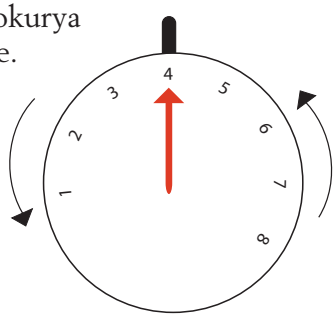
cane cane iyo umwana bayimutoyemwo ashobora no gupfa. Kugira lero izo mikorobi ntizibashikire mutegerezwa gukora ibi.

- Uhejeje gukoresha rurya rubaho ukatirako hita urwoza neza n'amazi n'isabune, amasahane uhejeje kuyakoresha ugaca nayo uyoza, hamwe lero n'imeza wakoreyeko mugihe uriko urateka ca uyogesha amazi ashushe n'isabune canke ukoreshe arya masabune yica mikorobi.
- Mugihe uriko urakata inyama n'imboga, koresha imbaho zitandukanye.
- Koresha zirya mbaho z'itari izibiti, hariho iza palasitike nizo zitabika izo mikorobi.
- Urahora ukoresha birya bitambara vy'impapuro iyo uriko uhanagura aho wateguriye ivyokurya, ntugakoreshe birya bitambaro vy'impuzu.
- Uhishije , ntugashire inyama kusahani wari wakuyeko inyama ikiri mbisi.
- Buri kanya ayo mata ukoresha n'ukuyagumiza muri firigo kugira ngo agume asusurutse.
- Ni bibi gusubiza inyama muri firizeri iyo wamaze kuzikuramwo zikamara akanya hanze.
- Ntuze ubike indya mumakopo y'uguruye
- Firigo yawe itegerezwa kuguma kugipimo co hagati kugira ngo ivyokurya ntivyononekare.



"Ugumije firigo yawe ikanye bikwiye bizotuma ivyo kurya vyawe bitononekara"

Ukeneye amakuru menshi ajanye n'isuku, ibifungurwa genda kuraba kuri interineti:

www.cdc.gov/cleanhands

www.cdc.gov/foodsafety

• • •

Inyigisho ziri muri aka gatabo byashizwe hamwe dukoresheje ibikoresho vya shizwe hamwe na:

European Union Risk Analysis Information Network

Media Materials Clearinghouse

Centers for Disease Control

Iyinyandiko yateguwe ifashijwe n'umutungo uvuye mu bushikiranganji bwubuzima hamwe n'ibiro biraba imibereho n'ibiro vy'impunzi zimuwe.

AHO KURONDERERA AMAKURU:
riht@uscridc.org
U.S. Committee for Refugees and Immigrants
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Telefoni: 202 • 347 • 3507
Fagisi: 202 • 347 • 7177
www.refugees.org

Isuku ku mubiri n'isuku munzu

Personal and Home Hygiene (Kirundi)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
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HAGARIKA GUKWIRAKWIZA IZO MIKOROBI-KARABA INTOKI ZAWE

Gukaraba intoki nico kintu cambere kizogufasha kugwanya ingwara nka giripi mugihe c'imbeho. Gukaraba intoki nico kintu cambere kizogufasha kugwanya ingwara nka giripi mugihe c'imbeho. Mikorobi irashobora gu! kwira hose iva kumuntu ija k'uwundi. Murakoresha arya masabuni atuma yanditseko akuraho mikorobi "antibacterial" ntikwire hose canke zirya sabune bita"deodorant" nizo zica mikorobi neza bigatuma ico kiza kitabafata.

UMUBIRI USUKUYE UCA UGUMA UFISE AMAGARA MEZA

Kwiyuhagira n'isabune zirya z'imota canke zirya zanditseko zikura mikorobi birafasha kwica utwo dukoko dutuma umubiri wawe unuka nabi.

Mugihe uhejeje kwiyuhagira hita uhindura impuzu wambare izimeshe uhindure n'ikariso wambare imesuye

Iyo wogeje umushatsi wawe kabiri mundwi ukoresheje irya sabuni yo kwoga mumutwe "shampu"atari irya woga kumubiri biratuma birya vyo kuvunguka kumutwe bigabanuka. Irya sabune nayo bita "Conditioners" irashobora kugufasha mugihe umushatsi wawe wumagatanye. Ariko hari ubwoko bwinshi bw'imishatsi bukoresha ubwoko bwinshi bw'amasabuni. Gerageza ubaze abagenzi canke abavukanyi kugira ngo baguhanure umenye iyo ugura yogira neza umushatsi wawe.

Irya sabuni ugura ngo wogeshe mumushatsi ntabwo yica inda zo mumutwe. Nimba hari inda ufise mumushatsi, genda ubaze muganga wawe akubarire isabune ishobora kwica izo nda ufise mumutwe.

IGISHA ABANA N'UMURYANGO WAWE IGIHE BATEGEREZWA GUKARABA MUTONKE N'ISABUNE

1. Mbere yo gufungura, guteka, canke mbere yuko bakora mundya izarizo zose.
2. Iyo muhejeje gukoresha umusarani.
3. Iyo uhejeje gutegura umwana yasohotse, canke harya uhejeje guhindurira umwana umukura impuzu y'itabariyemwo.
4. Igisha umuryango wawe n'abana ukuntu uburyo bwiza bwo gukaraba intoki.

IGISHA ABANA N'UMURYANGO WAWE INGENE BOKARABA MUTONKE NEZA

1. Suka amazi ashushe kuntoki
2. Koresha isabuni hama ukunyure intoke umare k'imisegunda mirongo ine n'itanu
3. Karaba neza witonze hagati y'intoki hama uheze ukarabe ukura imyanda ihagamye m'unzara
4. Unyuguza lero n'amazi mashasha wikureko isabune hama ufate cagitambaro c'igipapuro canke igitambaro c'impuzu kimesuye wumutse intoke.
5. Urazi yuko udukoko canke mikorobi dushobora kw'inyegeza munsi y'inzara, urageraageza lero uhore waziciye zibe ngufinya

Hariho ico bita "deodorant" n'isabune basiga munsi y'amaha kugira ngo umubiri wawe ureke kugira umunuko cane cane iyo ubira ivyuya iyo uyikoresha uhejeje kwoga uriko urambara impuzi.

Izo sabune lero ziraboneka mubwoko bwinshi, harubwo iza imeze nk'amazi, amavuta canke agacupa ufyonda kakazana umuyaga. Umugore canke umugabo arashobora gukoresha zosew. Iyo ugiye kukazi canke kw'ishule nivyiza yuko ugenda washokoje neza umushatsi.

KUMESA IMPUZU BITUMA TWA DUKOKO TUTABONEKA

Kumesura impuzu wambara canke amashuka uryamamwo rimwe mundwi biratuma umubiri wawe utakurya.

KWOZA MUNZU NAVYO NYENE BITUMA TURYA DUKOKO TUTABONEKA

Udukoko dutumuka amasazi, imbeba ivyo navyo bizana twa dukoko. Nukwibuka gukubura igikoni kenshi ugaca ukoropa hasi n'amazi n'isabuni kugira ngo mikorobi igende.

ICUMBA CO GUTEKERAMWO IGIKONI KIGOMBA KUBA GISUKUYE

Hariho imikorobi myinshi itogwa mu mata, amagi, inyama z'inkoko, inyama z'ingurube, inyama z'inka, hamwe no mu mafi. Izo mikorobi zirababaza gose