

## TOPIC 8 — ALCOHOL ABUSE

### Kurenza Urugero Mu Kunywa

Kunywa inzoga ukarenza urugero bishobora kugirira nabi amagara y'umuntu hamwe n'umubano mu muryango. Ibi bikurikira birashobora kugufasha wewe nyene, umugenzi canke incuti, kumenya ko murenza urugero mu kunywa inzoga. Muzoheza mwigie ingene mwokwifasha canke mwofasha umuntu mwoba muzi.

### Excessive Drinking

Excessive drinking of alcohol can be very harmful to a person's health and family relations. The following information can help identify if you, a friend, or a family member may be abusing alcohol. You will learn how you can help yourself or someone you know.



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### Inzoga No Kuba Mu Buhungiro

Kuba mw'ikambi y'impunzi igihe kirekire n'ibintu bishobora gutera umutima mubi. Mu makambi y'impunzi, abantu bamwe baranywa babitumwe n'imvo zitandukanye: kuba kure yo muhira n'abawe, kutagira ico ukora mw'ikambi kugira umwanya uhere, kwibaza ko kunywa biryoshe, canke guhunga kwiyumvira ingorane barimwo.

### Alcohol and the Refugee Experience

Living in a refugee camp for a long period of time can be a frustrating experience. In refugee camps, some people decide to drink alcohol for a variety of reasons: they miss their homes and families, they have little to do in the camp to pass time, they think drinking is fun, or they want to avoid thinking about their problems.



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### Inzoga No Kuba Mu Buhungiro

Abantu bari baramenyereye kunywa inzoga mw'ikambi bashobora kubandanya kuzinywa bashitse muri Leta Zunz'Ubumwe za Amerika. Bashobora guhwana n'amadidane n'ibibazo bishasha. Ariko, kunywa inzoga ntaco bifasha mu gutorera inyishu ibibazo bafise. Inzoga zishobora gutuma ibibazo bigora gu-sumba canke bikavyura bishasha.



### Alcohol and the Refugee Experience

People who are used to drinking alcohol in the camp may continue to drink when they get to the United States. They may face new challenges and problems. However, drinking alcohol does not help problems. Alcohol can make problems worse and cause new ones.

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### Ububi Bw'Inzoga?

Muri Leta Zunze Ubumwe za Amerika, naho amategeko arekurira abashikanye imyaka mirongo ibiri n'umwe y'amavuko canke bayirenta kunywa inzoga, izo nzoga zirashobora kwonona amagara yawe uzinyoye ukutariko. Kunywa inzoga z'umurengera ku bantu bakuze bishobora kwongereza gukomereka canke bikonona amagara mu bundi buryo.

### How is Alcohol Harmful?

In the United States, even though it is legal for people who are 21 years and older to drink alcohol, it can still harm your health if used improperly. Excessive drinking by adults can increase injury and other health risks.



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### Guseserezwa N'inzoga

Inzoga zisesereza amagara y'umuntu igihe zononye amagara ku mubiri no mu bwenge bwiwe. Ibimenyetso vyerekana ko umuntu yaseserejwe n'inzoga n'ibi: kutaba ugishobora gufata ingingo, kwama ushwana uharira, kurwana, kutaba ucibuka ivyabaye, kuba utagishobora guhagarara canke gutambuka neza, canke kutaba ukivuga ivyumvikana.

### Alcohol Intoxication

Alcohol intoxication is when a person's mental and physical abilities are affected by alcohol. Signs of alcohol intoxication are: changes in your ability to make decisions, getting into arguments, making physical attacks or assaults, not remembering things, having difficulty standing or walking, or slurred speech.



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### Kunywa Ukarenza Urugero

Iyerekana ko umuntu asigaye ari imborerwa:

- Ntaba agishobora kurangura neza amabanga ahambaye mu kazi, kw'ishure canke mu rugo.

Akarorero, kutaba ugishobora gukora akazi kubera akaborerwe.

- Kunywa inzoga kandi bikumerera nabi ku magara yawe.

Akarorero, kunywa inzoga hanyuma ugatwara imodokari.



