



## **URITEGURIYE IKIZA?**

Ikiza kirashobora kwaduka umwanya uwariwo wose, habanje canke hatabanje kuba imburi. Ikiza gishobora kuva ku vyo umuntu yakoze nk'ibikorwa vy'iterabwoba, canke igikorwa kama nk'imyuzure canke igihuhusi. Akahise ka Vermont kerekana ko atahanga na rimwe ritarabwa n'ingaruka z'ikiza - niyo mpamvu ari ngombwa gufata ingingo ubu nyene zo kwitegura.

Aya mabwirizwa yerekana ingingo zimwe zimwe ushobora gufata ubu mu kwitegura ubwawe, umuryango wawe, ibikorwa vyawe hamwe n'ikibano cawe.

## **INDINGANIZO YO GUHANAHANA AMAKURU MU MURYANGO**

Abagize umuryango bose bategerezwa kumenya ico bokora mu gihe kidasanzwe. Uzuze muri kumwe mwese iyi ndinganizo kandi mwame muyisubiramwo kenshi. Nimba ufise abana, vugana n'abarezi babo canke ishure ukuntu ikiza kimeze n'uburyo bwo guhunga.

Birahambaye kumenya inomeru yo mu karere kawe uhamagarako mu gihe kidasanzwe iyo numero 911 yanse gukora. Tegura ibi bikurikira kandi ubike igitabu aho abagize umuryango wawe bashobora kukibona.

Inomeru 9-1-1 y'akarere mu bihe bidasanze:

Aho uba:

Terefone yo muhira:

Inomeru ya terefone y'abavyeyi:

Inomeru ya terefone y'abavyeyi:

Umubanyi w'umwizigirwa:

Ikibanza c'ubuhungiro kiri hafi:

Incuti ziba hanze y'intara (hamagara uwo muntu nimba watandukanye n'umuryango mu gihe co guhunga. Bishobora kworoha guhamagara kure gusumba guhamagara hagati mu gisagara, kuri ivyo, umuntu ari hanze y'igisagara ashobora kuba ngirakamaro cane mu kuvugana hagati y'abagize umuryango batandukanye):

Igikorwa c'abavyeyi:

Igikorwa c'abavyeyi:

Ubutumwa bugufi burashobora kugabanya ingorane za terefone mu gihe gumagara bidacamwo.

### **URUTONDE RWO KWITEGURIRA IKIZA**

- Menya umugenzi canke incuti iba mu ntara zitandukanye ashobora gufasha mu gutunganya kuvugana igihe umuryango wawe watandukanye.
- Vugana n'umurezi wabana bawe canke abarongoye ishure ku vyerekeye ingene biteguriye ikiza.
- Tegekanya ibikoresho vyo mu kiza harimwo ivy'ibanze ariko ntiwibande ku:
  - Itoroshi ifise ibateri yo ku ruhande
  - Ifirimbi ryo kumenyesha ibihe bidasanzwe
  - Iradiyo ngendanwa, ikoresha n'ibateri hamwe n'iryo ku ruhande
  - Ibikoresho vy'ibanze
  - Amazi n'imfungurwa vy'iminsi itatu
  - Igikoresho gikoresha intoke co kwugura ibikopo
  - N'imiburiburi imiti ikwiye y'iminsi indwi
  - Amahera n'amakarata y'amahera
- Hitamwo impapuro z'amahera uzokenera kujana nimba uhunze kandi urabe nimba izo mpapuro zizoba zirimwo agatabu ka banki. Bizoba bihambaye gushobora kuronka amahera kuko ushobora kuzoguma ubandanya kuriha ama fagitire yawe no kugura imfungurwa hamwe no kuriha inzu.
- Gira urutonde rw'imiti uheruka kwandikrwa n'uko uyifata. Shiramwo inomeru z'abaganga hamwe n'abagurisha imiti kandi ushiremwo amakuru ya
- Rejime wandikiwe hamwe n'akahise ko kwa muganga.
- Menya ahaherereye amazu, ibibanza vyo guhungiramwo hamwe n'inzira ucamwo mu kibano cawe.
- Raba ivyononekaye mu nzu yawe kandi ugabanye uburemere bw'ivyononekaye.
- Vugana n'abana bawe ivyo bategerezwa gukora mu gihe kidasanzwe.

- Bika inomero za terefone zikenewe ku rutonde rwa terefone kandi wigishe abana bawe ukuntu na ryari bahamagara kuri 911.
- Gura iradiyo yo muri National Oceanic and atmospheric Administration (NOAA) ifise ijwi ryo kugabisha kugira mugume mufise amakuru ku vyerekeye ikirere hamwe n'ayandi makuru ahambaye. Amaradiyo y'ikirere NOAA aronka amakuru ashikirizwa n'ikigo c'igihugu kijejwe serevisi zo mu gihe kidasanzwe (NWS) hamwe n'uburyo bwo kugabisha (EAS).
- Vugana n'uwujwe kuguha ubwishingizi ku bijanye n'inshumbusho, kuko akenshi amategeko adashumbusha nyamugigima canke ivyononywe n'imyuzure. Kingira ibintu vy'agaciro hamwe n'ibikoresho bitwarwe n'abashoferi karuhariwe kandi witeho kuronka ubwishingizi bwo kubandanya gukora ibikorwa vyawe.
- Iga ukuntu uzokingira ibikoko canke ibitungwa mu gihe c'ikiza. Inzu zimwe zimwe ntizemera ibikoko (ibikoko vyo muri iyo servisi nivyo vyemerewe). Nimba uvuye i muhira, ntusige ibikoko vyawe inyuma.
- Raba ko ivyuma bipima urugero rwa karubone monoxide mu nzu bikora neza.
- Buri mezi atandatu, hindura amabateri mu bikoresho bipima umwotsi na CO, hamwe n'ibikoresho vyononekara mu mufuko w'ibikoresho vyo mu bihe bidasanzwe.
- Vugana n'ababanyi ivyerekeye indinganizo zabo zo mu bihe bidasanzwe n'ukuntu mwoshobora gufashanya mu kiza.
- Iyandikishe muri CPR, ibikoresho vy'ubutabazi canke ivyigwa vyo kwama witeguye.

