

NI RYARI NOBA NKENEYE IMFASHANYO YISUMBUYE?

Uzoba ukuneye imfashanyo yisumbuye namba:

- Wumva igihe cose nabi, ushavuye, canke utinya gusumba ko wumva unezerewe
- Ingene wumva nabi canke agashavu kawe birengeje urugero
- Ibibi wabonye kera bitaguha amahoro, bigahagarika ivyiyumviro n'imigambi yawe
- Wumva ko ibibazo vyawe bikuruhije
- Ufise ubwoba ibihe vyose
- Wumva ko abantu bategura kukugirira nabi

Hari abantu bogufasha kugira wumve neza, ariko ubabwiye uko wumva umerewe. Vugana n'uwujewe idosiye yawe, dogiteri, canke muganga avura indwara n'ingorane zo mu mutwe. Igihe vyoba vyihutirwa cane, namba ufise ubwoba yuko wokwikomeretsa canke ugakomeretsa uwundi, telefona 911.

Ushaka kumenya ayandi makuru ja kuri:

<http://www.cal.org/CO/welcome/A14CULT.HTM>

Aka gatabo kakozwe n'imfashanyo y'Amakuru n'ivyatohojwe bivuye muri:

USCRI's National Alliance for Multicultural Mental Health

Peace Corps

Aka gatabo kakozwe n'uburyo bwatanze n'Igisata c'Ibiro vy'Akazi be n'Amagara y'Abantu bifasha Impunzi muvuye kw'Imukira mu mahanga.



**Kumenyera
umuco mushasha
Adjusting to a New Culture
(Kirundi)**



www.refugees.org
*Protecting Refugees. Serving Immigrants.
Upholding Freedom since 1911*

KUBAHO NEZA

**U.S. Committee for Refugees
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www.refugees.org

Kuza mu Bihugu vyo muri Amerika n'ikintu kinezereza kandi gitanga uburyo bwinshi bwo kuronka ubuzima. Uzokwiga kubaho no gukora mu mico idasa. Aka gatabo gasigura ivyo wewe n'umugyango wawe mwuhura navyo mu kumenyera kubaho muri Amerika.

UMUCO N'IGIKI?

Umuco n'ivyizerwa be n'imibereho bisangiwe n'umurwi w'abantu kanaka. Ivyo vyizerwa be n'imibereho nivyo biranga ukuntu abantu bavuga n'ivyo bakora. Ivyiyumviro wibaza ko ari vyiza canke bisanzwe vyoba bidasanze canke bitabaho ku Abanyamerika. Ibintu bimwe bimwe Abanyamerika bagira vyoboneka nk'ibidasanzwe kuri wewe. Kwiga uwundi umuco n'igice co kwiga kubaho mu gihugu cawe gishasha. Ntukeneye guhindura ivyo wemera be n'imibereho yawe ngo ukurikize umuco w'Abanyamerika, ariko ukeneye kwiga kubaho no gukora muri iyo mico.

KUMUNYERA UMUCO N'IGIKI?

Kumenyera umuco ni ukwiga kubaho no gukora mu mucu utari uwiwawe. Ni ukuvuga guhindura ibintu vyinshi be no kwiga ibintu bishasha, nko:

- guhura n'abantu bashasha,
- kwiga ururimi rushasha,
- kwiga gutura ahantu utamenyereye kandi utaba kumwe n'abantu wamenyereye, be n'
- ukugira amabanga mashasha mu mugyango.

N'IBICE BINGAHE UMUNTU ACAMO KUGIRA AMENYERE UMUCO W'ABANYAMERIKA?

Zina muntu wese amenyera ukwiwe.

Igice ca mbere—Umaze indwi nyinshi washitse, ikintu coshe kiboneka gishasha kandi ciza. Ukumva yuko ibibazo vyawe nka vyose wabisize inyuma. Wumva ufise ukwizera cane.

Igice ca kabiri—Inyuma y'indwi nyinshi, uca utangura kubona ko Amerika itoroshe. Ugatangura kubona yuko Abanyamerika bigenza ukundi. Ingeso be n'imibereho yabo bisa nk'ibidasanzwe, mbere nk'abafise amanyama canke nk'abasazi. Ugakumbura igihugu cawe c'amavukiro n'abagenzi bawe. Ivyo wategerezwa gukora n'ukwiga ukabibona ko bisa n'ibigoye kandi ata cizero. Ukumva ubabaye be no gushavura.

Igice ca gatatu—Umubabaro wawe n'agashavu bizohera haciye umwanya. N'ibintu bihera buke buke kandi vyofata nk'amezi canke imyaka. Buhoro buhoro, urugo rwawe rushasha n'umucow'Abanyamerika ugatangurakubibona nk'ibisanze. Ugatangura kugira imigenzo mishasha n'abagenzi bashasha. Ntube ucibuka cane igihugu cawe c'amavukiro. Ugatangura mbere no gutahura mu kubona ivyiza n'ibibi vy'ibi bihugu vyawe bibiri; kukaba nkako, ugaca ugerageza gutoramo vyiza mu mpande zose.

N'IGIKI NOKORA KUGIRA NUMVE NEZA?

Ukutumva neza n'ibintu bishikira umuntu wese agize ibihindaguritse bitoroshe. Kumva rero ko ari ibintu bibaho n'ikintu gifasha cane.

N'ivyiza kuyaga ivyo uhura navyo n'abagenzi hamwe n'umugyango kugira bagufashe. Mubitorere hamwe umuti. Ubone ivyiza utuyemo. Utahure ko ibigoye ari uburyo bwo kwiga no gukora.

Ugyame bishemeye. Ufungure imfungurwa nziza. Unonore imitsi igihe cose. Ugategura ibikorwa ukunda cane kandi bigufasha kugira amahoro. Imigenzo bene iyo izofasha umubiri wawe n'ivyiyumviro vyawe kubaho neza.

Wemere ko mu bantu hariho ubudasa bwo kwiyumvira no ugukora ibintu. Ikintu gisa canke ijambo risa nk'igitutsi usanga atari igitutsi namba.

Wiyumvemo wenyene ata gahato ko bikurengeye igihe cose. Wihe igihe co kwiga no kumenyera.

Shaka abagenzi bashasha, canke ugire Abanyamerika kuba abagenzi bawe. Wiyumve neza kuyaga n'abandi imico kama yanyu. Uzosanga unezerewe cane kumenya imico y'abandi.

Wige ivyerekeye igihugu cawe gishasha, akahise kaco n'imico kama yaco. Baza ibibazo vy'abagenzi b'Abanyamerika canke abandi banyamahanga batuyeyo kuva kera.

Ntutinye kuvuga amakosha. Vuga bagukosore. Ntanumwe yitezeko utazogira amakosha. Ahubgo benshi bazogushimira umwete be n'ubukerebutsi.

HARUKUNTU INGWARA YA ASIMA YOSHOBORA GUKINGIRWA MU BANA?

Ntakuntu assima ishobora gukingigwa. Ushobora vyonyene kurinda umwana ko yegera canke aja hafi y' gutera assima, cane cane mugihe akiri uruyoya atarashikana umwaka w' amavuko, mukumurinda:

- Kutanwera itabi mu nzu!
- Mukuba munzu isukuye.
- Mugutareka ngo inyabu canke imbwa mucumba cuburaro umwana araramwo.
- Mukwonsa umwana igihe kire kire.

Amaberebere acunga ubuzima kurusha amata y' ifu, kandi ashobora no gufasha mugukingira assima.

ASSIMA ISHOBORA KUVUGWA KANDI IGAKURIKIRANWA.

Nimba wibaza yuko umwana wawe afise assima, nyabuna mujane kwa muganga amusuzume. Ushobora gukurikirana assima mukuguma kure yibitera assima kandi ugafata imiti nkuko muganga yabigusobanuriye. Fata urya muti wonyene muganga ya kwandikiye.

Niba mukeneye inyigisho kuri interineti kuyerekeye assima, genda murabe ngaha:

www.cdc.gov/asthma

www.lungusa.com



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

Centers for Disease Control

The American Lung Association

The Office of Minority Health

The American Academy of Family Physicians

New York State Department of Health

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

AHO KURONDERERA AMAKURU:

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Assima ni iki?

What is Asthma?

(Kirundi)



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ASSIMA NI IKI?

Assima n' ingwara ituma umuntu ahema ningorane nyinshi. Hariho mumubiri wacu imikenke itwara impemu mubihaha. Assima ituma iyo mikenke ivyimba, igatuma uhema nabi ningorane nyinshi. Ntamuti ubaho wokiza assima, aliko irashobora kuvugwa n' imiti igashobora rimwe na rimwe gukingigwa.

ASSIMA IRATANDUKANYE NINGWARA ITEGEWA N'IMBEHO, NKA GIRIPE, INKORORA NA PINEMONI

Assima ntabwo itegwa nagakoko kandi ntabwo yandukira abandi. Nta muti wa assima ubaho, aliko hariho imiti ishobora gupfupfahaza, canke igashobora guhagarika ubukare bw'assima.

NIGIKI GITERA ASSIMA?

Ibitera assima biri kw'inshi kandi biratandukanye umuntu kuyundi. Impavu zizwi nyinshi zitera assima ni nkizi:

- Ivumbi,
- intumuko iva kumashugwe,
- Ubwoya bw' ibikoko,
- inyenzi,
- imbeho,
- umunuko mukirere nk' itabi, imyotsi, canke umwotsi uva mu muduga,
- amasabune amota yo kwoza ibintu no munzu, hamwe n' amavuta bisiga afise akamoto gakaze
- ubugwayi,
- imbeho hamwe n'umuyaga mwinshi uturutse kubihe bihinduka

- bikomeye canke kunaniza umubiri ukora ibikuremera (ibi ntibivuga yuko umuntu afise assima adashobora gukora imirimo y' inguvu canke gukora imyimenyerezo yo kwiruka).

IBIMENYETSO VYA ASSIMA

Assima rimwe na rimwe iza giturumbuka igatuma udashobora guhema neza. Aha bibabikwereka yuko ugiye gufatwa.

Niba umwana afise ibi bimenyetso ubwo ashobora kuba afise assima:

- iyo ahema wumva asa nuwuvuza ifirimbi,
- impemu ziwe zisa naho ziva kure,
- yumva mugikiriza haremereye, canke
- Akorora kumugoroba canke mugitondo.