### Alcohol Abuse

Signs someone is abusing alcohol:

- They are not able to fulfill important responsibilities at work, school, or home.

For example, being late to work because of being drunk.

- They drink alcohol when it is physically dangerous.

For example, drinking and then driving a car.

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### Kunywa Ukarenza Urugero

Iyerekana ko umuntu asigaye ari imborerwa:

- Kubandanya kunywa kandi ufise ingorane z'umwumvikano mu rugo canke mu bagenzi, ivyo bikaba biterwa n'izo nzoga
- Ingorane z'intavanako mu vyerekeye ubutungane canke umutekano kubera akaborerwe

Akarorero, gufungwa kubera ko wononye ibintu vy'abandi bivuye ku kaborerwe.

### Alcohol Abuse

Signs someone is abusing alcohol:

- Continued drinking in spite of ongoing relationship problems with family or friends that are the result of drinking
- Repeated problems with the law or police due to drinking alcohol

For example, getting arrested for damaging someone's property while drunk.



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### **Kuba Umuja W'inzoga**

Umuntu arashobora gucika umuja w'inzoga gushika aho atagishobora kugira icakora atazironse. Ibimenyetso vyo kuba umuja w'inzoga: kutihangana kunywa inzoga; kutaba ugishobora kwipimira; gushika ku rugero rwo guseserezwa n'inzoga bikarangwa nuko uwo muntu iyo abuze izo nzoga aca yumva arunguriwe, akadahwa, akagugumizwa; kutaba ucihangana. Kutihangana, ukwo iminsi ihera ukaguma usaba inzoga zirengeye izahora ziguhaza ugitangura kuzinywa.

### **Alcohol Dependence**

A person can be so dependent on alcohol that they are unable to function without it. Signs of alcohol dependence are: a strong need to drink alcohol; loss of control; withdrawal symptoms, such as nausea, vomiting, and shakiness; and tolerance. Tolerance is when over time a person requires increasing amounts of alcohol to experience the same effect alcohol initially had in smaller doses.

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### Inkurikizi Z'inzoga Ku Muryango

Ukunywa inzoga nyishi kw'abavyeyi gutuma abana bagira ubwoba, batumva neza, canke bashavura. Birashobora kandi kuba intambamyi ku mashuri y'abana ugasanga ntibagikora neza. Ukunywa umurengerera bijana kenshi n'ukwahunze, n'ukwama wiyirirwe, n'amahane mu rugo, canke n'ukutaguma mu kazi.

### Effects of Alcohol on Family

Parents' excessive drinking can make children feel frightened, confused, and angry. It can also cause children not to do well in school. Alcohol abuse is often associated with divorce, depressive feelings, violence in the home, and difficulty maintaining employment.



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### Inkurikizi Z'inzoga Ku Magara Y'umuntu

Kunywa ukarenza urugero bironona umubiri bigatera n'indwara zihambaye nk'izi:

- Umurindi w'amaraso
- Cancer
- Kurwara igitigu
- Guta ubwenge
- Urupfu

### Effects of Alcohol on Health

Excessive alcohol use can harm the body and may lead to serious health problems, such as:

- High blood pressure
- Cancer
- Liver disease
- Coma
- Death



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### Inzoga N'Imiti

Kunywa inzoga mu gihe unywa imiti imw'imwe bishobora kuba intambanyi ku magara yawe. Iminti myinshi nticanganywa n'inzoga kandi bishobora kugira ingaruka mbi. Kunywa inzoga ukabifatanya n'ibiyayura umutwe bitarekuwe n'amategeko bishobora kugira ingaruka mbi z'umurengera bimwe umuntu adashobora kumenya.



### Alcohol and Medications

Drinking alcohol while taking some medications can be harmful. Many medications do not mix with alcohol and may cause dangerous side effects. Combining alcohol with illegal drugs can be even more dangerous and unpredictable.

