

Duhashye ibihari!

Ubumenyi bw'ibanze ku bihari

- Ibihari ni udukoko duto, tuja kungana n'urubuto rwa pome. Ibihari bikuze biba birambutse, bifite isura nk'iy'igi ndetse n'ibara ry'ibihogo bijya kuba umutuku. Ibihari by'ibyana biba ari bito cyane kandi bigoranye kubibonesha ijisho.
- Ibihari bitungwa n'amaraso y'umuntu kandi bishobora kumara igihe kirenga umwaka nta cyo bitya.
- Akenshi ibihari biba byihishe mu gihe cy'igicamunsi, aho usanga biri hafi y'aho abantu baruhukira cyangwa baryama maze bikaza kuhasohoka nijoro baje kurya. Ibihari ntibiba ku mibiri wacu.
- Hari abantu batagira icyo bumva icyo barumwe n'igihari.
- Ibyinshi mu bihari biba biri muri metero 2,4 by'aho umuntu aruhukira. Uko birushaho kuba byinshi bigenda bikwirakwira n'ahandi. Ushobora gusanga ibihari aho ari ho hose muri aha hantu hakurikira:
 - Muri matora, rasoro z'igitanda, imbaho z'ibitanda n'amashuka
 - Aho ibikoresho byo mu nzu byasadutse
 - Inyuma y'ibapapuro bitaka inkuta
 - Inyuma y'amafoto n'amasaha
 - Mu marido
 - Aho imbaho zishashe hasi mu nzu zasadutse
 - Munsi y'itapi
 - Inyuma ya purize cyangwa aho bacanira amatara

Kurwanya ibihari aho abantu batuye

Igihe ugerageza kurwanya ibihari biri mu nzu iwawe:

- IRINDE** gukoresha imiti yica udukoko yagenewe guterwa mu busitani cyangwa mu buhinzi.
- IRINDE** gukoresha imiti igaragara nk'aho "yakorewe mu rugo" cyangwa "umuntu yihinduriye uko ashaka" cyangwa yaguzwe ku muntu utarabihereye uburenganzira.

Uburyo bwiza bwo kurwanya ibihari biri mu nzu iwawe ni ugukoresha imiti ikoze mu binyabutabire byapimwe n'ubushyuye bigaterwa n'Inzobere mu gutera imiti irwanya udukoko (PMP). Ikibazo ni uko serivisi y'Inzobere mu gutera imiti irwanya udukoko iba ihenze. Ni yo mpamvu tuguha amakuru ajyanye n'uburyo warwanya ibihari kandi ukabyikorera ubwawe.

Kurwanya ibihari ubwawe ntibyoroshye kandi bitwara umwanya. Bisaba kwimura ibikoresho byo mu nzu, ibikoresho nkenerwa n'ibindi bikoresho bwite. Teganya uko ushaka gusukura buri cyumba. Teganya uko "wakwigizayo ibintu".

Ni gute "Wakwigizayo ibintu"?

- ✓ Hera mu nguni n'impera z'inkuta, ukure umwanda mu misate yabyo ukoresheje ikarita ya purasitike.
- ✓ Genzura unasukure ahantu hari imisate hose
- ✓ Ushobora gukoresha itoroshu cyangwa umukoropesho kugira ngo ukorope niba iwawe hashashemo amakuru cyangwa imbaho, cyangwa ugukoresha imashini ikurura umwanda
- ✓ Ntiwibagirwe guhanagura amafoto n'ibindi bintu bimanitse ku bikuta
- ✓ Genzura ibindi bintu kandi ubyigizayo
- ✓ Toranya imyenda, amashuka n'ibindi bintu bishobora kumeswa kubera ko ubu bushobora kuba uburyo bwiza bwo gusukura ibintu byibasiwe n'ibihari.
- ✓ Reba kuri <http://www.bedbugs.umn.edu/bed-bug-control-in-residences/controlling-bed-bugs-by-hand/> ku bijyanye n'ibindi bisobanuro bijyanye no kwigizayo ibintu.

Kwica ibihari n'intoki ntibyatuma wizera 100% ko byagufasha kugabanya umubare w'ibihari biri mu nzu iwawe. Ushobora kubifata maze ukabisyonyora cyangwa ukabifata ukoresheje papiyekora maze warangiza ukayijugunya.



Ibikoresho byifashishwa mu guhiga no kwica ibihari: Itoroshi, ikarita ya keredi ishaje (cyangwa igisa nayo), papiyekora, ishashi, umwanda n'amazi ashyushye arimo isabune.

Intambwe: Koresha itoroshi n'ikarita ya keredi kugira ngo uvumbure ibihari winjiza ya karita mu misate maze ibihari bisohororokemo. Koresha papiyekora kugira ngo utege ibyo bihari. Koresha amazi ashyushye arimo isabune kugira ngo umaremo ibihari byose, ibizinga by'amaraso, umwanda w'ibihari, amagi yabyo n'uduhu twabyo.

Gukoresha imashini ikurura umwanda bifasha gufata vuba no guhagarika ibihari. Koresha imashini ikurura umwanda kuri parente, ku bikoresho bya elegitoronike (nka televiziyo na radio) n'ahandi hantu h'ubwihisho nko mu bitanda, intebe, imbaho z'ibitanda n'utubati

Ku bijyanye n'andi makuru, wabariza ku **murongo utangirwaho amakuru** ajyanye n'ibihari kuri **612-624-2200**, **1-855-644-2200** bedbugs@umn.edu cyangwa ugasura urubuga www.bedbugs.umn.edu

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tw'imyenda. Niba ukoresha imashini ikurura umwanda ifite aho bamena imyanda, hita uvidurira ibyo yakuruye mu ishashi, uyifunge maze uyijugunye kure. Sukura imashini ikurura umwanda neza. Niba uri gukoresha imashini ikurura umwanda ifite umufuka, hita uwuvanaho maze uwufungire mu ishashi kugira ngo ijugunywe. Genzura ko nta bihari byasigaye mu mashini ikurura umwanda maze ubyice kugira ngo bidakwirakwira n'ahandi.