## **UBAKA IBIKORESHO VYO MU MURYANGO VY'UBUTABAZI MU GIHE C'IKIZA**

Umufuko w'ibikoresho vy'ubutabazi vyo mu muryango utegerezwa kuba urimwo ivyo ukeneye vyose kugira ubeho n'imiburiburi iminsi itatu. Gumiza hafi umufuko wawe kandi ukore ibishoboka ngo abagize umuryango bese bamenye aho uri.

Raba ibirimwo buri mezi atandatu kandi uhindure ikintu cose cataye igihe.

- Harimwo impapuro zikenewe nk'izo kwa muganga n'izamahera wakoresheje, amakarata, intonde z'inomero za terefone z'abantu uzohamagara mu gihe kidasanzwe, n'ibindi.
- Nimba ufise abana, harimwo igikoko ukunda cane, uburengeti, ibitabo, imikino, canke ibipupe.
- Bika n'imiburiburi akadumu kamwe k'amazi kuri buri muntu ku munsu. Bika mazi mu kintu ca parasitike cogeje neza.
- Shirako agapapuro kandi wandike amatariki kw'icupa kandi uhindure amazi buri mezi atandatu.

- Tekera uburengeti, umufuko w'ibikoresho vy'ubutabazi, ifirimbi, impapuro zo kwa muganga, igikoresho cugurura amakopo gikoreshwa n'intoke, ipake y'amakarata yo gukina, amasupane, imiti utandikiwe (akarorero, iyigabanya ubushuhe), impuzu z'ibihe, ibikoreso vy'isuku, iradiyo ikoresha amabateri, hamwe n'itoroshi n'ama bateri yo ku ruhande.
- Tekera ibahasha y'amahera.
- Bika ibifungurwa bitabora kandi bidasaba gukanyishwa canke gutekwa kandi bidakenera canke bikenera amazi make. Bika imfungurwa mu gikoresho ca parasitike canke igikoresho c'icuma kugira ubirinde kubora. Shirako agapapuro ku gikoresho kandi wandikeko amatariki uheze uhindure imfungurwa buri mezi atandatu.
- Uburorero bw'ibikoresho vy'imfungurwa harimwo:
  - Imfungurwa zama zigeze kuribwa
  - Imbombo canke ibisuguti
  - Intete zumye, ivyamwa canke imboga ikawa canke icayi
  - Amakopo canke isosi yumutse n'imitobe canke invange
  - Amavuta y'ibiyoba hamwe n'amavuta atabora
  - Imfungurwa z'ibikoko
  - Imfungurwa z'inzoya canke abantu bafungura imfungurwa zidasanzwe
  - Umunyu, ipiripiri, ibirungo, hamwe n'isukari
  - Shiramwo ikopo y'amavuta agumye hamwe n'ibibiriti vyo gushusha imfungurwa
- Bika imfungurwa zo mu makopo ahantu humutse aho ubushuhe buri hagati na hagati.
- Ta amakopo ayariyo yose yavyimvye canke, yaharaguritse canke yononekaye.
- Subira wiyumvire ivyo ukeneye buri mezi atandatu hanyuma usubiremwo umufuko wawe w'ubutabazi nk'uko ivyo umuryango wawe ukenera bihinduka.
- Bika ibikoresho mu mufuko wa parasitike ubonerana kandi ushire ibikoresho vyawe vyose miri umwe canke ibiri mu gikoresho coroshe gutwara.

## **IGISATA CA RETA KIJEJWE KUBURA IBIZA N'IMPANUKA MU BURYO BWIHUTA (VT-ALERT)**

Guma uronka amakuru y'ibiza bishobora gushika umwanya uwariwo wose, amakuru yo gutembera, uko ikirere kimeze, ibimenyeshejwe vyerekeye amagara y'abantu, hamwe n'irindi gabishwa kuri: [www.vtalert.gov](http://www.vtalert.gov). Iyandikishe gisata ca reta kijejwe kubura ibiza n'impanuka mu buryo bwihuta hanyuma uronke ku buntu mu butumwa ibimenyeshejwe, ubutumwa ngurukanabumenyi, terefone, canke kuri interineti. Uhitamwo igabishwa ushaka n'uburyo bwo kurironka.

## **INOMERO YO GUTANGA AMAKURU YA VERMONT (VERMONT 2-1-1)**

Hamagara ku nomero yo gutanga amakuru ya Vermont (Vermont 2-1-1) kugira uronke amakuru yerekeye amasoko yo mu kibano. Uzorungikwa kuri gahunda za reta, amashirahamwe akorera mu kibano, imigwi ifasha, hamwe n'ayandi masoko hisunzwe ivyo ukeneye. 2-1-1 (canke 866-652-4636) ni inomero y'akarere muri Vermont, y'ibanga, kandi irakora amasaha 24 ku munsu, iminsi indwi mu ndwi.

Inomero yo gutanga amakuru ya Vermont (Vermont 2-1-1) nayo nyene irakora kuri interineti kuri [www.vermont211.org](http://www.vermont211.org)

Hamagara kugira uronke ubufasha bwihariye canke rondera kuri interineti ibiharuro vya serevisi, harimwo ibikurikira:

- Serevisi zo kurera abana bana
- Ingorane za serevisi
- Serevisi zishingiye kw'ihohoterwa ryo mu rugo hamwe n'iryigitsina
- Indero (akarorero, inyigisho za GED, inyigisho za mudasobwa)

## **IBIKORWA VYO KWIKINGIRA MU KIZA**

Mu gihe kidasanzwe, ababijejwe, barashobora kugusaba ko wewe n'umuryango wawe mufata ingingo zo kwikingira (akarorero: imura abawe canke ubajane mu kibanza ca reta. Umugwi w'abajejwe gukinga ikiza uramenyesha ingingo zihutirwa hamwe n'amakuru biciye mu buryo bwo kugabisha (EAS), hakoreshejwe iradiyo, tereviziyo, amaterefone, interineti hamwe n'uburyo bw'intsinga. Urwego nshingwantwari rw'igihugu Oceanic and Atmospheric (NOAA) amaradiyo avuga ivy'ikirere nayo nyene arakira ubutumwa EAS.