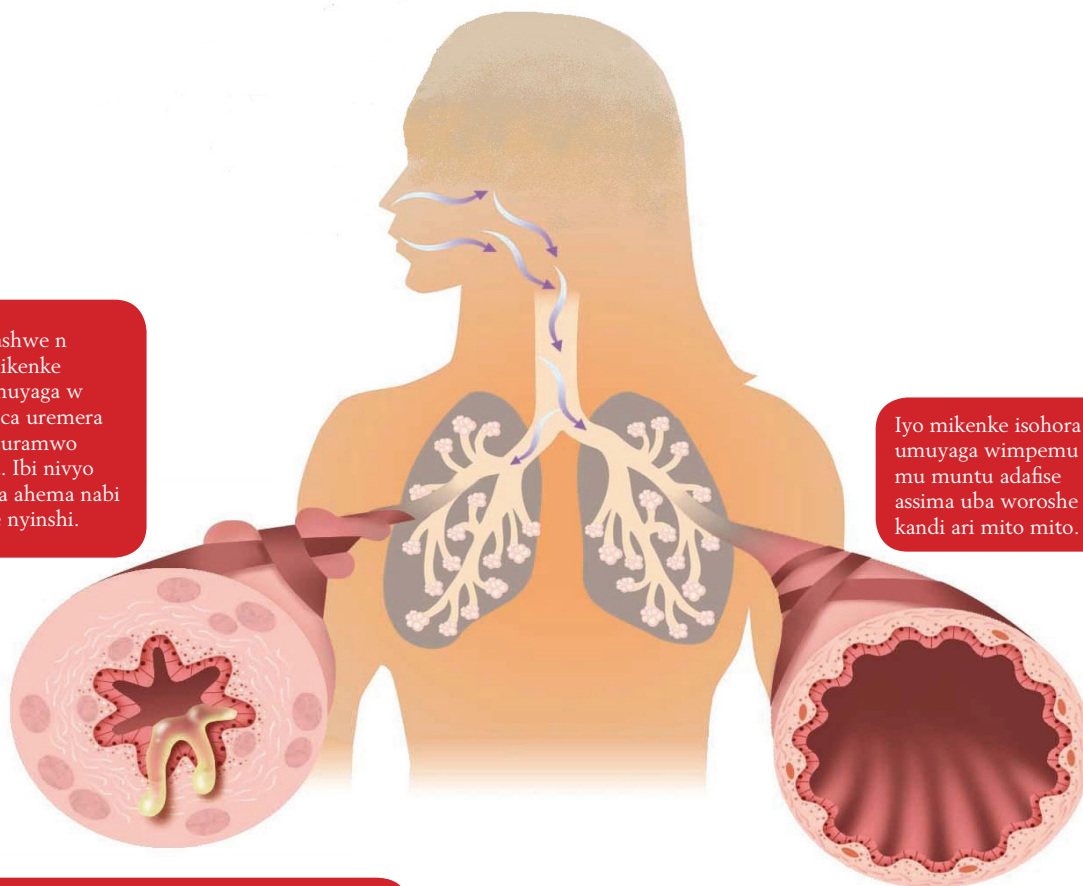
Mugihe afashwe n' assima, imikenke icamwo umuyaga w' impemu uca uremera kandi ukuzuramwo ibikorogwa. Ibi nivyo bica bituma ahema nabi n' ingorane nyinshi.

Iyo mikenke isohora umuyaga wimpemu mu muntu adafise assima uba woroshe kandi ari mito mito.

Imikenke y'umuyaga ufise ingwara ya assima

Imikenke y'umuyaga ikomeye idafise ingwara ya assima

Vyavuye: Amerika akademi y'indwara zifata umubiri, assima nindwara zandukira.



Ukeneye izindi nsiguro gerageza uje kuri:

www.komen.org

www.cdc.gov/cancer/breast

www.cancer.org

<http://www.state.gov/g/wi/rls/>

*Ibigize aka gatabo vyavuye mu bikorwa
vyaringanijwe na:*

*Ishirahamwe ryitaho kwigisha, gushakashaka no
kugerageza gutora umuti wa kansera y'ibere
(Susan G. Komen for the Cure)*

*Ibisata bijejwe gusuzuma indwara
(Centers for Disease Control)*

*Ishirahamwe rirwanya kansera muri Amerika
(American Cancer Society)*

*Imigambi yitaho ivyerekeye ubuvuzi muri Florida
(Florida Health Care Plans)*

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

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Kansera y'ibere n'iki? What is Breast Cancer? (Kirundi)



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KANSERA Y'IBERE N'IKI?

KANSERA Y'IBERE N'IKI?

Kansera y'ibere n'ingwara ituma mw'ibere ry'umugore hamera utuntu tw'umubiribiri tugashobora gusanzara hose mu mubiri. Kansera y'ibere ni mbi ariko irashobora guhagarikwa iyo wivuje neza. Aka gatabo kavuga ingene ushobora kwirinda kansera y'ibere.

Mu mwaka w'2007, muri Leta Zunze Ubumwe z'Amerika, abagore barenga 175,000 basanze bafise kansera y'ibere.

Muri iwo mwaka w'2007, muri abo bagore, abarenga 40,000 barapfuye.

NI NDE AKARIRWA NA KANSERA Y'IBERE?

Kansera y'ibere ni ingwara ishobora gushikira umugore wese, ariko kenshi na kenshi iyo kansera uyirwara iyo ufise imyaka iranga 55 canke iyo mu muryango wamukamwo hariho uwayigwaye.

IBIMENYETSO VYA KANSERA Y'IBERE N'IBIHE?

Ibere ntiritegerezwa kubabara canke ngo rihinduke iyo ririmwo kansera. Ariko, hari ibimenyetso bimwe bimwe ukwiye kumenya:

- ikivyimbe mw'ibere canke mu kwaha
- uruhande rw'ibere rukura rusumbana canke ruvyimba
- urukoba rw'ibere rubabara kandi rutonekara

- ibintu bimeze nk'amazi kandi atari amaberebere (nk'amaraso) biguma biva mw'imoko ry'ibere.
- Urukoba rw'imoko rutukura canke rutose
- Ububabare mw'ibere canke kw'imoko

Ivyo bimenyetso ntivyerekana iminsi yose ko ufise iyo kansera. Ariko, birakenewe cane kwihuta kubonana na muganga udatevye.

NOKWIRINDA KANSERA Y'IBERE GUTE?

Hari uburyo bwinshi bwo kumenya ko amabere yawe ata kansera irimwo. Kugira umenye neza ko ukomeye, ushobora kwisuzumisha muri ubu buryo bukurikira:

Isuzumwa bita "Mammogram"

Isuzumwa bita "Mammogram" n'igihe bakoresha icuma gifotora imbere mw'ibere kugira barabe ko rikomeye neza. Iyo urenza imyaka 40, ukwiye kwisuzumisha na "mammogram" ni biburiburi uko imyaka ibiri iheze.

Isuzumwa ry'amabere kwa muganga

Iryo suzumwa ryo kwa muganga ni igihe umuganga canke umuforoma bakorakora ibere n'iminwe kugira bumwe ko ataturyimbamba canke izindi ngorane rifise. Ufise imyaka iri hagati ya 20 na 39, ukwiye kwisuzumisha rimwe mu myaka itatu.

Ukwisuzuma

Ukwisuzuma ni igihe ukoresha iminwe yawe ukumwiriza ko ataturyimbamba ibere rifise canke atangorane z'ihindagurika mw'ibere. Mu ntango ni ngombwa k'umuganga canke umuforoma akwereka ingene wisuzuma n'ivyo usuzuma mw'ibere ivyo ari vyo.

NI KUKI NO KWISUZUMISHA KANSERA Y'IBERE?

Uburyo bwiza bwo kwirinda kansera y'ibere canke kugerageza kuyihagarika ni ukuyimenya ariho igiseruka hamwe no kuja kwa muganga. Birakenewe cane gutora utuvyimbamba mw'ibere tutarasanzara. Uko witwararika amabere yawe niko ugabanya ingorane zishobora kuyashikira. Ni vyiza kwama ubonana na muganga kugira umenye ko amabere yawe atangorane ry'ihindagurika afise. Birakenewe kandi gufungura ivyamwa n'imboga nyinshi hamwe n'ukunywa inzoga nkeyi cane. Kutarera amaboko n'ugufata neza umubiri wawe biragabanya kugwara Kansera.

NO KWIPIMISHA GUTE IGIHE NTAFIGE AMAHERA CANKE ASIRANSI YO KWIVUZA?

Mu micungararo y'aho uba habwirizwa kuba hari amavuriro asuzuma kansera y'ibere ku buntu ataco urishe. Kugira umenye ayo mavuriro n'ivyo bashobora gupima, ni uguhamagara ibiro bijwejwe gusuzuma ingwara ("Centers for Disease Control") ku numero 1(800) 232-4636.

Ubundi buryo bwo gutegura imfungurwa zibereye:

- Fungura imikate ikozwe mu bufu buvuye mu ntete, nk'akarorero imikate ikozwe mw'ifu y'ingano, hamwe n'ukurya umuceri usa n'umugina (utera cane).
- Fufungura ivyamwa n'imboga nyinshi.
- Gura ivyamwa ubikatemwo uduhimba dutoduto, wongere unywe kurugero rubaye imitobe ikozwe mu vyamwa.
- Koresha ku rugero rutoya cane rushoboka ibinure, amavuta asanzwe, n'amavuta y'ibinure igihe uriko urateka.
- Koresha amavuta bapompa kw'isafuriya mu gukaranga (canke bamemera) ku ndya ava mu biterwa hako ukoresha ay'amazi, ibinure canke maragarine.
- Gerageza guteka canke kwotsa mw'ifuru, gutekesha amazi, kwotsa k'umucanwa usanzwe, gutekesha umuhisha, hagutekesha amavuta.
- Fungura inyama zirimwo ibinure bike nk'inkoko ishishuye urushato, inyama y'ikanga canke umusoso w'inka utagira ibinure.
- Koresha amata bakuyemwo amavuta yose canke ayarimwo igice kimwe kw'ijana (1%) c'amavuta, iforomaji, n'ikivuguto bitarenza igice kimwe kw'ijana (1%).

CONTACT INFORMATION:

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Niwashaka kumenya ayandi makuru yerekeye indwara y'umutima, koresha ubuhinga wa internet urabire mubigo bikurikira:

American Heart Association
www.americanheart.org

The Centers for Disease Control and Prevention
www.cdc.gov

The U.S. Department of Agriculture
www.usda.gov

American Diabetes Association
www.diabetes.org

Medline Plus
www.medlineplus.gov

• • •

Aka gatabo kanditswe gakurikijwe ivyanditswe n'amashirahamwe akurikira:

The U.S. Department of Agriculture

The Centers for Disease Control and Prevention (CDC)

Georgia State University, Department of Geography and Anthropology

American Heart Association

American Obesity Association

Aka gatabo kashoboye gutegurwa kubera imfashanyo yatanzwe n'Ubushikiranganji bwo kubungabunga amagara y'abantu, Ikigo co kwakira no gufasha impunzi.



