

Safe, Smart and Healthy – Keys to Success in Your New Home
Substance Use/Abuse - 1

KIRUNDI

<p>Abashingantahe Ba na Adamu rimwe na rimwe barakunda guteraniraku gacupa iyo bavuye ku kazi. Baratahura amategeko araba kunywa inzoga muri Amerika. Muri Amerika kugira ngo ushobore kunywa inzoga utegerezwa kuba ukwije canke urenza imyaka 21. Abashingantahe Ba na Adamu barakwije imyaka yo kunywa inzoga, ariko bategerezwa kwitwaza uturangamuntu twerekana iyo myaka.</p>	<p>Mr. Ba and Mr. Adam sometimes enjoy getting together to have a beer after work. They have learned about the laws in America about alcohol. You must be 21 years of age or older to drink alcohol in America. Mr. Ba and Mr. Adam are both old enough to drink, but must have identification to prove their age.</p>
<p>Iyo wanyoye inzoga ni bibi cane kandi <i>ntivyemewe</i> gutwara imodoka, Ni co gituma baca barondera ubundi buryo bwo kwiyunguruza. Ufashwe utwara umuduga imodoka waborewe, canke wanyoye ibindi biyayura mutwe, uba wishize mu kaga, wononye statu yawe kandi urashobora no kwirukanwa mu gihugu.</p>	<p>It is very dangerous and <i>illegal</i> to drive a car if you have been drinking alcohol. For this reason, they make other transportation plans. If you are caught driving while under the influence of alcohol or other drugs, you jeopardize your immigration status and you can be deported.</p>
<p>Wibuke ko hariho <i>imiti</i> imwe imwe itera gusinzira canke uburuhe, bigatera ingorane iyo utwara umuduga Iyo ni nkimitiivura ububabare: iyo ishobora gutera ingorane nyinshi cane <i>cane</i> iyo uyinyoye ukanywa n'inzoga.</p>	<p>Remember that some <i>medicines</i> can make you tired or sleepy, and make it unsafe for you to drive. This is especially true of some pain medications: these can be <i>especially</i> dangerous if you drink alcohol while taking the medicine.</p>
<p>Igitegwa citwa kate, Khat/Kat/Qat naco nyene nticemewe muri Amerika. Gukoresha canke kugurisha ivyo biyayura mutwe, vyogushira mu kaga, ukonona statu yawe canke ukirukanwa mu gihugu.</p> <p>Bimwe mu <i>bindi biyayura mutwe</i> bikoreshwa mu gihugu wahora ubamwo bishobora kuba bitemewe muri Amerika, nka bimwe mu bindi bitegwa. Ubusuzume neza.</p>	<p>Khat/Kat/Qat is also illegal in America. Using or selling this substance will also jeopardize your immigration status and get you deported.</p> <p>Some <i>other</i> intoxicating substances used in the country where you lived before may also be illegal in America, including natural substances or plants. Be sure to check.</p>

Itabi n'amasigareti ntibubijjwe muri Amerika, ariko mumazu atari make, kirazira kunywera mwo itabi. Umwotsi w'itabi ni mubi cane – si kubarinywa gusa, no ku miryango yabo n'*abandi* bantu bahumeka uwo mwotsi mu nzu iyo begeranye n'uwurinywa.

Tobacco and cigarettes are legal in America, but smoking is not permitted inside most buildings. Tobacco **smoke** is very unhealthy—not only for smokers, but also for their families and any *other* people who breathe smoke in the room because they are close to a person who smokes.