## **UBURYO BWO KWIMUKA**

Igihe ikirere kibangamiye ubuzima canke umutekano w'abantu, abajejwe ubwirinzi bashobora gutanga itegeko ryo kwimuka. Nimba utegerezwa kuva munzu yawe canke ivyo usanzwe ukora, kurikiza aya mabwirizwa:

- Egeranya abantu bose mu nzu yawe hanyuma mujane, twara umufuko urimwo ibikoresho vy'ubutabazi.
- Ntugerageze gutora abana bawe kw'ishure. Bazojanwa mu kibanza c'ihwaniro hanze y'akarere kagize ivyago aho ushobora kubatora.
- Abagize umuryango bari hanze y'akarere kagize ivyago bashobora guhanurwa kutagaruka mu gihe co kwimuka. Bazorungikwa aho bakirira abantu canke mu kibanza ca reta aho bashobora kugusanga.

- Kurikirana ibinyamakuru vyo mukarere ku makuru hamwe n'amabwirizwa. Umviriza neza ikigo kijejwe kugabisha (EAS) ku makuru yerekeye inzira zo kwimuka. Abajejwe gutabara bo mu karere bashobora guhindura amayira yo gucamwo mu kwimuka kugirango binyaruke. Kiretse gusa mu gihe vyihutigwa, ntuhamagare uwujewe kuzimya umuriro mu karere canke igisata ca polisi kugira uronke amakuru - bakeneye uwubahamagara igihe vyihutirwa.
- Ambara ibirato bikomeye n'impuzu zikingira, nk'amapantaro, amashati y'amaboko maremare, hamwe n'inkofero.
- Raba ababanyi bawe nimba bakeneye ubufasha canke kwunguruzwa.
- Nimba ufise ibitungwa, kitetse ayandi mategeko yoba yatanzwe, bisigire indya n'amazi vy'iminsi itatu.
- Ubahiriza amategeko yose y'abaraba uruja n'uruza mw'ibarabara aho uriko uraca hose.

Nimba ufise akanya...

- Kingira urugo rwawe mu kwugara no mugufunga imiryango n'amadirisha.
- Zimya amatara kandi ucomore ibikoresho bidakenewe.
- Nimba hari ivyononekaye mu rugo kandi ukaba wabwiwe gukora uko, ugara amazi, umwuka, hamwe n'umuyagankuba imbere yo kugenda.
- Raba aho ushira ibikoko vyawe, kuko bishobora kutemererwa mu mazu y'igihe gito.
- Menyesha umugenzi canke umuntu wo mu muryango, ari hanze y'akarere kagize ivyago, aho ugiye n'igihe utegekanye kugenda.

## **UBA GUTE MU NZU Y'IGIHE GITO**

Hashobora kuba ibihe usanga ari vyiza kuguma aho uri kandi ukirinda kuja hanze ukekeranya. Mu gihe nk'iki, abajejwe ubutabazi bashobora kugutegeka kuja ahantu hateguwe.

- Bisigura ko utegerezwa kuja mu nzu ubwo nyene. Nimba ubutumwa bwo kuja ahateguwe butanzwe mu kibano cawe:
- Ja munzu kandi wugare imiryango yose n'amadirisha. Ugara imiryango y'ivyuma bitanga umuyaga n'ibishusha, imashine zumisha impuzu, igikoni hamwe n'ubwogero butagikora, hamwe n'ibindi vyinjiza umuyaga wo hanze.
- Gumiza ibikoko mu nzu. Nimba ufise ibitungwa, navyo nyene bishire munzu. Koresha indya zibitse n'amazi avuye mu kintu gifundikiye.
- Nimba uriko urafata urugendo mu modoka, ugara amadirisha kandi uzimye icuma gitanga akayaga hanyuma uzimye igishusha canke igitanga akayaga.
- Nimba ukuja mu bibanza vyateguwe bitangajwe mu masaha y'ishure, abana bawe bazoguma kw'ishure.

## **KWITAHO ABANTU BAFISE INGORANE Z'UBUMUGA**

Kwitegura ni ikibazo co kuringaniza. Nimba ufise ubumuga canke iyindi ngorane canke ukeneye ibintu bidasanzwe, utegerezwa gutera izindi ntambwe kugira utegure kwimuka.

Gutegura kwimuka ni ukumenya ivyo gukora no kuba witeguye kubikora ningoga kandi neza mu gihe kidasanzwe. Kwitegura bisigura ko ufise indinganizo y'ibikorwa - kuba uzi ico wokora imbere y'uko ikiza gishika.

Kugira ukore ibi, utegerezwa kumenya ingorane uhanganye nayo, ni ubuhe buryo ufise kandi ni gute ukoresha ubwo buryo.

Mu bihe bimwe bimwe (akarorero, umwuzure canke igihuhusi), ushobora kugabishwa hakiri kare, bituma uronka amasaha menshi yo kwitegura. Ariko, ushobora kuronka akanya gato ko kutagabishwa (akarorero, nyamugigima, igitero c'iterabwoba, umuriro mwinshi).