**Ubuvyibuhe buregeje
bwo mu bwana**
(Childhood Obesity - Kirundi)



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KUBAHO UFISE AMAGARA MEZA

Indwara y'ubuyibuhe burenze urugero ifata umuntu iyo afise ibinure vyinshi birenze urugero mu mubiri wiwe. Ubuyibuhe burengeje urugero ni ingorane ikomeye kumagara y'abana n'imiyabaga. Ubwo buyibuhe ku bana bushobora gutera ingorane z'amagara zibandanya gushika no mu zabukuru. Kuyibuha birenze urugero mu bwana bishobora gutera ingorane z'ivumbuka ry'umurindi w'amaraso, indwara iterwa n'iziba ry'imitsi itwara amaraso mu bwonko hamwe n'indwara y'umutima.

NI KUBERE IKI ABANA BAVYIBUHA BIRENZE URUGERO?

Ibituma bikuru bikuru bitera ubuyibuhe mu bwana ni:

- Kutagira imyimenyerezo yo kunonora imitsi
- Kuba umuntu yama yicaye hamwe (nko kuraba imboneshakure (TV))
- Kumenyera gufungura ivyo arivyo vyose, n'umwanya uwariwo wose
- Kugaburirwa birenze urugero.

UMWANA WAVE WOMUFASHA GUTE KWIRINDA UBUYIBUHE BURENZE URUGERO?

Kwigisha abana kuva bakiri bato gufungura imfungurwa zibereye hamwe n'ukugira imyimenyerezo yo kunonora imitsi. Kwama witwararika gufungura imfungurwa zibereye hamwe n'ukunonora imitsi mu muryango wawe. Uburyo bumwe bumwe bwofasha



umuryango wawe mu kugira inyifato zotuma abana bagira imigenzo myiza ijana n'amagara meza hamwe no kunonora imitsi ni nk'iyi ikurikira:

Guha abana akaryo ko kunonoro imitsi:

- Kurondera umwanya umuryango wose wohurira hamwe mu kunonora imitsi, nko kugira urugendo rw'amaguru, gukina umupira w'amaguru canke gutamba.
- Kureka abana bagakina, bakongera bakiruka
- Kuja hamwe n'iyindi miryango mu nkino z'imirwi, nk'umupira w'amaguru, uw'amaboko canke izindi nkino
- Kuha abana n'abakuze ibikorwa vy'amaboko bisaba inguvu, nk'ugukubura canke gutema ivyatsi
- Gushigikira umwana wanyu mukumufasha igihe agerageza urukino rushasha rwokunonora imitsi, haba kw'ishure canke mukibano canyu
- Kugabanya umwanya umuryango umara uraba imboneshakure (TV)
- Kubera akarorero keza umwana wawe mu kuba nawe winonora imitsi.

Gushiraho umugenzo wo gufungura bibereye:

- Gutegurira umuryango wawe imfungurwa zibereye zirwiryemwo ivyamwa, imboga n'intete.
- Gutegurira imfungurwa hamwe. Abana barakunda gufasha kandi barashobora kwiga guteka bibereye hamwe n'ugutegura imfungurwa ngirakamaro.
- Gufungurira hamwe ku meza kandi kubihe bimwe.
- Kwigisha abana bawe gufungura bitonda kugira baronke umwanya ukwiye wo kumva ko bahaze.
- Kwirinda ibindi bikorwa mu gihe co gufungura, nk'ukuraba imboneshakure (TV).
- Kwirinda imfungurwa zirimwo ibivyibusha vyinshi, isukari n'ibinure,



- nk'akarorero imbombo, inyobwa zisosa atari umutobe canke amafriti.
- Kudahatira umwana ku mfungurwa igihe adashonje. Mugihe umwana yanka gufungura nk'uko bikwiriye, ni ukumujana k'uwujewe kubungabunga amagara y'abantu yavyigiyeye.
- Kugabanya kuja kugura imfungurwa mu mazu y'uburiro bitarenza rimwe mundwi.
- Kwirinda gukoresha imfungurwa ngo zibe agashimwe canke igihano ku bana.
- Kutanga gake gashoboka ibintu bisosa, nk'imbombo.

Gufungura imfungurwa zibereye:

- Kufungura imfungurwa zitandukanye z'ubwoko bw'inshi, zirwiryemwo ivyamwa n'imboga
- Kugerageza kwirinda canke kugabanya, mu muryango wawe, urugero rw'amafriti, ibisuguti birimwo isukari nyinshi, imbombo, amavuta y'ibinure, maragarine, mayoneze, umunyonyo, imfungurwa zitetse mu mavuta, n'ibarafu zikozwe mu binure
- Kwirinda imfungurwa zitetse mu mavuta n'izirimwo ibinure vyinshi, nk'imikate irimwo ibinure, ibisuguti n'ibitumbura.

wasamura kugira ntiwandukize abandi. Kubera ko ingwara y'agahiri iterwa n'umugera, imiti ya antibiyotike ntikora mukuvura agahiri. Kwicandagisha ngo wirinde agahiri ku mwaka ku mwaka (urwo rucanco ruboneka mubisanzwe muntango z'ukwezi kwa gitugutu) bizogufasha kwirinda agahiri. Urucanco rw'agahiri rurahimirizwa:

- ku bantu bafise imyaka 65 canke irenga,
- abantu baba muri vyabigo vyitaho abasaza,
- abantu bamaranye amezi arenga atandatu ingorane z'amagara, nk'inwara ya hasima, canke ingwara zigihe kirekire, nk'umugera wa SIDA canke indwara y'umutima, hamwe
- n'abantu bama iruhande y'abantu bagwaye canke bageze mu za bukuru.

Kugira utore ivuriro riri mukarere ubamwo, ronderera kuri ordinateri ukoreshije bwabuhinga bwa internete, ahakurikira:
www.flucliniclocator.org

Niba ushaka amakuru y'ibicurane n'akamangu raba:

The U.S. Food and Drug Administration
www.fda.gov

American Lung Association
www.lungusa.org

The Nemours Foundation's Center for Children's Health Media
www.kidshealth.org

• • •

Amakuru ari muri aka gatabo aturuka ku makuru ari mu dutabo twanditswe na:

The U.S. Food and Drug Administration

American Lung Association

The Nemours Foundation's Center for Children's Health Media

CONTACT INFORMATION:

riht@uscridc.org

U.S. Committee for Refugees and Immigrants

1717 Massachusetts Ave., NW
Suite 200

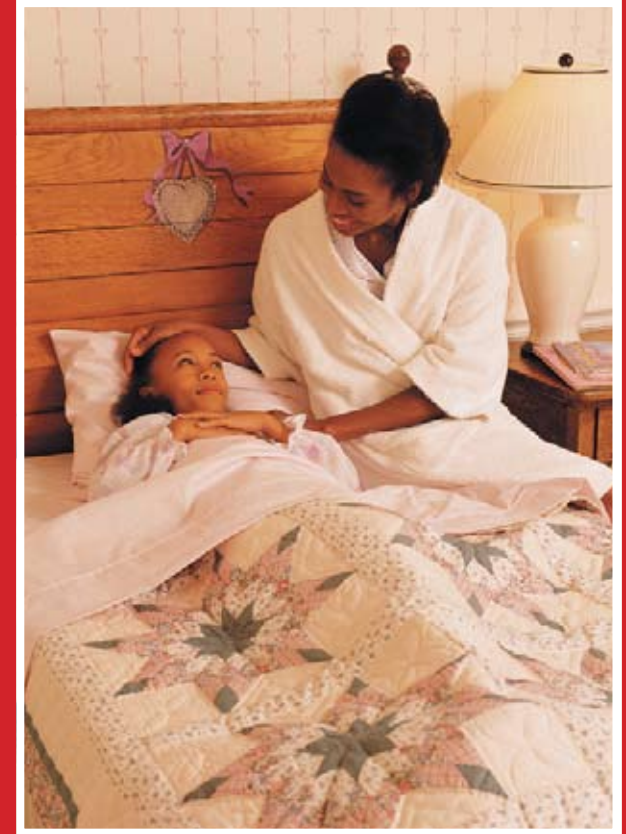
Washington, DC 20036

Phone: 202 • 347 • 3507

Fax: 202 • 347 • 7177

www.refugees.org

Infashanyo y'amahera yo kwandika aka gatabo yatanzwe na Department of Health and Human Services Office of Refugee Resettlement.



**Ibicurane hamwe
n'agahiri i**

(Cold and Flu - kirundi)



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

KUBAHO UFISE AMAGARA MEZA

IBICURANE HAMWE N'AGAHIRI IIBICURANE ABANTU BAKUNZE KU RWARA

IBICURANE N'IKI?

Ibicurane n'indwara yandukira cane iterwa n'imigera y'indwara iba yakwiragijwe mu kirere hamwe nokuba wanye wegeranye n'abantu barwaye iyo ndwara. Ibicurane bikara cane cane mugihe c'imbeho.

IBIMENYETSO VY'IBICURANE N'IBIHE?

Mubisanzwe, ikimenyetso cambere n'ugusatswa canke kugira agahehera mu mihogo. Abantu barwaye ibicurane bashobora kugira ingorane z'uguhema, amazuru akaziba, bagakorora, bakasamura, bakongera bakagira agaseru kicuka.

NI INDE AFATWA N'INDWARA Y'IBICURANE, IYO NDWARA IMARA IGIHE KINGANA IKI?

Nigake ibicurane bimara indwi zirenga zibiri kandi mubisanzwe ntibibabaza cane. Kenshi na kenshi, abakuze babirwara kabiri mu mwaka. Abana bashobora kubirwara agashika incuro umunani ku mwaka.

NOKORA IKI KUGIRA NGWANYE IBICURANE?

Iciza umuntu yokora iyo arwaye ibicurane n'ukuruhuka cane hamwe no kunywa ibinyobwa vyinshi kiretse inzoga. Hariho imiti idakenera urwandiko rwa muganga umuntu ashobora kugura akayifata igaheza ikamufasha kworoherwa. Ariko kenshi, ibicurane birikiza vyonyene atamuti umuntu arinze gufata. Kirazira gukoresha imiti ya antibiyotike iyo urwaye ibicurane. Iyo miti ntivura canke ngo ikize ibicurane. Ibicurane biterwa n'imigera y'indwara hanyuma

antibiotike nazo zikoreshwa mukuvura imikorobi atari imigera.

NOKORERA IKI UMWANA WANJE ARWAYE?