Kumesa ni uburyo bwiza cyane bwo gusukura ibintu bishobora gushyirwa mu mashini imesa cyangwa yumutsa. Kusanya udutambo n'imyenda yanduye maze ubifungire mu ishashi kugeza igihe bizameserwa kugira ngo ugabanye ibyago by'ikwirakwira ry'ibihari. Koresha igipimo cyo hejuru cyane cy'ubushyuye umwenda ushobora kwihanganira mu gihe cyo kuwumesa no kuwumutsa. Niba uwo mwenda udashobora kumeswa, wumutse mu gihe cy'iminota 30 ukoresheje igipimo cyo hejuru cyane cy'ubushyuye ushobora kwihanganira.

Umwuka ushyushye ushobora kugira umumaro munini igihe ukoreshejwe neza. Koresha imashini y'umwaka ushyushye ijyamo byibura litiro 3,7, bibaye byiza yaba ifite aho bongerera cyangwa bagabanyiriza umwuka. Umunwa ubwataraye utuma umwaka ubasha kwinjira mu bikoze ibikoresho byo mu nzu cyangwa amarido. Kugira ngo wizere ko ibihari byapfuye neza, aho uvanye uburoso bw'imashini y'umwaka ushyushye hagomba kuba hafite ubushyuye buri hagati ya 160 na 180°F. Koresha akuma gapima ubushyuye kugira ngo ugenzure ubushyuye. Igengesere kuko umwuka ushyushye ushobora kugutwika.

Gukonjesha ibintu byibasiwe n'ibihari bishobora kuba uburyo bworoshye bwo kubiyica. icyo ukeneye ni ukuba ufite firigo n'igihe. Igihe urimo gukonjesha ibintu kugira ngo wice ibihari, bizaba ngombwa ko ubishyira muri firigo bimaremo byibura iminsi 4, ku gipimo cy'ubukonje cya 0°F cyangwa muni yacyo. Itondere ibyo ukonjesha kuko hari ibishobora guhita byangirika.



Kwambika umwenda matora bituma ibihari bitihisha muri matora, ari na ho hantu bikunze kwibera kandi bikagorana kubikuramo. Igihe matora yibasiwe n'ibihari, yambike umwenda kugira ngo ibihari biyirimo bibure uko bisohokera maze bitangire gupfa nyuma y'ibyumweru 2. Ariko bisaba ko urekeraho umwenda mu gihe cy'amezi 18. Byongeye kandi, imyenda ya matora ishobora kumeswa byoroshye igihe yibasiwe n'ibihari. Gura umwenda wa matora wanditseho ko urinda ibihari kubera ko imyenda ya matora yagenewe kurinda ubwivumbure bw'umubiri idashobora guhagarika ibihari.

Gukoresha ubushyuye ni uburyo bwiza bwo kurwanya ibihari. Ubu buryo bukoreshwa gusa n'inzobere mu gutera imiti irwanya udukoko kugira ngo wizere ko ibintu n'ibiyumba byibasiwe n'ibihari bigerwaho n'ubushyuye buhagije kugira ngo udukoko dupfe neza. Ntuzigera ugerageza gukoresha uburyo bw'ubushyuye ubwawe.

Imiti yica udukoko ni uburyo bw'ingenzi bwo kurwanya ibihari kubera ko usanga akenshi hari ibihari byitarura aho ibindi byinshi biba biri maze bikimukira ahandi. Koresha imiti yica udukoko wigengesereye kandi ukurikize amabwiriza yanditseho. Biba byiza cyane iyo uhaye akazi inzobere mu gutera imiti irwanya udukoko kugira ngo abe ari bo batera imiti yica udukoko ikwiriye. Ntukagerageze kurwanya ibihari aho byateye ukoresheje imiti yagenewe kwica utundi dukoko kuko bishobora gutuma bikwirakwira maze bikongera ingano y'ahantu byateye.

Ku yandi makuru ajyanye n'ubu buryo bwose, sura urubuga www.bedbugs.umn.edu

Kinyarwanda Translation Date: September 2015

Byanditswe na Amelia Shindelar na Dr. Stephen Kells, 2011

Inkunga yo gufasha Gahunda ya "Duhashye ibihari" yatanze n'ikigo cya Leta Zunze Ubumwe z'Amerika gishinzwe kurengera ubuzima bwa muntu n'ibidukikije na Minisitiri y'Ubuhanzi n'Uburorizi muri Leta ya Minnesota (MDA). Turashimira cyane n'ubundi bufasha bwatanze na Minisitiri y'ubuzima rya Leta ya Minnesota.

Hashingizwe ku Itegeko rirengera Abanyamerika babana n'ubumuga, aya makuru akaba aboneka mu buryo butandukanye bw'itumanaho igihe biramutse bisabwe uhamagaye kuri 651/201-6000. Abakoresha telefoni ikoresha ubutumwa bwanditse (TTY) bahamagara muri Serivisi ya Leta ya Minnesota ishinzwe gutumikira ababana n'ubumuga bwo kutumva no kutavugira kuri 711 cyangwa 1-800-627-3529.

Kaminuza ya Minnesota na Minisitiri y'ubuhinzi ya Leta ya Minnesota bitanga amahirwe angana ku bashaka kwiga n'abashaka akazi.

Byashyizweho ku itariki ya 29 Nzeri 2014