Menyeshya abajejwe gukinga ibiza bo mu karere ivyerekeye ivyo ukeneye imbere y'ikiza. Gutyo rero, ivyo ukeneye bishobora gutegurwa, n'uburyo bwo gukoresha imbere y'uko ikiza gishika. Urashobora kwiwandikisha mu mugambi wa CARE (Citizens Assistance Registry for Emergencies) kugira ivyo ukeneye bimenyekane n'abajejwe akarere:

<https://e911.vermont.gov/care>

Imbere y'ikiza. menya "umugwi w'ubufasha." Aba ni abantu bemera kugukurikirana kandi no kugufasha mu bihe bitoroshe. Umugwi w'ubufasha ushobora kuba urimwo uwo muhira, umubanyi uzi neza, umugenzi, canke umuntu wo mu muryango abana nawe canke hafi yawe.

Gira n'imiburiburi abantu babiri bo mu mugwi wawe mu gihe umwe ataboneka. Vugana n'abo bantu ivyerekeye indinganizo zo mu kiza hamwe n'ivyo ukeneye.

Utegerezwa kandi kugira urutonde rw'abo ukeneye mu gihe kidsanzwe. Uru rutonde rutegerezwa kuba rurimwo abaguha ubufasha, abagize umuryango wawe, umuganga, imangazini idandaza imiti, hamwe n'abo mu karere bajejwe gukinga impanuka.

Iyindi ntambwe y'imyiteguro:

- Bika umufuko urimwo ibikoresho vyo mu kiza mu nzu hamwe no mu modoka.
- Iruhande y'umufuko w'ibikoresho, shiramwo ikindi kintu cose ushobora gukenera kugira ube urabayeho kugeza imfashanyo zishitse.

- Bika ibikoresho wifuza kujana nimba utegerezwa kubijana mu kintu kibangutse guterura, umufuko baheka mu mugongo canke umufuko wo guterura mu ntoke.
- Ambara udutambara tw'abaganga twabigenewe two kugabisha kandi ubike urutonde rw'imiti usanzwe ufise n'ukuntu uyifata.
- Guma witeguye gutanga amabwirizwa magufi, atomoye, kandi azwi ku bajewe gukinga ibiza ku kuntu bogufashisha ibikoresho nk'intebe y'abagendana ubumuga.
- Tegura umufuko w'ibikoresho vy'ibikoko vyawe vyo mu kiza canke ibikoko bikora akazi ku butabazi.
- Nimba ata muduga utwara, ufashijwe n'umugwi w'ubufasha hamwe n'abatware bo mu karere, tegura ukuntu wifuza kwimuka.
- Raba neza ko ufise, umuriro wo kwifashisha uwundi uheze ku bikoresho vyo kwa muganga.

## **IBIKOKO MU GIHE C'IKIZA**

70% vy'ababa i Vermont baratunze ibikoko. Abatunganya imigambi yo mu bihe vyo gutabara ntibashobora kwama bategekanya kwitaho ibikoko. Nico gituma ari vyiza kuringaniza ugutabara kurimwo kwitaho ibikoko vyawe.

Ibibanza vyo kwimukiramwo vyakira ibikoko bitera vyoyongera - ariko atari vyose. Utegerezwa kumenya umugenzi ari hanze y'aho uri canke ishirahamwe bishobora kugutungira ibikoko vyawe mu gihe utegerezwa kuva i muhira.

Gira uwukuzanira ibikoresho vy'ibikoko harimwo imfungurwa, n'ibindi bintu bikenewe.

## **SERIVISI Z'IBIKOKO AHAKORANIYE ABANTU**

Mu gihe itegeko rigenga abanyamerika bagendana ubumuga bemererwa n'itegeko (ADA) ribemerera ko bashobora kugumana n'ibikoko vyabo mu kibanza ico arico cose gikoraniyemwo abantu (akarorero, inzu yashizweho kugira yakire abakozweko n'ikiza), itegeko ADA ntiryziza ukundi kuntu rifasha ibikoko mu gihe c'ikiza.

## **IBIKOKO VYO MW'IYORORERO**

Kwimura ubwororero gufise ingorane kwisangije. Birahambaye rwose gutegura neza indinganizo. Iyimurwa rikurikiranwa n'ababanyi, abagenzi, amashirahamwe y'aborozi, imigwi y'abafise ifarasi, hamwe n'abigisha babijejwe.

Vuga aho bija n'uburyo bwo kubitwara kare cane imbere y'ikiza ico arico cose.



Iteho kumenya ko ibitungwa vyawe bifise ibibiranga biboneka kandi bizomara igihe kandi ko bikwiye icanco.

## **GUKINGA UMURIRO MU NZU**

Umuriro ni ikintu kibi gihungabanya umutekano w'abantu, kandi inzu yawe iri ahari ivyago vyinshi. Buri mwaka muri Vermont, imiriro irica abantu bagera kuri 11, abantu 1000 baraja mu bitaro kubera ibikomere biturutse ku muriro, kandi amazu aharugwa mu gaciro k'imiryoni 82\$ ziratakara.

Kugira wikingire, birahambaye gutahura ibiranga umuriro.

- Umuriro urandagata ningoga, nta mwanya uhari wo kwegeranya ibintu ivy'agaciro canke guhamagara.
- Mu minota ibiri gusa, umuriro urashobora guhinduka urupfu.
- Mu minota itanu, inzu irashobora kuba yarangiye kubera imbeya.

## **IVYUMA BIPIMA UMURIRO**

Ivyuma bibura umwotsi bikora neza biragwiza amahirwe umuryango wawe ufise yo kurokoka umuriro.

- Shira amakengeri abura umwotsi kuri buri ruhande rw'inzu, ukurikije amabwirizwa y'uwabikoze.
- Bishire hanze y'ivyumba ku gisenge canke hejuru ku gihome (kuri santimetero 30.48 uvuye ku gisenge), hejuru y'ingazi canke muni y'ahaharera ingazi, hamwe no hafi (ariko atari indani) y'igikoni canke mu bwogero.
- Bisuzume n'imiburibiri rimwe mu kwezi kandi hindura amabateri buri amezi atandatu.