Umwana arwaye ibicurane azokenera kuruhuka cane hamwe no kunywa ibinyobwa vyinshi. Niwashaka kumuha umuti muri imwe umuntu ugura atarwandiko rwa muganga, utegerezwa gusoma neza ingene uwo muti ufatwa canke ukoreshwa hanyuma uwumuhe ukurikije ingene bitegekanijwe.

NOKWIRINDA GUTE KWANDURA IBICURANE?

Uburyo bwiza bwo kwirinda ibicurane n'ugukaraba iminwe kenshi, kwirinda kwikora ku maso, ku zuru canke ku munwa. Kwirinda kwegera abantu barwaye ibicurane, kubera ko ibicurane bishobora kwandukira biciye mu gukorora hamwe no mu kwasamura. Koresha umushwari iyo uriko urakorora canke wasamura kugira ntiwandukize abandi. Ntugasangire ibikombe, imbugita n'amafurusheti n'uwurwaye ibicurane. Koresha imiti yica imikorobi mugusukura nk'ameza, ibitashi vy'imyango hamwe n'amaterofone.

AKAMANGU AGAHIRI KAMEZE GUTE?

Agahiri canke akamangu ni indwara yandukira cane iterwa n'imigera y'indwara. Ibimenyetso vy'agahiri birasa n'ivy'ibicurane ariko bikaba bibabaza kurusha ivy'ibicurane, kandi birashobora kubamwo inyonko, ububabare bw'umubiri hamwe

n'uburuhe. Mubisanzwe agahiri kamara indwi zitarenga zibiri.

NOKORA IKI KUGIRA NGWANYE AGAHIRI?

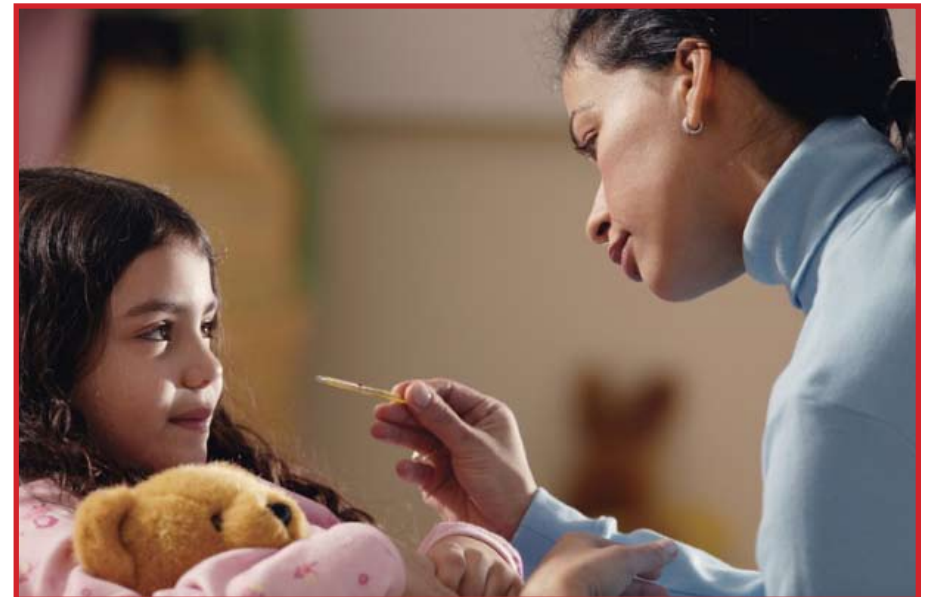
Uburyo bwiza bwo kugwanya agahiri n'ukuruhuka cane hanyuma ukongera ukanywa ibinyobwa vyinshi bitari inzoga. Hariho imiti idakenera urwandiko rwa muganga umuntu ashobora kugura akayifata igaheza ikamufasha kworoherwa.

NOKORERA IKI UMWANA WANJE ARWAYE?

Umwana arwaye agahiri azokenera kuruhuka cane no kunywa ibinyobwa vyinshi -- inzoga ntizirimwo. Abana barwaye agahiri bategerezwa kuja kwa muganga iyo bizwi ko hariho abandi bantu barwaye agahiri mukarere babamwo.

NOKWIRINDA GUTE KWANDURA AGAHIRI?

Karaba iminwe kenshi wongere wirinde kwegera abantu bagwaye agahiri. Koresha umushwari iyo uriko urakorora canke



Ibindi bimenyetso bishobora kuba harimwo umutwe, kudashobora kurya ukumva udashaka indya, nukumva urushe cane gose.

Imisonga imwe imwe urashobora kuyirinda bagutera urucandago rw'umusonga Urucandago rw'umusonga mubisanzwe bayitanga incuro imwe gusa, kandi ntabwo ari buri mwaka nkuko batanga iya giripe. Ubundi buryo bwo kwikingira umusonga nukwiteza urwo rukingo buri mwaka. Niya wibaza yuko ufise umusonga, ndagusavye ugende kuraba muganga wawe.

KUGIRA NGO NTUFATWE N'INKORORA ITEWE N'IMBEHO CANKE UMUSONGA...

- Karaba iminwe yawe kenshi na kenshi
- Genda bagutere urukingo
- Gerageza ntiwegere canke ngo ukorakore abagwaye ibicurane bitewe n'imbeho, vya giripe
- Guma imuhira wigenda kukazi canke kw'ishule niba ugwaye kugira ngo abandi ntibandukirwe niyo ngwara ugwaye
- Pfuka kumunwa no kumazuru ukoreshe umushwari, igitambara co kwimyira mugihe uriko urasamura canke uriko urakorora
- Irya ivyamwa vyinshi n'imboga nyinsi, kandi gerageza uruhuke gose
- Karaba iminwe yawe imbere yuko wikora mu maso, muzuru canke ku munwa
- Gerageza ugume munzu wahanaguye intumuko

Niba hari ayandi makuru ukeneye yogufasha kuvyerekeye indwara y'umusonga, inkorora n'ibindi genda kuri interineta urabe:

www.lungusa.org

www.cdc.gov

www.kidshealth.org

• • •

Inyandiko ziri muri aka gatabo zavuye mu:

Centers for Disease Control

The American Lung Association

The Iowa Department of Public Health

San Antonio Community Hospital.

New York State Department of Health

The Nemours Foundation

Iyinyandiko yateguwe ifashijwe n'umutungo uwuye 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

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Telefoni: 202 • 347 • 3507

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www.refugees.org



Indwara zamahaha (umusonga, inkorora n'inyonko)

**Common Respiratory Illnesses
(Bronchitis, Influenza and Pneumonia)**

(Kirundi)



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

NUKUBERA IKI NOGIRA IMPUNGENGU KUVYEREKEYE UBUGWAYI BW'IBIHABA?

Muri iki gihugu ca Leta z'Unze Ubumwe Amerika, indwara y'ibihaha irakara mugihe cay'amezi y'imbeho nyinshi. Ingwara y'ibihaha irashobora kukumerera nabi gose ukaremba. Indwara zimwe na zimwe zitegwa n'imbeho zirashobora kwica abana n'abantu bari muzabukuru.

BORONSHITI N'IKI?

Boronshite nihamwe ibikororwa vyuzuranye muri twa dukenke tuja kubi haha, hama bigatera umuntu kunanirwa no guhema neza.

Ibimenyetso vya boronshite nibi:

- Inkorora mbi ituma ugira ibikororwa vyinshi
- Umutwe ukakurya gose
- Ukagira inyonko urashuha cane
- Ukagira ingorane mukugomba guhema
- Uramererezwa gose

Iyo ngwara bita boronshite mubisanzwe iboneka iyo hari imbeho nyinshi canke iyo usanzwe ufise iyindi ngwara y'ibihaha. Iyo ngwara irashobora kworoha iyo ushoboye kunywa ibinyobwa vyinshi kandi ukanaruhuka. Iyo ngwara ya boronshite ntabwo ishobora kuvugwa ngo ikire canke ngo bayikingire n'incandago. Hariho imiti ishobora gufufahaza kuwufise iyo ngwara. Boronshite imara kumuntu amezi arengeje atatu canke imyaka irenga ibiri bayita boronshite koronike iguma igaruka. Iyo lero itegwa nuko umuntu anywa itabi canke akora mukarere karimwo intumo nko mumazu bahinguriramwo. Uburyo bwiza bwo kuvura iyo boronshite nuguharika kunywa itabi ukanigiraye ivyo bibanza birimwo intumo.

Nimba ukeka yuko ugwaye boronshite nyamuna nyarukira kuraba umuganga akuvure kandi anaguhe inyigisho.

ICO BITA INFULUWANZA NI IKI?

Infuluwanza canke giripe itegwa n'udukoko wandura duciye mumazuru, mumuhogo no mu bihaha. Ibimenyetso vyiyi ngwara nibi:

- umucanwa mwinshi
- kubabara mu mutwe
- kumva yuko ufise uburuhe budasanze
- iyo ukoroye wumva mugikiriza humagatanye
- urababara mu muhogo
- amazuru yawe aba asesha ibiseru kandi azivye udashobora guhema neza
- ugira iseseme, uradahwa canke ugacibwamwo
- imitsi irakurya
- Umubiri wawe nawo uba usasatwa.

Iyo ngwara irandukira igenda iva kumuntu umwe ija kuyundi iyo ukoroye canke ngo wasamure. Hareho abantu



bashobora kugwara gose iyo bafashwe niyo ngwara bakanashobora gupfa. Abo Bantu barimwo aba:

- abana kuva kumezi gushika ku myaka,
- abakenyezi bibungenze,
- abantu bafise imyaka kuva kumyaka mirongo itanu, uja hejuru
- Abantu bafise yangwara ya sida, assima, ibihaha canke amafyigo n'umutima.

Inzira nziza yo kwirinda gufatwa niyo ngwara nukwiteza rwa rukingo. Mugihe kimwe na kimwe iyo ngwara ifata abantu kuva mu kwezi kwa cumi nakabiri n'ukwezi kw'ambere.

Abana bafise amaze atandatu canke muni yayo baba bakiri batonya gose kugira ngo bacandagwe, nico gituma abavyeyi n'umuryango wose bakwiriye kugenda bagahabwa ugwo rukingo kugira ngo ntibandukize iyongwara abana bakiri batonya nk'inzoya. Nimba lero wiyumvira yuko wafashwe niyo mbeho nyabuna nyaruka ugende kuraba umuganga mumaguru mashasha, bwango na bwango.

UMUSONGA N'IKI?

Umusonga ufata kimwe niyo ngwara y'imbeho giripe, aliko yoyo ifata gose mu bihaha. Umusonga mubisanzwe utegwa na giripe. Umusonga ushobora kwica mubakiri bato, abakura kuze, abagwayi bafise sida, hamwe n'abantu basanzwe bagwaye izindi ngwara kuko nta nguvu zo kurinda ingwara bafise.

