Ukeneye izindi nsiguro gerageza uje kuri:

www.samhsa.gov

www.drugabuse.gov

www.stopalcoholabuse.gov

Ibigize aka gatabo vyavuye mu bikorwa vyaringanijwe na:

Igisata kijejwe kumenyesha ivyerekeye gutuza mu mazu ibiyayura umutwe n'inzoga z'umurengera (National Clearinghouse for Alcohol and Drug Information)

Igisata citwararika kwiga ibiyayura umutwe n'inzoga z'umurengera (National Institute on Alcohol Abuse and Alcoholism)

Ibiro bijejwe gukingira n'ukugabanya ingwara (Centers for Disease Control and Prevention)

Aka gatabo kakozwe n'uburyo bwatanzwe n'Ubuyobozi bujejwe Amagara n'Ugufasha Kumenyereza Impunzi kuba muri iki gihugu.

U.S. Committee for Refugees and Immigrants
2231 Crystal Drive, Suite 350
Arlington, VA 22202-3711
Telefone: 703 • 310 • 1130
Fax: 703 • 769 • 4241
www.refugees.org

IBIYAYURA UMUTWE N'INZOGA Z'UMURENGERA

Drug and Alcohol Abuse (Kirundi)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS

USCRI

www.refugees.org

Protecting Refugees, Serving Immigrants, Upholding Freedom since 1911

KUBAHO NEZA

Gufata ibiyayura umutwe birashobora kwonona amagara yawe, umuryango n'agacimbiri ubamwo. Aka gatabo karigisha ingene ushobora kumenya umugenzi canke incuti yoba afata ibiyayura umutwe canke anywa inzoga nyinshi n'uburyo womufasha.

IBIYAYURA UMUTWE NI IBIKI?

Ibiyayura umutwe ni ibintu bihindura ingene umubiri wawe usanzwe ukora. Bironona amagara kandi biragoye kuvyihanganira no kubiheba.

Ubwoko bw'ibiyayura umutwe buzwi cane ni:

- itabi ry'isigareti
- inzoga
- itabi rihekenywa canke ubugoro
- urumogi bita marijwana
- urumogi bita kokayine
- ibindi biyayura bita "methamphetamines"

IKORESHWA RY'IBIYAYURA UMUNTWE N'INZOGA Z'UMURENGERA N'IKI?

Abantu barenza mugufata ibiyayura umutwe canke inzoga bama bashaka kunywa vyinshi igihe cose. Bamana inyota yavyo ku buryo badashobora kwihangana ngo babeho batabironse. Ntibashobora kuvyirengagiza gushika aho bihinduka bikaba ingwara. Ivyo rero bironona umubiri wabo, kandi bifise ingaruka mbi mu muryango, mu bagenzi hamwe no ku kazi.

IBIMENYETSO VY'UKUNYWA INZOGA Z'UMURENGERA?

Abantu bashobora kugira ingorane zitewe n'inzoga iyo:

- baborerwa kenshi,
- bagwara kubera inzoga,
- bama barenza icupa rimwe ku munsi,
- bikubita canke batata n'abandi igihe bariko baranywa,
- bibagira ivyo bakoze igihe bariko baranywa, canke,
- babesha canke bagahisha ko banywa

KUNYWA IBISANZWE N'IKI?

Ni ibisanzwe kunywa agacupa kamwe ku munsi. Nti bisanzwe iyo umuntu anywa inzoga kugira yirengagize kwiyumvira ibintu bimugoye canke bimubabaje. Abantu banywa inzoga nyinshi barashobora guhinduka bagaturubika abandi, bakaba sindabinezwe, bagatata, bagashavura cane kandi bikabagora gufata ingingo nziza ku biberekeye canke ku biraba umuryango wabo.

MENYA AMATEGEKO

Birabujijwe n'amategeko muri Amerika kunywa itabi imbere y'imyaka 18, hamwe no kunywa inzoga imbere y'imyaka 21. Ni ukurenga amategeko gutwara imodoka wanyoye.

IBINYOBWA VY'UMURENGERA BIRONONA UMUBIRI NO MU MUTWE

Kunywa inzoga n'ibiyayura umutwe birashobora kwonona ubwonko bigatuma umutwe udakora neza. Inzoga n'ibiyayura umutwe birashobora kwonona umubiri bikanakwega ingwara zikomeye nka kansera, igitigu, kuraba ugata ubwenge canke ugupfa. Umuntu inywa ivy'umurengera kenshi na kenshi akora ivyaha vyinshi.

Kunywa inzoga z'umurengera canke ibiyayura umutwe bishobora gutuma umuntu afata ingingo mbi nk'izi:

- gutwara imodoka aborewe
- kuba umunyamahane
- Kwonona amahera ku nzoga n'ibiyayura umutwe hamwe n'ukugwa mu madeni.
- Kurangura amabanga y'abubatse atikingiye

NO GIRA IKI IYO NZI UMUNTU ANYWA IBIYAYURA UMUTWE CANKE INZOGA Z'UMURENGERA?

Iyo unywa canke iyo uzi umuntu afise iyo ngorane, ni ngombwa guhagarika ni ngoga ukarondera abagufasha. Kurondera abagufasha n'uguhamagara ibiro bijejwe ikoreshwa ry'umurengera w'ibiyayura umutwe n'ingwara zo mu mutwe (Substance Abuse and Mental Health Services Administration) ku nomero 1-800-662-4357. Guhamagara kuri iyo nomero ntaco uriha, kandi barashobora kukurangira abagufasha hafi y'aho uba. Ntiwihebure ahubwo iganira izo ngorane umuryango wawe, umukozi ajejwe kugufasha canke uwundi muntu wizigiye. Niyo wirengagiza izo ngorane, menya ko ubuzima bwawe buri ku manga.

Iyo ufise ingorane z'umurengera zihuta, usabwe guhamagara 911.