## **IKARATA YO GUKINGA UMURIRO MU NZU**

Capa ikarata y'urugo rwawe n'amazu ahakikije hamwe n'umuryango wawe. Erekana ahari ivyuma bibura umwotsi, ibizimya umuriro hamwe n'imiryango yo gukoresha kugira uhunge umuriro. Shira ikimenyetso aho umuryango wawe uzohurira inyuma yo guhunga umuriro (akarorero, hafi y'igiti kinini).

## **IMPANURO ZO GUKINGA UMURIRO MU NZU**

- Raba neza ko imiryango y'inzu yawe itariko imisumari canke irangi.
- Raba neza ko ivyuma vyo kwikingira canke ibindi bintu bibuza guca mw'idirisha uri hanze ko bishobora kwuguruka uri imbere.

- Ibuka kugura ingazi zifasha guhunga nimba inzu yawe ifise igorofa irenga imwe.

Impanuro zo mu gihe c'imbeho:

- Siga ahantu h'intambuko zitatu-santimetero 91,44/imetero imwe hagati y'ibikoresho bishusha n'ikindi kintu cose gishobora gusha - canke ukurikize amabwirizwa y'uwagikoze.
- Ntiwigere usiga ivyuma bishusha hamwe n'amabuji atawuriko arabiraba - zimya ivyuma bishusha imbere yo kuja kuryama.
- Hanagura icuma gisohora umwotsi hamwe n'imiringoti y'umuyagankuba buri mwaka. Shira umunyota mu kintu c'icuma gifutse.
- Ntiwigere ukoresha ikibiriti catsa umuriro, kerozene, esansi, amazutu, canke ibitoro mu kwatsa umuriro.
- Bika neza hanze peterori hamwe n'ibintu vyo gushusha mu gikoresho cabigenewe.
- Igihe cose koresha amavuta y'urugero rwiza mu gushusha ibikoresho.
- Shira ivyuma bishusha ukurikije amategeko hamwe n'amabwirizwa y'uwabikoze. Ni vyiza ko woronka umuhinga wo gushiraho ivyo bikoresho.
- Ibigerira kuri 25% vy'imiriro yose yaduka mu mazu, hamwe no kutaba maso uriko urateka canke amakosa y'abantu niyo mpamvu nyamukuru.
- Abanywa itabi basamara ni impavu nyamukuru y'impfu ziturutse ku muriro.

## **UBUROZI BWA KARUBONE MONOXIDE**

Ubuurozi bwa karubone monoxide (CO) ni ikibazo nyamukuru muri buri gihe c'imbeho. Ubuurozi CO burashobora kukwica, kandi gushusha nabi inzu yawe ni kimwe mu bikunda kwica.

Ibimenyetso bisanzwe vy'uburozi bwa CO bisa n'ivy'ibicurane (ata bushuhe) kandi hashobora kubamwo kumeneka umutwe, uburuhe, guhema nabi, gusesemwa, hamwe no kuzungurirwa. Nimba wiketse ko winjiwe n'uburozi bwa CO ja ahari akayaga keza ubwo nyene. Va muhira hanyuma uhamagare igisata c'abajewe kuzimya umuriro mu karere uri ahantu hatekanye kugira ushobore kuronka ubufasha.

Intambwe zo kwirinda uburozi bwa CO:

- Shira ivyuma bibura CO kuri buri ruhande rw'inzu yawe.
- Shira icuma kibura CO mu cumba kimwe n'ikintu cose kidashuha.
- Raba neza ko ivyuma vyose bishusha bitarimwo amabarafu hamwe n'iyindi micafu, nimba bifutswe, CO izoca yiyongera incuro kabiri mu nzu yawe.

- Ntiwigere wakiriza munzu imoteri itanga umuyagankuba, yakirize hanze kure y'amadirisha n'imiryango.
- Koresha umuhinga mu gushiraho ibikoresho vyo gushusha hamwe n'inkingi z'ibiti.

Ibisata vyinshi bijejewe kuzimya umuriro vyo mu karere bitanga ibikoresho bipima CO ku buntu canke inyigisho zo kwirinda umuriro.

Abajewe gukinga umuriro n'umutekano basaba kutibagira guhindura amabateri y'ivyuma bipima umwotsi wa CO igihe bahindura amasaha yabo mu gatasi no mu rushana. Amazu arenga 90% kw'ijana yo muri Amerika arafise ivyuma bipima umwotsi, ariko ibigera kuri kimwe ca gatatu ntibikora canke ntibigira amabateri.

Ku bundi bufasha, baza igsata co mu karere kijejwe umuriro kugira basuzume inzu yawe.

## **UMUTEKANO W'IMOTERI ITANGA UMUYAGANKUBA**

Mu gihe co gukoresha imoteri itanga umuyagankuba, birahambaye gukurikiza aya mabwirizwa:

- Kurikiza amabwirizwa y'uwayikoze mu gihe uriko urayishinga no mu kuyikoresha. Gushinga nabi imoteri itanga umuyagankuba birashobora kwonona inzira z'umuriro bigateza impanuka abakozi bariko barayishinga.
- Akiriza hanze imoteri yawe itanga umuyagankuba kandi kure y'amadirisha n'imiryango. NTIWIGERE ukoreshereza munzu imoteri itanga umuyagankuba - harimwo muri garaje.
- Reka imoteri yawe itanga umuyagankuba ihore imbere yo kwongera kuyishiramwo ibitoro.
- Bika ibitoro hamwe n'ibindi biseseka vyaka kure y'imashine, hanze.
- Shinga mu nzu yawe ibipima CO kugira umenye neza ko imyotsi iva mu moteri itanga umuyagankuba itinjira mu cumba co guteramiramwo.
- Comeka ibikoresho vyawe ku moteri itanga umuyagankuba ukoresheje gusa imigozi yo hanze ifise intsinga zikomeye zigenewe iyo moteri itanga umuyagankuba.
- Banza uzimye ibikoresho vyose bicometse ku moteri itanga umuyagankuba imbere yo kuyizimya.
- Igihe cose gumiza abana kure y'imoteri itanga umuyagankuba iterurwa, ibihimba vyinshi birashushe kandi birashobora guturira umuntu.

