VERMONT
DEPARTMENT OF HEALTH

# Gusubira i muhira inyuma y'umwuzure

Amazi y'umwuzure mu nzu no mu micungararo y'inzu yawe arashobora gutera ibikomere n'ibibazo vy'amagara. **Ntusubire i muhira gushika ababijejwe bo mu gisagara ubamwo bakumenyesheje ko hizewe kandi ko amazi yagabanutse.**

## Raba hanze ahakikuje inzu yawe.

- Igira kure y'intsinga z'umuyagankuba ziri hasi, umwuka uva canke ibikono vy'igitoro vyononekaye.
- Ntiwinjire mu nzu yawe nimba ubona ko hari ahononekaye ku nyubako nk'umugaga mushasha, ingorane zo ku mabati canke ibisika vyahindutse.
- Nimba wumva hamota umwuka(imota nk'amagi aboze) canke ukumva induru vaho ubwo nyenye hanyuma uhamagare abakozi bo mu karere.

## Zimya umuyagankuba.

- Nimba hari amazi atarakama akidengereye mu rugo rwawe kandi ukaba ushobora kuzimiriza umuyagankuba ahantu humutse, ca uja kuzimya umuyagankuba.
- Hamagara umukozi mu vy'umuyagankuba kugira ayazimye. **NTIWIGERE watsa umuyagankuba canke ngo uwuzimye wewe nyene canke ukoresheje igikoresho c'umuyagankuba mu gihe uhagaze mu mazi.**
- Ntiwigere ukoresha imashine itanga umuyagankuba canke imoteri iyariyo yose ikoresha ibitoro imbere mu nzu, mu nzu zo mu kuzimu, canke muri garaje canke munsi y'intambuko 20 kuva kw'idirisha iryo aririyo ryose, umuryango, canke icuma gitanga umuyaga.

## Raba neza ko amazi & imfungurwa bimeze neza.

- Kurikiza amabwirizwa ava mu gisagara cawe ku vyerekeye nimba amazi yawe ari meza kunyobwa.
- Nimba uronka amazi avuye mu kinogo canke mw'iriba, ntuyakoreshe kugeza uronse abayapima. Koresha amazi yo mw'icupa canke ashuhije n'imiburiburi umunota umwe mu kuyanywa no kuyatekesha. Nimba amazi yawe amota nk'ayasosa canke nk'ubumara canke nk'ibitoro ntuyanywe.
- Ta kure ibifungurwa bishobora kuba vyakozweko n'amazi y'umwuzure canke amazi y'imvura hamwe n'imfungurwa zitakanyishijwe neza.

## Sukura & kinga ifira.

- Ambara impuzu zigukingira nk'ipantaro n'izamaboko maremare, ibirato birinda amazi, ibirato vy'intoke vya parasitike, amarori, hamwe n'icuma N95 co guhemeramwo.
- Abana, abantu bafise ingorane zo guhema n'abafise ingorane z'ubudahangarwa bw'umubiri ntibategerezwa gufasha kugira isuku inyuma y'umwuzure.

- Ugurura imiryango yose n'amadirisha harimwo imbere n'inyuma kugira umuyaga winjire neza.
- Nimba inzu yawe yaratewe n'umwuzure kandi ikaba imaze iminsi yugaye, raba neza ko inzu yawe ifise ifira. Kugirango wumutse inzu yawe, koresha ibintu vyumisha n'ivyuma bitanga umuyaga, bishire kw'idirisha canke ku muryango kugira bisohore umuyaga hanze hakuwinjiza munzu kugira bitume ifira ridakwiragira mu nzu.
- Saba ko uburyo bwo gushusha inzu yawe, ibitanga umuyaga, (HVAC) bisuzumwa kandi bisukurwe n'ababifitiye ubumenyi bafise uburambe mu kwoza ifira **imbere y'uko uvyatsa** kugira ukinge ikwiragira ry'ifira mu nzu.
- Hanagura ibikoresho biriko ifira bitinjirwamwo n'amazi ( nk'ibiyo, parasitike, marubure, garanite, amakaro) ukoresheje isabuni n'amazi. Bibaye ngombwa ukoreshe umuti wica imicafu
- Mesura impuzu hamwe n'ibindi vyambarwa. Urashobra kuba ukeneye guta ibikoresho vyinjirwamwo n'amazi vyoroshe (nk'imido yo ku ntebe, imatera, icumisha uruhome, itapi, ibizibira utunogo,hamwe n'amakaro yo ku gisenge).