Ibimenyetso vyerekana umusonga nibi:

- Inkorora izana ibikororwa biremereye
- Inyonko izanana n'ugutetemera
- Kubabara mugiriza
- Kunanirwa gose guhema

**FASHA ABANA BAWE KUGIRANGO
BAGUMANE AMENYO YABO AKOMEYE ARI
NTANGWARA AFISE**

Abana bafise amenyo amera asa n'ayamunzwe bashobora kugira ingorane kera mubuzima, kandi barashobora kumera amenyo atagororotse.

Uraraba neza umenye yuko:

1. Uragaburira umwana wawe kuva avuka umwonsa amaberebere kugeza nko k'umwaka wambere.
2. Urazohora ujana umwana wawe kwa muganga wamenyo mugihe ashikanye umwaka.
3. Urubuka kumwogereza amenyo ukoresheje kologati w'amuti woza amenyo.
4. Ntukamenyereze umwana kumuha ngo anywe birya binyobwa vyama soda, canke ngo umuhe irya mitobe ifise amafuro canke irya mitobe ikoreshejwe amafu.
5. Uramuha irya mitobe y'ukuri ukayimuha mugikombe ntugakoreshe icupa.

Ibishushanyo biri muri aka kanyamakuru vyatanzwe nishirahamwe ryitwa Hesperian

**Mugihe ukeneye insiguro zindi kuri
interineta kuvyerekeye ukungu
wokwamana amenyo akomeye,
nyamuna genda kuraha:**

www.healthyteeth.org

www.hesperian.org



*Inyigisho zo muri ururwandiko zatoranijwe
zivuye mubikoresho muri:*

*Australian Research Center for
Population Oral Health*

California Department of Health Services

Federal Citizen Information Center

*Iyinyandiko yateguwe ifashijwe n'umutungo uwuye
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



**Kuguma ufise amenyo
akomeye atagwaye
Keeping Your Teeth Healthy
(Kirundi)**



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

NINGOMWA KWITEGEKANYA

Kwitegekanya ni ukuvuga guhagarika yuko amenyo atakurya no kurinda ko amenyo atabora mbere yuko bitangura. Kuvura amenyo yabunzwe canke kuyakura bakayasimbura birazimvye gose hano muri amerika. Kwirinda ubwo ubugwayi bw'amenyo nivyo vyiza kuruta kuyavura.

NIGUTE TWO RINDA UBUGWAYI IBISHINYARI CANKE AMENYO KO YOMUNGWA

Hariho uburyo bwinshi bwo kurinda amenyo hamwe n'ibinyigishi ngo ntamungwe canke ngo akurye.

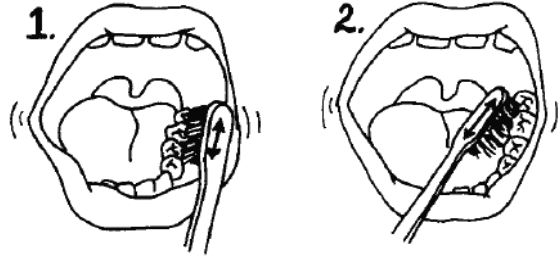
- Utegerezwa kwoza amenyo yawe gatatu ku munsu ukoresheje umuti woza amenyo kologati.
- Koresha akanyuzi canke ugure karya kanyuzi kabigenewe "floss" kugira ngo ukure ivyokurya bisigara hagati y'amenyo iyo ugiye kwoza mukanywa.
- Uragenda kuraba muganga wawe wamenyo kabiri mu mwaka kugira ngo muganga yoze amenyo yawe neza.
- Uraheza ugafungura ivyokurya bitarimwo isukari.
- Ugahora uranywa amazi menshi kumunsu.
- Nimba uhejeje kunywa aya masoda ugaca wihutira gukaraba mukanywa n'amazi ukiyugunyura cane.
- Urahora ugura uburoso bwo kwoza amenyo nyuma y'amezi atatu buri gihe.

KUGENDA KURABA UMUGANGA AVURA AMENYO

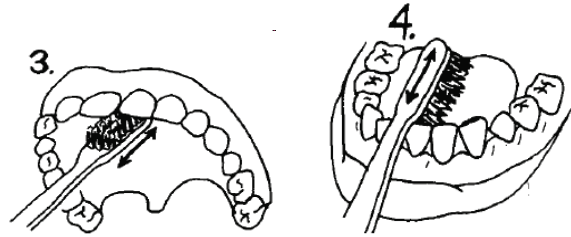
Urafata neza amenyo yawe. Mukugenda kuraba urya muganga avura amenyo kugira ngo yoze amenyo yawe kabiri mu mwaka nivyo bitazimvye aho kugenda

kwa muganga avura amenyo kugira ngo ayakure canke aya simbuze ayandi. Mu ntara ubamwo urashobora kuronka umuganga araba amenyo y'umwana kubuntu ari ntaco urishe. Urabaza urya mukozi ashinzwe umuryango wawe.

IGISHA UMURYANGO WAVE KWOZA NEZA AMENYO AKOSESHEJE UBURUSO



Ntukibagire kwoza aya menyo.



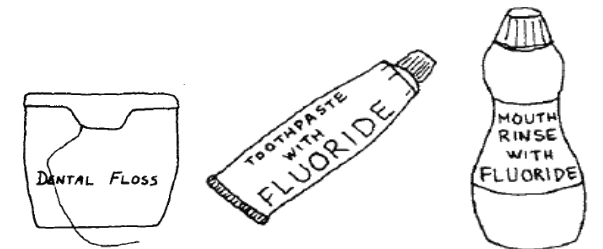
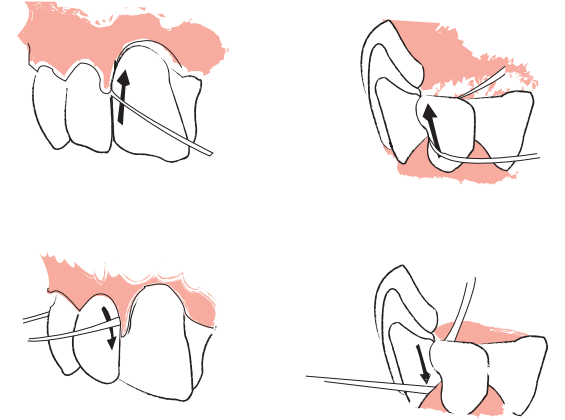
Uroza inyuma no hejuru mumenyo y'imbere.



Uroza nibinyigishi

URASHOBORA NO KWIGISHA ABANA BAWE INGENE BO KORESHA KAKANYUZI MUGUKURA INDYA HAGATI Y'AMENYO

Kwoza amenyo ukoresheje karya kanyuzi biratuma ibishinyari bidafatwa n'ingwara. Iyo wogeje amenyo ukoresheje akanyuzi ubwambere ibishinyari vyawe birashobora kuva amaraso kubera bidakomeye. Bandanya ugume ukoresha ako kanyuzi kugira ngo ibishinyari vyawe bimenyere bikomere. Gukoresha ibintu bisongoye canke turya duti uvuna kumukubuzo birashobora gukomeretsa ibinyigishi canke bigatuma witera ubugwayi ibinyigishi bikazamwo amashira canke iyindi ngwara.



Urunyuzi rwo kwoza amenyo

Umuti wokwoza amenyo kologati

Amazi agurishwa yo kwoza mu kanywa ngo ntihanuke

abato n'abakuze) yokwinonora imitsi n'imiburiburi gatatu mu ndwi, akoresha nk'iminota mironko itatu. Umuntu yoshika kuri urwo rugero nko mu gukina umupira w'amaguru, w'amaboko, gusimba umugozi, kuduga canke kumanuka ingazi n'amaguru canke kugendagenda canke gutembera n'amaguru.

Ugwaye indwara y'igisukari utegerezwa:

- Kufata umuti ukurikije uko muganga yabigutegetse.
- Kupima isukari iri mu maraso nkuko ubitegetswe na muganga.
- Kugendana ikarata karangamuntu iriko izina n'aho uba, indwara urwaye hamwe n'imiti uriko urafata.
- Kwambara impuzu n'ibirato bigukwiye.
- Kunywa amazi menshi akwiye.
- Gukora imyimenyerezo yo kunonora imitsi ku munsu ku munsu.
- Gutekera imbombo zigumye, umutobe w'ivyamwa, canke imfungugwa zirimwo isukari nyinshi kugira uzifashishe mugihe wumva ko isukari ikubanye nke mu maraso.

CONTACT INFORMATION:

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Fax: 202 • 347 • 7177
www.refugees.org

Ushaka kubona andi makuru rerekeranye n'Indwara y'isukari raba:

American Heart Association
www.aha.org

The Centers for Disease Control
and Prevention
www.cdc.gov

The U.S. Department of Agriculture
www.usda.gov

American Diabetes Association
www.diabetes.org



Amakuru ari muri aka gatabo aturuka ku makuru ari mu dutabo twanditswe na:

American Heart Association

American Diabetes Association

*The Centers for Disease Control
and Prevention (CDC)*

*Georgia State University, Department of
Geography and Anthropology*

The U.S. Department of Agriculture (USDA)

Infashanyo y'amahera yo kwandika aka gatabo yatanze na Department of Health and Human Services Office of Refugee Resettlement.



Indwara y'igisukari imeze gute?

(Diabetes - Kirundi)



www.refugees.org

Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911

Indwara y'igisukari ni indwara ituma umubiri w'umuntu udahingura canke ngo ukoreshe neza inkabuzo yitwa "insuline" iva m'urwagasha. Iyo nkabuzo ihindura ivyo umuntu ariye mu mfungurwa ntanganguvu umubiri ukeneye, kugira ngo nya muntu ashobore kugira inguvu zo kuja gukora. Indwara y'igisukari ishobora gutuma umubiri ugira isukari nyinshi mu maraso, navyo bigashobora kurwaza umutima, ubwonko, amafyigo, imitsi itwara amaraso hamwe n'amenyo. Indwara y'igisukari iratera uruhumyi, ugukorokerwa (ukudashobora kurangura amabanga mpuzabitsina), canke urupfu.

UBWOKO BUKURU BUKURU BW'INDWARA Y'IGISUKARI

Ubwoko bwa 1: Indwara y'igisukari itorwa mu bana no mu miyabaga. Kera yari izwi ko ari indwara y'igisukari y'abana n'imiyabaga.