## **KWITEGURIRA IMBEHO**

I Vermont imbeho irashobora gutera ikoroka rikomeye ry'ibarabu hamwe n'imbeho irenze urugero. Ibarafu rirashobora kuzibira amabarabara no gutuma itsinga z'umuyagankuba zigwa hasi.

Hypothermia:

Imbeho yo hanze ni mbi cane iyo utambaye uko bikwiye. Hypothermia ni indwara yo kwa muganga ifata umuntu amaze igihe kirekire ari mu mbeho. Abasaza hamwe n'abana nibo cane cane babangamirwa. Birahambaye kwumviriza ibimenyeshwa ku kirere kandi ugabe ku gabishwa mu mbeho. Kwambara wisunze uko ikirere kimeze akenshi na kenshi ni vyiza mu kwikingira hypothermia.

Amajambo akoreshwa mu bihe vyo mu mbeho

- Imvura y'urubura: Imvura icika urubura iyo igeze hasi, igateza ibarafu mu ma barabara, indarayi, ibiti hamwe n'intsinga z'umuyagankuba.
- 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 munsu umwe canke ibiri.
- Kugabisha ku rubura: Ibipimo vy'ubukanye ku rugero rw'ubukonje biritewe.
- Igabishwa ry'igihuhusi co mu mbeho: Ibihe bibi vy'imbeho biriko biraba canke bizozza vuba cane.
- Igabishwa ku miyaga yo mu mbeho ivanze n'urubura: URUBURA rwinshi n'imiyaga ikomeye bizoteza urubura hafi yo kudashobora kubona neza, urubura rwinshi, hamwe n'umuyaga ukanye.

Umutekano w'imodoka

Kwitwararika umutekano w'imodoka ni nkenerwa mu gihe c'imbeho. Gumiza ivyuma vyo mu mbeho mu modoka kugirango bishitse ikagira ikibazo. Mugihe c'ikirere kibi, igiporisi ca reta ya Vermont gishobora gupanga ikizura kugira gitange ubufasha bwo mwijoro rikuze ku bagendesha imiduga ku mabarabara manini manini.

Impanuro zo kugendesha umuduga mu mbeho

- Raba ikirere n'ibarabara uko rimeze imbere yo kugenda kandi ugendeshe uko bisabwa.
- 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 zitatu, gutyo ugasigaza umwanya ukwiye ugufasha gushobora guhagarara.
- Kura urubura rwose n'ibarafu mu modoka imbere yo gufata urugendo.
- Menya amabarafu yirabura kuko asa n'ibarabara risize.
- Nimba imodoka yawe itanguye kunyerera hindukirira iyo yanyerereye. Niyo mahirwe yawe yo kwongera gutora ibarabara. Nimba ufise icuma co kwugara amafire, guma ufyonda. Atari uko, igana uko kuntu mu gupompa amafire.
- Nimba utabona aho uca mu gihuhusi co mu mbeho, guma mu modoka yawe, ntusinziye kandi guma uyishusha. Naho kwoba kugendagenda n'amaguru gatoya mu gihuhusi co mu mbeho bishobora kuba bibi.
- Hagarara kure ku ruhande rw'ibarara hashoboka hanyuma watse amatara kugira ugabanye izindi mpanuka zo mw'ibarabara.
- Nimba washaye mu murubura rwinshi, ntureka ngo imoteri izime mu gihe umuringoti usohora umwotsi iri mu munsu. Ibi bishobora gutera uburozi bwa karubone (CO).
- Itwaze terefone hanyuma uhamagare kuri 911 mu gutabaza ariko ntimuyizigire cane.

Tegura kugendesha imodoka yawe mu mbeho

- Shirako amapine yo mu mbeho.
- Suzuma uduhanagura ikiyo c'imbere kandi wongereko amavuta ahanagura ibiyo.
- Suzuma ko icuma gishusha gikora neza hamwe n'igitanga umuyaga.
- Suzuma neza ko amafire afata neza.
- Suzuma ko ibateri n'uburyo bwo gushiramwo umucanwa bukora neza.
- Itwaze umunyororo wo kuboha ipine nimba ufise ikamyoy.

Shiramwo umufuko w'ibikoresho vyo mu mbeho vy'imodoka

- Intsinga zo kwatsa imodoka
- Uburengeti bubiri canke burenga
- Igipawa co gukura urubura hamwe n'ico guharura ibarafu
- Itoroshi n'amabateri yo gukabukanya
- Impuzu z'integakazozo, inkofero, ibirato vy'intoke, ikoti ifise ubwoya bwinshi, hamwe n'amashesheti, canke ibotine, nimba utegerezwa gutambuka kugira ufashe
- Imfungurwa zirimwo karori nyinshi kandi zitabara nk'imbombo hamwe n'amavuta y'ibiyoba ari mu kintu ca parasitike gikomeye
- Umusenyi canke ibihimba vy'amatapi kugira haduge
- Amazi yoza ibiyo hamwe n'amavuta y'integabizozo agwanya imbeho
- Umuco mwinsi canke ibikayangana

Ku makuru y'urugendo n'amasoko mu gihe c'ikirere kibi ja kuri <https://vtrans.vermont.gov/operations/winter>

## **IKIZA**

Ikiza ni indwara y'icaduka ifata abantu benshi mu bihugu vyinshi. Ibiza biterwa kenshi n'imigera ishobora gukwiragira ningoga kuva ku muntu ija ku wundi.

