ibarabara risize.
- Nimba imodoka yawe yashaye mu rubura rwinshi, ntureka ngo imoteri yawe ngo ihinde bukebuke mu gihe umuringoti usohora umwotsi uzitse mw'ibarafu. Guhinda bukebuke mu gihe umuringoti usohora umwotsi uzitse mw'ibarafu bishobora guteza uburozi bwa monoxide.
- Itwaze terefone hanyuma uhamagare kuri 911 mu gutabaza ariko ntuyizigire cane.
- Ibuka gutwara agatambara kabona canke ibikayanagana.

Kwitegura muri rusangi

- Raba ko inzu yawe ifise ibikwiye vyose ukoresha birimwo igitoro co gushusha inzu yawe.
- Iyegereze ibindi bintu mu gihe udashobora kuva i muhira yawe umwanya muremure.
 - Itoroshi

- Amabateri
- Ibateri y'iradyo ngendanwa
- Amazi
- Imfungurwa zitabora
- Baza abajejwe igisagara hafi hari inzu ishuha mu gihe bikenewe. Inomero yo gutanga amakuru ya Vermont 2-1-1 irafise urutonde rw'amazu igihe hari amazu yuguruye.

Amajambo akoreshwa mu bihe vyo mu mbeho

- Imvura y'urubura: Imvura ihinduka urubura iyo igeze hasi, igatuma haba ibarafu mu marabara no mu tuyira
- Ibarafu yashonze: Imvura ihinduka utubarafu duto duto imbere yo gushika hasi, bigatuma amabarabara ajamwo ibarafu agaca anyerera
- Impanuro zo mu Gihe c'Imbeho: Ikirere gikanye, ibarafu n'urubura biritewe
- Imburi y'igihuhusi mu mbeho: Ikirere kibi (akarorero, urubura rwinshi, ibarafu) kirashoboka mu minsi ibiri canke umwe
- Kugabisha ku rubura: Ibipimo vy'ubukanye ku rugero rw'ubukonje biritewe
- Igabishwa ry'igihuhusi co mu mbeho: Ibihe bibi vy'ighe c'imbeho vyaratanguye canke bizotangura vuba cane
- Igabishwa ku miyaga yo mu mbeho ivanze n'urubura: Urubura rwinshi n'imiyaga ikomeye bizoteza urubura hafi yo kudashobora kubona neza, impinduka zidasanzwe, umuyaga ukanye ushobora no kwica

Ayandi makuru

Ku yandi makuru ja kuri Ready Campaign