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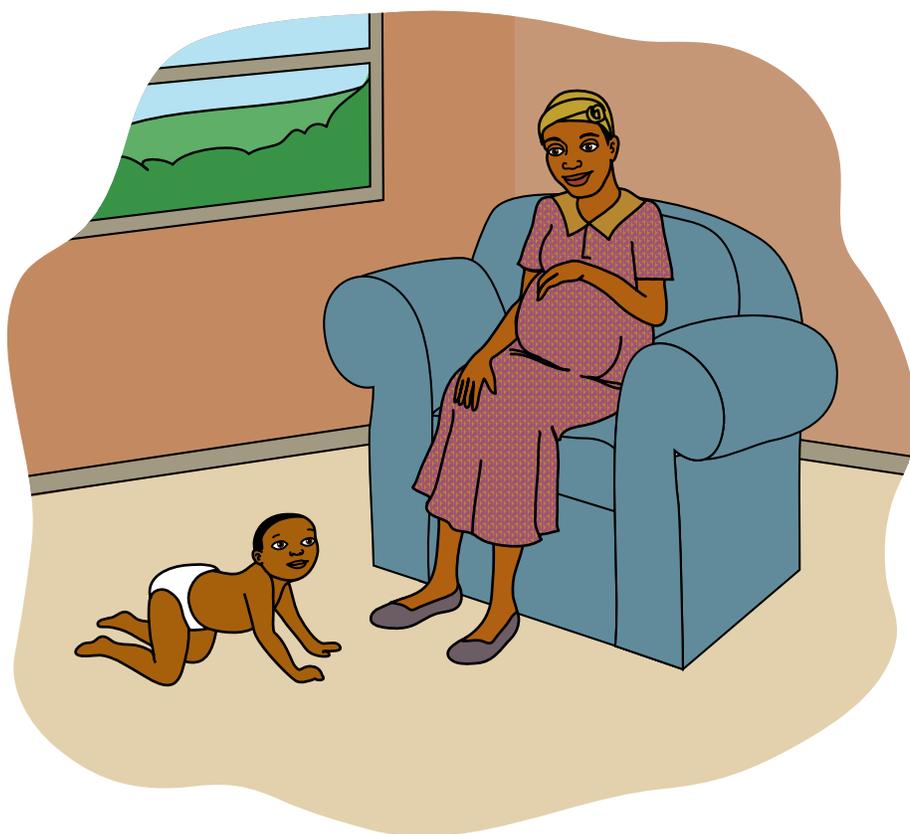
### Inzoga Ku Muvyeyi Yibungenze

Kunywa inzoga wibungenze bishobora kumerera nabi umuyeyi n'umwana.

Bishobora gutuma:

- Abana bavuka badakwije ibilo
- Umwana avuka atari bwagere
- Umwana avuka yafuye

Abagore bibungenze botegerezwa kutanywa inzoga.



### Alcohol and Pregnancy

Drinking alcohol during pregnancy can cause health problems for both the mother and the baby. It can cause:

- Low birth weights in babies
- A baby to be born too early
- A baby to be born dead

Women should not drink any alcohol when pregnant.

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### **Kunywa Inzoga No Gutwara Imodokari**

Inzoga zituma abantu batabona neza kandi batamenya kwipimira ko bashobora gutwara imodokari neza. Umuntu yamye aranywa kirazira ko atwara imodokari. Kunywa inzoga ukongera ugatwara umuduga bishobora kugukomeretsa canke bigakomeretsa abandi bantu. Mu mwaka wa 2006, muri Leta Zunze Ubumwe za Amerika, abantu barenga ibihumbi cumi n'indwi nibo bahitanywe n'isanganya ry'imiduga bivuye ku kaborerwe.



### **Alcohol and Driving**

Alcohol affects people's judgment and their ability to decide if they are okay to drive. A person who has been drinking should not drive. Drinking and driving can hurt you and other people. In 2006, over 17,000 people died in alcohol-related traffic accidents in the United States.

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### Menya Amategeko

- Muri Leta Zunze Ubumwe za Amerika, kirazira kunywa inzoga ukongera ugatwara imodokari.
- Kirazira ko abantu badashikana imyaka mirongo ibiri n'umwe y'amavuko banywa canke bakagura inzoga.
- Kirazira kugurira inzoga abantu batarashikana imyaka mirong'ibiri n'umwe y'amavuko.



### Know the Law

- In the United States, it is against the law to drink alcohol and drive.
- It is illegal for people under 21 years old to drink or buy alcohol.
- It is illegal to buy alcohol for people who are under 21 years old.