Kwitegurira ikiza

- Itegere kuko birashoboka ko amashure yugara, ibibanza bikorerwamwo ubuzi hamwe n'ibibanza bihuriramwo abantu benshi. Gira indinganizo yo kwitaho abana bawe kandi uje hamwe n'abandi kuri interineti canke terefone.
- Ronka ivyo wewe n'umuryango wawe mushobora gukenera kugira mugume i muhira iminsi myinshi canke amayinga. Ibi birimwo imfungurwa nk'umuceri canke ibintu vyo mu ma makopo, amacupa y'amazi, hamwe n'ibikoresho vyo gukubura.
- Bika i muhira imiti myinshi yanditswe n'umuganga. Gumana imiti kugira mu gihe worwara, ugize ububabare canke ubushuhe, akuma gapima ubushuhe, ipampa, umuti ukura imicafu ku ntoke, udufukamunwa, n'inomero yo guhamagara uwujewe ubwishingizi bw'amagara hamwe na muganga.
- Iyumvire ingene wokwitaho abantu mu muryango wawe bafise ubumuga mu gihe serevisi z'ubufasha zitabonetse.
- Gabanya ikwiragizwa ry'imigera kandi ukinge iyandura:
  - Karaba kenshi iminwe n'isabuni n'amazi n'imiburiburi amasegonda 20.
  - Ifuke ukoroye canke wasamuye ukoresheje agatambara.
  - Guma i muhira kandi kure y'abandi nimba urwaye.

Guma uzi amakuru agezweho n'amabwirizwa yerekeye indwara ava mu bigo vyo kugenzura no gukinga (CDC) kuri [cdc.gov](http://cdc.gov).

Ku yandi makuru, ja ku gisata c'amagara y'abantu ca Vermont Kuri [healthvermont.gov](http://healthvermont.gov)

## **ICIKA RY'UMUYAGANKUBA**

Igice co hagati mu gihugu hamwe n'imiyaga ya buri gihe ya Vermont yerekana ko hazoba icikagurika ry'umuyagankuba rimwe na rimwe.

## Impanuro zo kuguma mu mutekano igihe c'icika ry'umuyagankuba

- Nimba ugeze mu zabukuru canke ufise ubumuga, hamagara ishira hamwe ryawe ry'umuyagankuba uwu munsu kugira ubamenyeshe ivyo ukenera iyo umuyagankuba wacitse.
- Guma uraba abahumire umwanya ku mwanya mu gihe umuyagankuba wacitse.
- Gumana amabeteri, itoroshi, n'iradiyo ngendanwa ikoresha amabeteri.
- Nimba vyitezwe ko umuyagankuba ushobora gucika igihe kinini, rondera inzu ahandi hantu nimba hanze hakanye. Nturindire kugeza igihe carenze. Hamagara ku numero yo gutanga amakuru ya Vermont (Vermont 2-1-1) ku makuru y'uburaro.
- Hamagara ishira hamwe ryawe ry'umuyagankuba kugira ubamenyeshe ko umuyagankuba wacitse.
- Ntiwigere ukora ku rutsinga rw'umuyagankuba ruri hasi canke ikintu icarico cose gikora ku rutsinga rw'umuyagankuba kuko bishobora guteza impanuka canke urupfu. Fata ko urutsinga rwose rurimwo umuyagankuba.
- Guma ushusha. Nimba hakanye, guma ufutse umutwe, iminwe, n'ibirenge. Impuzu nyinshi zoroshe zikora cane neza kurusha imwe iremereye.
- Menya kandi urabe ibintu vyo gukoresha mu bihe bidasanzwe kugira umenye neza ko witeguye. Imfungurwa ziguma zikanye muri firizeri yuzuye amasaha 36 kuri 48 nimba umuryango wagumye wugaye. Nimba firizeri yuzuye igice, imfungurwa zimara amasaha agera kuri 24. Inyama zimara umwanya munini gusumba imikate. Ntugerageze kwugura firizeri yawe canke firigo igihe umuyagankuba wacitse kiretse bikenewe.
- Comora canke uzimye ibintu vyose bica vyiyatsa igihe umuyagankuba uzoba ugarutse.
- Ibi harimwo ivyuma vyo gushusha, ivyo gutanga akayaga, ibishusha amazi hamwe n'ibindi bikoresho. Nimba ibikoresho vyinshi vyakira rimwe, bishobora gutera impanuka y'umuyagankuba.
- Ntukoreshe icuma co gushusha gukoresha kerozene ata kayaga kironka.
- Ntukoreshe umwuka mu gushusha inzu yawe.
- Nimba uriko urakoresha imoteri itanga umuyagankuba, itwararike kuyikoreshereza hanze gusa. Imoteri itanga umuyagankuba idahawe umuyaga neza ishobora gutera uburozi bwa karubone monoxide (CO) hamwe n'urupfu.
- Suzuma neza ko imoteri yawe itanga umuyagankuba ishinze neza, imoteri itanga umuyagankuba idashinze neza ishobora guteza ibibazo mu ntsinga z'umuyagankuba, ihakwa guteza impanuka abakozi bajejwe ivy'umuyagankuba.

## IMYUZURE

Nk'uko biri muri kahise k'ikiza ca Tropic Storm Irene muri 2011, no muri uwu mwaka imyuzure irashobora gushika muri Vermont. Urubura runyaruka, n'ibarafu mu bihe vy'imbeho imiyaga hamwe n'imvura nyinshi mu rushana no guteza inzuzi kwuzura hamwe n'imigezi maze zikuzura zigasesa ku mpande. Nico gituma ari nkenerwa kwitegurira imyuzure umwaka wose.

Amajambo yo gukoresha mu gihe c'umwuzure

- Kugabisha umwuzure: Imyuzure irashoboka. Kugabisha bimenyeshwa na serivisi y'igihugu ishinze ihindagurika ry'ikirere (NWS) amasaha 12 gushika kuri 36 imbere y'irindi hindagurika rishobora gushika.
- Igihe c'umwuzure ukomeye: Harashobora kuba imyuzure ikomeye. Itegurire kwimukira ahantu hakirurutse. Umwuzure ukomeye cane urashobora gushika utagabishijwe.
- Igabishwa ry'umwuzure: Umwuzure uriko uraba canke uzoza vuba. Nimba wagiriwe inama yo kwimuka, kora ukwo ubwonyene.
- Igabishwa ry'umwuzure ukomeye: Umwuzure ukomeye uriko uraba. Rondera ahantu hakirurutse ubwo nyene kandi uje kure y'ibiziba hamwe n'inzuzi.