Ubwoko bwa 2: bw'iyi ndwara ni bwo bwibonekeza kenshi. Gushika mu minsi iheze ya vuba, ubwo bwoko bwa kabiri bw'indwara y'igisukari bwahora butorwa mu bantu bakuze gusa. Muri ino minsi, iyo ndwara iratorwa mu bana cane cane kubera igitigiri c'abana bavuyibushye birenze urugero congerekanye, canke abana bapima ibiro birengeye imyaka bafise, n'abana b'ibinebwe canke batakunda gukina.

Hariho n'iyindi ndwara y'igisukari itorwa mu bagore bibungenze.

MBE IYO NDWARA Y'IGISUKARI IPFUPFAHAZWA GUTE?

Nta muti uvura iyo ndwara, ariko irashobora gupfupfahazwa mu:

- Kufungura neza imfungurwa. zibungabunga amagara.

- Kunonora imitsi (nk'ikarashishi).
- Kuhagarika kunywa itabi.
- Kufata imiti (iyo bikenewe).

Ubwoko bw'imfungurwa zitanga amagara meza:

- Urye imfungurwa z'ubwoko bwinshi butandukanye ku munsu ku munsu kugira umubiri wawe uronke indya z'indemamubiri, z'intanganguvu hamwe n'insanganyangaburo, umubiri ukeneye mu gukura no kugira amagara meza.
- Wirinde canke urye gake canke dukeduke ivyakaranzwe gushika vyumishwe n'amavuta (ifiriti), ibisuguti, imbombo, amavuta y'ibinure, maragarine, mayoneze, umunyu, imfungurwa zitetswe mu mavuta, ibarafu z'ibinure, imbombo zikozwe mw'isukari nyinshi n'inyobwa zisosa cane atari imitobe ikanywe mu vyamwa.
- Urye ibifungurwa bike cane bitetswe n'amavuta gusa (amafiriti) canke birimwo ibinure vyinshi (imikate irimwo ibinure, ibisuguti, n'ibindi bisosa). birimwo ibinure vyinshi (imikate irimwo ibinure, ibisuguti, n'ibindi).

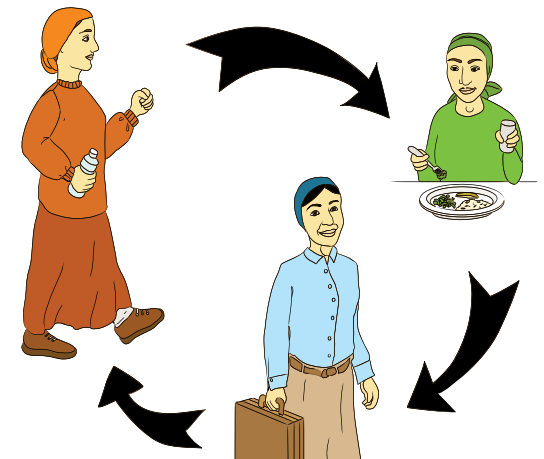
UBUNDI BURYO BW'UKURONKA IMFUNGURWA ZIBEREYE

- Gerageza kurya imikate ikozwe mw'ifu nk'iyi ngano hamwe n'imfungurwa zivuye mu ntete nk'iyingano canke umuceri usa n'umugina (utera cane).
- Fungura ivyamwa vyinshi hamwe n'imboga.
- Koresha mu guteka, ibinure bike cane, amavuta make, canke amavuta ava mu binure make cane.

- Koresha mu guteka amavuta bapompa ava mu biterwa, hagukoresha amavuta asanzwe y'amazi, canke ayabumvye nk'ibinure canke maragarine.
- Gerageza guteka canke kwotsa mw'ifuru, gutekesha amazi canke kwotsa ku mucanwa usanzwe, gutekesha umuhisha, hagutekesha amavuta gusa.
- Fungura inyama zirimwo ibinure bike, nk'inyama z'inkoko, imbata canke ikanga, canke umusoso w'inka utagira ibinure.
- Koresha canke munywe amata bakuyemwo amavuta canke asigayemo amavuta makeya (nka rimwe kw'ijana), iforomaje, n'ikivuguto bakuyemwo amavuta.

Umuryango wawe n'abagenzi bawe bogufasha gupfupfahaza iyo ndwara y'igisukarimugukorerera hamwe imyimenyerezo no kukugaburira imfungurwa zibungabunga amagara.

Kugira imyimenyerezo (yo kunon ora imitsi canke kugenda n'amaguru) birakenewekandi birahambaye mu gupfupfahaza no kwikingira iyo indwara y'igisukari Bitegetswe ko umuntu uwariwe wese (abagabo n'abagore,



NIGIKI NOKORA MUGIHE HARIHO INDWANO MUNZU?

Mugihe umuntu uba munzu iwawe agomvye kukugirira nabi canke abana bawe, ningombwa yuko usaba ko hagira ugutabara:

1. Biganirire umuntu uzi kandi wizeye, umugenzi, umubanyi, umuntu wo mumuryango wawe, canke urya mukozi ashinzwe kukugira inama.
2. Canke ushobora guhamara irya numero ya telefoni ariyo 911. Murico gihe abapolisi bazoca baza ngaho murugo iwawe bazoheza bagutabare bagukingire wewe n'abana bawe.
3. Mugihe utavuga icongereza, urashobora guhamagara kuli ya numero iraba ingorane niterabwoba mungo mugihugu hagati: 1-800-799-7233. Izo numero ntabwo uziriha ni izagusa. Uraheza ukabarira uwitavye telefoni ururimi uvuga. Ushinzwe rero kugusemurira azoheza akubarire ico ushobora gukora hamwe naho woronka ugutabara mukarere urimwo.

Mugihe uhamagaye iyo numero yico kigo gishinzwe kumenya ingorane niterabwoba zomungo urya muntu yitaba ntashobora kumenyesha ivyabaye kuko ntibemerewe KUMENA IBANGA.

Mugihe ukeneye inyigisho zindi kuri interineta muvuyerekeye ingorane n'iterabwoba mungo zirimwo impunzi, genda kuraba:

www.endabuse.org

www.atask.org

www.apiahf.org/apidvinstitute

www.tapestri.org

www.mosaicservices.org

www.hotpeachpages.net



*Kuri interineta hariho indimi nyinshi
zivugwa n'impuzi mushobora kurabako ivyo
mukeneye kumenya*

*Iyinyandiko yateguwe ifashijwe n'umutungo uwuye
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
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**1717 Massachusetts Ave., NW
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Washington, DC 20036

Telefoni: 202 • 347 • 3507

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Iterabwoba mungo Violence in the Home (Kirundi)



www.refugees.org

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NI IKI ITERABWOBA MUNGO?

Iterabwoba murungo bayita kenshi kwonona umuntu. Nukuvuga yuko mugihe umuntu iyo aje iwawe akakubabaza canke akagutera ubwobwa incuro nyinshi. Bivuga kandi ko mugihe umuntu agututse, akakubabaza mumvugo, akagukoresha ibintu bibi utifuzaga gukora bituma wumva utamerewe neza ufise n'isoni zo kubisobanura, canke akakwereka yuko uri ikijuju ari ntanguvu ufise, canke se ko ataco wimariye udashobora no kwibwiriza kugira ikintu kizima wimarira mubuzima bwawe bwose.

NI NDE ASHOBOGA GUTEGWA UBWOBA?

Umuntu uwariye wese arashobora gutegwa ubwoba: yaba akuzwe, ari umwana canke umutama. Mumiryango aho ubwo bukozi bw'ibibi mukunze kuba, abagore, abana eka hamwe n'abatama nibo kenshi bakunze kugira ingorane.

ABANA

Abana iyo babonye ize ngorane imuhira bahita bagira ubwoba. Kenshi na kenshi, baremeza yuko iyo batanguye kwitwara nabi arukubera ize ngorane. Ntabwo umwana aba munzu irimwo induru nkizo yuko amererwa neza. Abana babona ize ngorane munzu barakunda kugira ibibazo mw'ishule, bagatangura gukoresha ibiyovywa bwenge bakanwa inzoga nabo bakazovamwo batera induru.

HARI UBWO UGIRIRWA NABI MURUGO?

Kugirirwa nabi murugo ni:

- iyo umuntu agusunitse, agukubise canke akakurya ibinuma,

- iyo bakubariye ngo bazokwica canke kukugirira nabi
- mugihe bakubariye ngo umwana wawe bazomugutwara,
- iyo baguma bakugaya ivyo ukoze vyose imbere y'abantu ngo uri ikijuju,
- mugihe batakureka ngo ugende kuraba umuryango wawe canke abagenzi,
- mugihe bakoresheje imguvu kugirango muryamane kunguvu atavyo ushaka gukora
- mugihe batagomba yuko ukora akazi ngo uronke amahera yawe wakoreye,
- mugihe badashaka yuko ugenda kwiga icongereza canke ngo wige gutwara umuduka,
- mugihe bagutoteje ngo bazogusubiza iwanyu mugihugu wavuyemwo
- Canke iyo bageze aho bakwaka impapuro zawe zerekana ukugene washitse ngaha canke ubayeho.

NI ICAHA GIKOMEYE

Ubwo bugizi bw'anabi murugo ntabwo mukwiriye kubuceceka. Gukoresha inguvu ukubitwa canke kugusambanya kunguvu ntabwo vyemewe muma tegeko yo ngaha muri amerika. Abapolisi hamwe n'inkiko zitegerezwa gukingira imiryango yose mu ngo. Abana, abagore hamwe n'abatama barakingirwa gose kurusha abandi. Umuntu atera induru murugo ashobora no gufungwa.

NTABWO ARI IKOSA RYAWE

Mugihe wagiriye nabi, ntabwo bivuga yuko uteri umugore canke umuvyeyi w'urugero. Uwo akugirira nabi nuko aba agomba kugira ngo akwitegekere.

NTABWO URI WENYENE

Mugihe umuntu wo mumuryango wawe akugiriye nabi, wari ukwiriye kumenya yuko uteri wenyene. Hariho abagore barenze miliyoni zibiri bagirigwa nabi n'abagabo babo canke abahabara babo muri kino gihugu ca amerika ku mwaka

Ni wumva hariho umuntu uzi agirigwa nabi, uramumenyesha yuko Atari wenyene kandi yuko hariho ukuntu ashobora kuronka abamufasha:

- Guhamagara 911 bakamufasha aba polisi na ambulanshi zikaza kuraba.
- Hariho n'amazu bakiriramo abantu bagiriye nabi: ayo mazu ntaco uriha iyo ugiye kuyabamwo kandi barayakingira abagore n'abana barakirwa.
- Gutanga itego ry'agateganyo ryo kubarinda : umu jije araba urukiko rw'imiryango aca asaba yuko umuntu yoba ariko atera ize ngorane yova munzu akaja kuba kure y'umugore n'abana.
- Imfashanyo mubucamanza: imiryango yagize ingorane murugo iri mubashoboye badafise amahera barashobora kuronka umu avoka kubantu kugira ngo azobafashe mugihe akenewe mumanza, ko mugihe akeneye icemezo co kubarinda, imanza ziye bashaka kuburana uwuzosigarana umwana, mugihe bakeneye yuko baronka imfashanyo yo kurera abana, canke mugihe bahisemwo gutandukana biciye mumategekere.