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### Menya Amategeko

Kurenga aya amategeko bishobora kugutuma uva mu kazi, ubura uruhusha rwo kuguma mu gihugu, kwakwa uruhusha rwo gutwara imodokari. Kurenga aya amategeko bishobora gutuma umuntu ataronka ubwenegihugu muri Amerika canke bigatuma wirukanwa muri Leta Zunze Ubumwe za Amerika.

### Know the Law

Breaking these laws could result in losing a job, immigration status, and driver's license. Breaking these laws could also prevent a person from becoming a U.S. citizen and even result in deportation.



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### Ni kuki Abantu Bamwe Bamwe Banywa Inzoga?

- Ntibagishobora kwiyumanganya.
- Bibaza ko biryoshe.
- Baba bashaka kwibagira ibibahanze.
- Barababaye canke barataye umutwe.
- Bazinywa ngo biruhire mu mutwe.

### Why Do Some People Drink?

- They are addicted.
- They think it is fun.
- They use it to escape reality.
- They are sad or troubled.
- They use it to relax.



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### Umuntu Yonywa Inzoga Zingana Gute?

Birarutana ku muntu n'uwundi bikava ku magara y'umuntu, ku myaka yiwe no ku bunini bwiwe. Ku bantu bamwe, kunywa ikirahuri kimwe gusa ku munsu bishobora kwerekana ko baganzwa n'inzoga. Kunywa nyinshi iminsi myinshi (kurenza ibipimo bitatu ku bagore n'ibipimo bine ku bagabo) bishobora kwerekana ko uyo muntu ari mu banywi b'inzoga zishobora kugirira nabi.



### How Much is Okay to Drink?

This is different for everyone depending on someone's health, age, and body. For some people, even having more than one drink a day may be suggestive of an alcohol problem. Heavy drinking days (more than 3 drinks for a woman and more than 4 drinks for a man) may mean that a person is an "at-risk" drinker.

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### Ivyiza vyo Kunywa Inzoga Nkeyi

Kutanywa inzoga bishobora gufasha abantu:

- Kutihebura
- Kugira amagara meza
- Kuziganya amahera
- Kumarana umwanya munini n'umuryango
- Gukora neza gusumba mu kazi

### Benefits of Drinking Less Alcohol

Not drinking alcohol can help people:

- Feel less depressed
- Be healthier
- Save money
- Spend more time with family
- Perform better at work



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### Ibishobora Gusubirira Kunywa Inzoga Vy'Ingirakamaro ku Magara y'umuntu

Umuntu ashobora gukoresha ubundi buryo mu gutorera inyishu ingorane aho guhungira mu nzoga. Abantu bashobora:

- Kuyaga n'umuntu bizigiye, nk'umugenzi, incuti, umuganga, uwuguk rikirana mu vyerekeye umubano mu kazi
- Kugira imyimenyerezo
- Kuja gusenga mw'ikereziya, muri moske, mu ngoro y'imana
- Gutora ico umuntu akunda gukora hakuja mu nzoga



### Healthy Alternatives to Drinking

There are other ways to deal with problems instead of drinking alcohol. People can:

- Talk with someone he or she trusts, such as a friend, family member, doctor, or caseworker
- Exercise
- Go to church, mosque, or temple
- Find things he or she enjoys doing that do not involve alcohol

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### Imfashanyo Yova Hehey'umuntu

Yoba wewe canke umuntu woba uzi afise ikibazo co kurenza urugero mu kunywa, utegerezwa kurondera abobigufashamwo ukaziheba. Ibibanza bimwe bimwe ushobora kwitura ni nko kwa muganga, ku bitalo, kubashinzwe kubacumbikira, mu mashengero, canke mu murwi w'abanywi b'inzoga batime-nyekanisha. Ntutinye gubaza abobigufashamwo.

### How to Get Help

If you or someone you know has a drinking problem, it is important to get help to stop. Some places where you can ask for help are a doctor's office, hospital, resettlement agency, church, mosque, temple, or an Alcoholics Anonymous group. Do not be afraid to ask for help.