Impanuro zo kwikingira imyuzure

- Hamwe vyoshika ugahura n'umwuzure ntuze uhirahire ngo ugerageze kujabuka n'amaguru canke ngo ucishemwo imodoka.
- Kurikirana amakuru y'ibinyamakuru.
- Baza abatware b'akarere k'aho uba nimba inzu yawe yoba igeramiwe n'umwuzure canke iri ahantu hageramiwe cane. Amakarata yerekana ibiyaya birimwo imyuzure araboneka mu biro vy'igisagara nka vyose canke mu biro vy'inyubako y'igisagara.
- Umviriza abajejwe akarere hamwe n'abajejwe umutekano mu gihugu kandi ukurikize ivyo bakubwira mu buryo nyabwo.
- Menya inzira ucamwo mu guhunga umwuzure, ahari amazu ya reta yakira abantu, hamwe n'aho woronka ikibanza gikirurutse kurusha ahandi. Igihe c'umwuzure ukaze, ushobora kurondera n'ingoga ahantu hakirurutse kurusha ahandi uri ku maguru.
- Menya neza ko urugo rwawe rwiteguye. Aho bishoboka, gabanya ivyononekara vyo hejuru y'umushinge mu kuduza ibikoresho n'ibindi bintu bishobora kwononekara.
- Shinga neza ibikono vy'ibitoro kugira umenye neza ko bidatwarwa, bigashobora gutuma haba ingorane z'umutekano canke z'ibidukikije mu nzu canke hanze y'inzu yawe.



- Itegurire kuzimya ibikoresho vy'umuyagankuba mu nzu yawe igihe hari amazi yateze, intsinga z'umuyagankuba zaguye hasi, canke imbere yo kuva aho hantu. Menya ukuntu wugara neza imiringoti izana umwuka hamwe n'amazi.
- Hamagara uwuhagarariye ubwishingizi bwawe canke umukozi wa reta mu karere kugira muvugane inshumbusho y'umuwuzure. Ivyonyonywe n'umwuzure ntibirihwa hisunzwe amategeko yo kuriha bene amazu.

Ku yandi makuru, ja kuri [www.weather.gov/safety/flood](http://www.weather.gov/safety/flood)

## **UBUSHUHE BURENZE URUGERO**

Ubushuhe burashobora gutera indwara ikomeye. Mu minsi y'ubushuhe bwinshi, ubushuhe bw'umubiri burashobora kugera hejuru, bigatuma bigushira mu vyago bikomeye vy'indwara ziturutse ku bushuhe zikomeye, harimwo guhezwa n'ubushuhe, n'ukumugazwa n'ubushuhe (akaba ari ibidasanzwe bishobora guhungabanya ubuzima). Muri bino bihe, birahambaye ko uja ahantu hafutse kugira wikingire, ukingire umuryango wawe, hamwe n'ibikoko vyawe.

Impanuro zo mu gihe c'ubushuhe burenze uregero:

- Guma utekanye. Guma mu nzu, ahari akayaga (nimba bishoka), canke mu bibanza bifutse nko muni y'amazu, canke mu mazu ya reta arimwo ivyuma bitanga umuyaga (akarorero, inzu yo gusomeramwo ibitabu, inzu nini y'ubudandaji). Ambara impuzu zitaremereye, zidakayangana, zagutse.
- Gumiza inzu yawe ifutse. Shinga ubwugamo bufise amashurwe kugira mujeho hanyuma mwikingire izuba ryo mu gitondo n'inyuma yayasita. Ugara amadirisha ku murango igihe hanze hashushe kurusha munzu. Gabanya ikoreshwa ry'amashiga y'umuriro, ifuru hamwe n'ibindi bikoresho bishushwa.
- Guma unywa amazi. Nywa amazi menshi kurusha uko wahora, cane cane uriko urakora canke uri kuruhukira hanze.
- Vytwararike, nturindire kugeza unyotewe, irinde inzoga hamwe n'ikawa.
- Umviriza umubiri wawe. Bifate ibisanzwe. Gabanya gukorera hanze hamwe n'imyimenyerezo kandi ubigabanye gusa mu mwanya ukanye wo ku muni. Saba ubufasha nimba wumva urwaye. Hagarika ivyo uriko urakora nimba wumva ugire ugwe canke ucitse intege. Ubushuhe burashobora kwunyura indwara zidakira usanganywe.
- Ntube umunyamahanga. Raba abawe hamwe n'ababanyi, cane cane nimba bageze mu zabukuru canke bafise indwara zidakira.
- Guma uronka amakuru. Kurikira amakuru kandi ukurikirane serevisi z'igihugu zijejwe ikirere kuri [www.weather.gov](http://www.weather.gov)

**INOMERO ZA TEREHONE ZIHAMBAYE**

New England Poison Control Hotline: 800-222-1222

Ibiro bikuru vya polisi muri reta ya Vermont: 800-862-5402

Urwego rwa reta ya Burlington rutanga serevisi z'ikirere: 802-862-2475

Urwego rw'igihugu rwa Albany rutanga serevisi z'ikirere.: 800-239-2123

Igisata c'intara kijejwe gutunganya ubutabazi (FEMA) – Amakuru

y'Ubwishingizi bujewe abahuye n'umwuzure: 800-964-1784

Inomero yo gutanga amakuru ya Vermont (Vermont 2-1-1) (amakuru yo mu kibano n'aho uyasanga): 211 canke 866-652-4636

Umuryango utabara imbabare muri Amerika: 800-464-6692