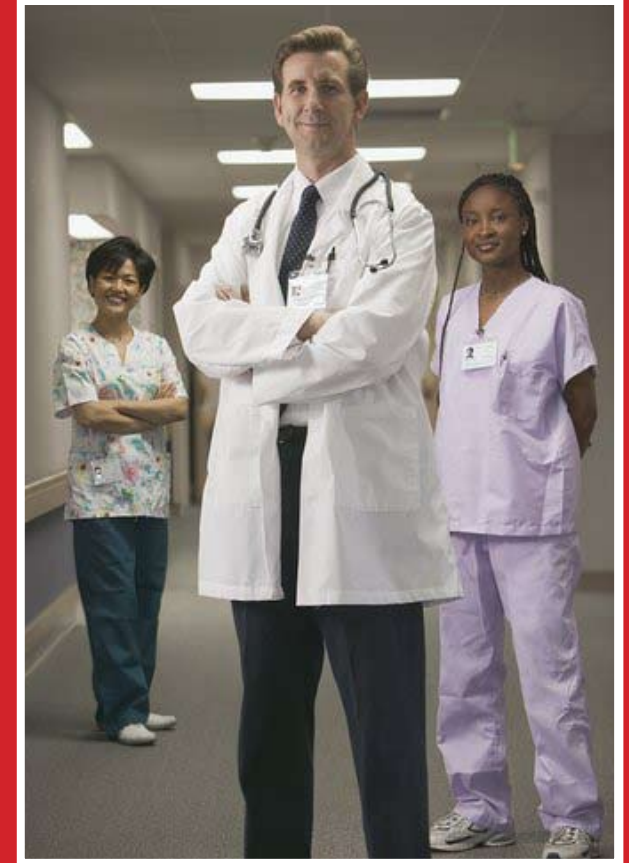
Genda gukoresha icumba cakira abaremvyeye ni:

- Watakaza ubwenge
- Wavunika igufa
- Ukorora kandi udahwa amaraso
- Wagize ingwara, giturumbuka, idasanzwe
- Wumva itiyumva mu maso, ku maguru canke ku maboko
- Wahiye (ubushe) bikomeye cane
- Wakomeretse ku mutwe
- Umwana wawe yakomeretse

Ntugende gukoresha icumba cakira abaremvyeye kuyerekeye:

- Ububabare bwo mu matwi
- Ibicurane, inkorora canke agahiri
- Ubushe (busanzwe)
- Ubuhinyagare
- Wipfuza kwicancisha
- Wipfuza irucanco rwa gahehera canke rwa giripe
- Ububabare bwo mu mihogo

Niwaremba cane urahamagara inomero 911:



**Amavuriro muri
amerika
(ER - Kirundi)**



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*Infashanyo y'amahera yo kwandika aka
gatabo yatanzwe na Department of Health
and Human Services Office of Refugee
Resettlement.*

UBUVUZI BWO MURI LETA ZUNZE UBUMWE MURI AMERIKA

Muri Leta zunze ubumwe za Amerika hariho uburyo bwinshi bwo kwivuzwa, ariko ubukoreshwa cane n'ubu:

- Kuja kuraba umuganga umusanze mubiro vyawe
- Amavuriro yakira abarwayi ubwo nyene (kwakira uwuje wese)
- Ivyumba vyakira abaremvyeye

NI RYARI NOJA KURABA UMUGANGA NDAMUSANZE MUBIRO VYIWE?

Kuja kuraba umuganga umusanze mubiro, ni iyo wabanje gusaba isango canke randevu kugira ubonane n'umuganga wawe asanzwe ukwitaho. Saba isango canke randevu yo kubonana na muganga kuvyerekeye:

- Ibicurane, inkorora, canke agahiri
- Kubabara mu matwi
- Guhurirwa
- Kwicancisha
- Isuzumisha ry'amagara riba rimwe ku mwaka

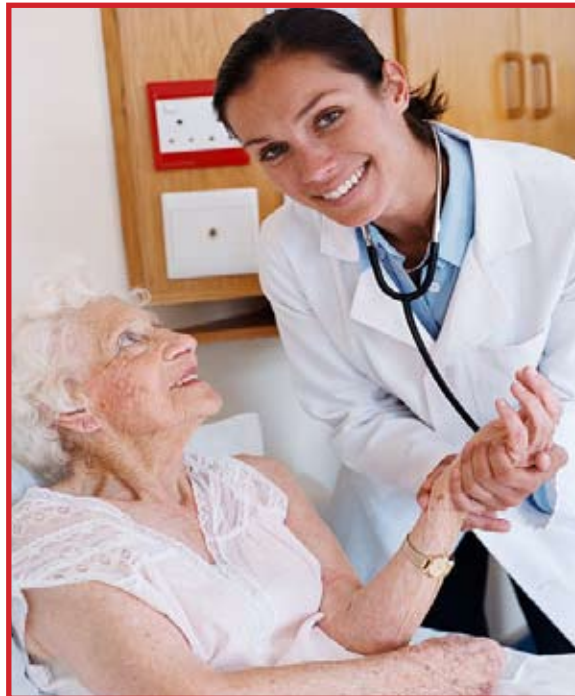
NI RYARI NOKOresha AMAVURIRO YAKIRA ABAGWAYI UBWO NYENE?

Amavuriro yakira abarwayi ubwo nyene canke yakira uwuje wese akora cokimwe n'ibiro vy'abaganga, ariko ntasango canke randevu umuntu akenerwa. Ahokubonana n'umuganga wawe asanzwe akwitaho, uzobonana n'umuganga uwariwe wese usanze kukivi mur'ayo mavuriro. Amavuriro yakira abarwayi ubwo nyene ukunda kuyasanga hafi y'ibitaro canke utugururo, kandi akunda kwugurura kare mugitondo agaheza akugara atevye kumugoroba. Woja kwivuzwa kuri mwenayo mavuriro iyo ufise ingwara zitahambaye cane canke wagize nk'isanganya nk'izi:

- Ubabara mu matwi
- Waturiwe n'izuba canke wagize ubushe budahambaye
- Ibicurane, inkorora, canke giripe
- Ufise umuriro mukeya
- Iyo ishule canke akazi vyagusavye gupimisha amagara yawe canke ukeneye kwisuzumisha amagara yawe – ivyo abantu bakunda gukoresha rimwe mu mwaka,
- Urucanco rwo kwikingira agahehera

NI RYARI NOKOresha ICUMBA CAKIRA ABAREMYE?

Ivyumba vyakira abaremvyeye biba mu bitaro. Kenshi biba vyuguruye igihe cose -- amasaha 24 k'umunsi, iminsi 7 mw'iyanga. Icumba cakira abarenye kigurwa amafaranga menshi kurusha kuja kuraba umuganga mubiro canke kuja kw'ivuriro ryakira abarwayi ubwo nyene. Urashobora kumara igihe kininiya



batarakwakira iyo wagiye gukoresha ico cumba kandi ingwara urwaye idakomeye cane. Wokoresha icumba cakira abaremvyeye iyo wasinzikaye cane gusa, nk'iyi:

- Ubabara cane mugikiriza, utiyumva mu maso (gutimba), ku maboko, ku maguru, canke wagize ingorane zokuvuga
- Ufise umuriro mwinshi hamwe n'izosi ridadaraye, wumva uriko urata ubwenge, canke ufise ingorane zoguhema
- Wagize ingorane zoguhema zirengeje urugero (ubura impemu)
- Iyo wariye ishano
- Uta ubwenge gaturumbuka
- Ukorora kandi udahwa amaraso
- Ugize ibimenyetso, gaturumbuka, bidasanze canke bikaze

NIWAJA GUKOresha ICUMBA C'ABAREMYE:

- 1) Itwaze izina ry'umuganga wawe hamwe n'inomero za telephone ziwe
- 2) Bwira umuforoma hamwe n'umuganga bakwitaho imiti usanzwe ufata.
- 3) Babwire ingorane y'amagara woba usanganywe

bitandukanye. Iyo ufise asiranse y'ukwivuzira irashobora kukurihira. Ni ukubiganira na muganga kugira ashobore kugufasha.

NO GIRA IKI MFISE IBIBAZO VYO GUFATA IBIKINGA GUTWARA INDA? BIRTH CONTROL?

Hariho abubatse batinya gufata canke gukoresha uburyo bwo kugera uruvyaro kuko bishiramwo ko bica bibuza gusubira kuzoronka abana. Ivyo si vyo namba. Muri Amerika, ubwo buryo barabukoresha cane kandi nta nkurikizi mbi ziriho. Urashobora guhagarika iryo koreshwa ry'ibigera irondeka igihe cose ushaka kuvyara. Ukaba ufise ibibazo canke ingorane kuvyerekeye irondeka ku rugero, baza muganga.

NO GIRA IKI NKENEYE KUMENYA INGENE NKORESHA IVYO KUGERA URUVYARO?

Ni ngombwa gutahura neza ingene bafata canke bakoresha ivy'irondeka ku rugero. Iyo bitakoreshejwe neza uko bitegerejwe, ntakamaro bigira.

Ukeneye izindi nsiguro gerageza uje kuri:

<http://www.4women.gov/>
www.cdc.gov/

Igisata kijejwe ivyo kuvyara kurugero n'ivyerekeye kurondoka (National Family Planning & Reproductive Health association).

<http://www.nfprha.org>
202-293-3114

Gutegura uruvyaro n'ugushinga umuryango

<http://www.plannedparenthood.org/>
1-800-230-7526

• • •

Ibigize aka gatabo vyavuye mu bikorwa vyaringanijwe na:

Igisata kiringaniza ivyerekeye amagara y'abakenyezi (The National Women's Health Information Center)

Igisata c'itaho kugabanya n'ugukinga indwara (Centers for Disease Control and Prevention)

Ivyegeranyo vy'ibijanye n'Ukuvyara ku Rugero (Family Planning Database)

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

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**KUVYARA
KU RUGERO**
**What is Family Planning?
(Kirundi)**



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KUYARA KU RUGERO?

Abubatse barashobora gutegura igihe bifuza kurondoka bakaronka abana. Aka gatabo karerekana uburyo bwo gutegekanya igihe co gusama inda. Birashobora kugufasha gutora uburyo bubereye kuri wewe mu kwirinda gusama inda utabiteguye.

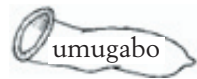
KUYARA KU RUGERO?

Muri Amerika, urashobora gutegura igihe wifuza kuzoronka abana mu gukoresha uburyo bwinshi bwo kuvyara ku rugero arivyo bita "birth control". Ikoreshwa ry'ubwo buhinga bwo kugera uruvyaro ntibituma uba ingumba canke intavyara, ahubwo bigufasha gushinga igihe wifuza gusama inda.

UBURYO BWIZA TWEBWE TWOKOresha N'UBUHE?

Birakenewe cane kuvugana na muganga ivyerekeye uburyo bwiza mukwiye gukoresha na mugenzawe muvyekeye kurondoka ku rugero. Rimwe rimwe hari ivyo mudashobora gukoresha kubera imyaka mufise canke uko amagara yanyu amaze. Ariko ni ukumenya ko ataburyo na bumwe bukinga gutwara inda ijana kwijana.

UBURYO BWO GUKINGA GUTWARA INDA

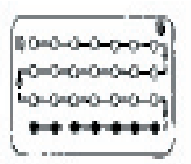


umugabo

Udufuko

Udufuko batwambika igihimba c'irondoka c'umugabo imbere yo kurangura amabanga y'irondoka. Udufuko ni bwo buryo bwonyene bukinga gutwara inda kandi bugakinga ingwara

zifatira mu bihamba vy'irondoka nka SIDA. Hari ubwoko bubiri bw'udufuko; kamwe k'abagore n'akabagabo.



Ibinini vyo kumira

Ubwo buryo ni ikini abagore bamira bacishije mu kanwa. Ico kinini n'ukukimira buri muni.



Inshinge bita "Depo-Vera Injections"

Ubwo buryo ni umuti batera mu mubiri nk'urushinge rusanze uko amezi 3 aheze.



Uburyo bita "Nuvaring"

"Nuvaring" ni akantu kameze nk'impeta umugore yiyinjizamo mu gihimba c'irondoka. Ako kantu akigumizamo amayinga atatu hanyuma akagakurayo mu gihe ari mu butinyanka. Iyo avuye mu butinyanka araheza agakoresha akandi gashasha.



Uburyo bita "Intrauterine Device (IUD)"

Ubu buryo bita "IUD" ni akantu kameze n'indome T umuganga ashira mu gitereko c'umugore.



Uburyo bita "Diaphragm, Cervical Cap"

Ivyo bita "Diaphragm, Cervical Cap" ni akantu kameze nk'agakombe umugore yinjiza mu gihimba c'irondoka imbere yo kurangura amabanga y'abubatse.

Uburyo bita "Tubal Ligation"

"Tubal Ligation" ni uburyo bukoreshwa ku bagore babanje kubabaga. Bituma umugore ahagarika gusama ubutagisubira ku buryo abavyemeye baba biyemeje kutazokwigerana barondoka canke ngo basubire kuvyara abandi bana.

NI HEHE NOKURA IVY'UGUKINGA GUTWARA INDA?

Ibikoreshwa mu gukinga gusama inda utaviteguriye ushobora kubikura kwa muganga, muri faramasi, kw'ivuriro, canke mu zindi mangazini. Hari igihe utegerezwa kwerekana urupapuro rwanditwe na muganga kugira uronke ivyo ukeneye mw'irondoka ku rugero.

IVYEREKEYE GUKINGA GUTWARA INDA BIGURWA ANGAHE?

Hari ivyo gukinga gutwara inda bitangwa ku buntu ataco uriha. Ibindi navyo bifise ibiciro

Ukeneye kuronka ayandi makuru ja kuri:

<http://www.unfpa.org>

<http://www.iac-ciaf.com/>

<http://www.path.org/files/FGM-The-Facts.htm>

<http://www.state.gov/g/wi/rls/>



*Aka gatabo kanditswe n'imfashanyo y'amakuru be
n'uburyo bituruka muri:*

*Urunani rw'Ibihugu Bitanga Imfashanyo ku
banyagihugu
(United Nations Population Fund)*

*Ishirahamwe Mpuzamakungu Ritohoza Amafuti
(Amnesty International)*

*Ishirahamwe Mpuzamakungu rijejwe Amagara
(World Health Organization)*

*Igisata c'Amagara n'Akazi muri Leta Zunze
Ubumwe za Amerika, Ibiro vy'amagara y'Abagore
(U.S. Department of Health and Human Services,
Office on Women's Health)*

*Imfashanyo y'amahera yo kwandika aka gatabo
yatanzwe n'Igisata c'Ibiro vy'Akazi n'Amagara
y'Abantu bifasha Impunzi mu vyo Kwimukira mu
mahanga.*

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**Guca Ibihimba
vy'Irondoka ku Bagore
Female Circumcision
(Kirundi)**



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Imico yose ifise imigenzo yavuye ku nganwe nyinshi zarenganye kandi iboneka nk'ibisanzwe canke bikenewe. Yamara, imigenzo imwe ntiyemerwa mu bindi bihugu. *Guca Ibihimba vy'irondoka ku bagore* (canke Gucacura ibihimba vy'irondoka ku bagore) ntivyemewe na mategeko ya Leta Zunze Ubumwe za Amerika kuko bifatwa nk'ivyotera ingorane cane kandi bitari vyiza no ku magara. Kugumya imico yawe n'akaranga ku bana bawe kandi ni ngirakamaro, ariko no gutahura ingaruka z'ubuvuzi n'iz'amategeko mu gucacura igihimba c'irondoka c'umwana w'umukobwa bifise akamaro.

GUCA IBIHIMBA VY'IRONDOKA KU BAGORE NI IKI?

Guca ibihimba vy'irondoka ku bagore ni umugenzo ndangamico ukorwa mu bihugu vyinshi, canecane muri Afrika. Hari ivyizerwa bitandukanye vyerekeye igituma ugucacubwa kw'abagore gukenewe. Bamwe bavuga ko gucacura abigeme bikenewe ku bw'isuku, kugumya ubusugi bw'umwigeme kugeza igihe co kwubaka, kubw'imvo z'idini no kuba ari uburyo bwo gushikana abigeme mu bupfasoni. Guca rero ibihimba vy'irondoka ku bagore kujanye no gukura igice canke ibitsina vyose vy'umugore, kandi bikorwa canecane ku bigeme bari hagati y'imyaka 4 na 14.

NIMBA IDINI RYANJE RIBISABA NAHO?

Yaba Bibiliya canke Korowani ntakivuga ko umugore ategerezwa gucaturwa. Mu bisanzwe, abarongozi benshi b'amadini bizera ko bigirira nabi umubiri, kandi wari ukwiye gukingirwa. Abarongozi benshi b'amadini bise gucaturwa kw'abagore "uguhonyanga gukomeye ku gateka

k'umubiri, umushaha, n'imyifato y'abagore be n'abana."

KUBERA IKI GUCA IBIHIMBA VY'IRONDOKA KU BAGORE ARI UKUBABAZA?

Guca ibihimba vy'irondoka ku bagore ni kintu kibabaza kandi cagizwe kubiri n'amategeko muri Leta Zunze Ubumwe za Amerika kubera ingorane nyinshi z'amagara zadukiramwo. Ingorane zibonekaza ubwo nyene ugucaturwa guheze harimwo kubabara cane, gutakaza amaraso cane, kwandura umugera, n'urupfu mu bihe vyinshi. Mu ngaruka mbi z'igihe kirekire harimwo kugira inkovu no gutabuka hagati y'igihimba c'irondoka n'inyo arivyo bitera ingorane z'irondoka no kwibaruka, n'imigera iteba gukira nk'iyoyi mu gice co kwituma umwanda muto, arivyo bituma kwituma bibabaza bikanagara. Vyongeye, bishobora gushika ko wandukirwa n'umugera wa SIDA n'izindi ndwara zifatira mu kurangura amabanga y'abubatse. Ibindi bishobora gushika ni agahinda ko mu mutwe no mu mutima cane cane ku bigeme bakiri bato cane bacye muri ivyo bintu vyo gucaturwa.

NI AYAHE MATEGEKO ABUZA GUCA IBIHIMBA VY'IRONDOKA KU BAGORE?

Muri Leta Zunze Ubumwe za Amerika, itegeko rya rusangi rivuga ko gucacura umwigeme muto ibihimba vy'irondoka (umwigeme ari muni y'imyaka 18 y'amavuko) bitemerewe n'amategeko. Ibihugu vyinshi bifise amategeko avuga ko guca ibihimba vy'irondoka ku bagore kutemerewe n'amategeko ku myaka iyo ari yo yose, kandi ibindi vyinshi bifise n'amategeko ahana abavyeyi barekurira abakobwa babo gucaturwa. Mu mahanga,

ibihugu vyinshi vyemeje ko uguca ibihimba vy'irondoka ku bagore kutemerewe n'amategeko, harimwo n'ibihugu vyinshi vyo muri Afrika. Ukwitwararika muri rusangi, ahanini kurongowe n'imirwi y'abakenyezi b'abany'Afrika, gushimikiye cane ku ngorane z'ubuvuzi n'iz'akabonge zishobora guterwa n'ugucacura ibihimba vy'irondoka ku bagore.

NOSHOBORA KURONKA HE AYANDI MAKURU YEREKEYE GUCA IBIHIMBA VY'IRONDOKA KU BAGORE?

Ukeneye kuronka ayandi makuru yerekeye guca ibihimba vy'irondoka ku bagore, ja ku buhinga bwa none urabe:

Umugambi w'Iburayi w'Abanyagihugu kuri
(Population Action International at)
<http://www.populationaction.org/>

Ukungana ubu kuri
(Equality Now at)
<http://www.equalitynow.org/>

Inama y'Abanyafrika ijewe Imigenzo
y'Ikirundi kuri
(Inter-African Committee on Traditional
Practices at) <http://www.iac-ciaf.com/>

Inzira kuri (PATH at)
<http://www.path.org/files/FGM-The-Facts.htm>

Urunani rw'Ibihugu Bitanga Imfashanyo ku
banyagihugu kuri (United Nations Population
Fund at) <http://www.unfpa.org>

Leta Zunze Ubumwe za Amerika kuri
(US State Department at)
<http://www.state.gov>

mbere yuko ugenda kumwivuzako. Nimba ufise asiransi urahora uguma witwararitse kugenda ufise aga karata ka asiranse ku mufuko.

NI KUBERA IKI NTEGEREZWAZA KUGURA ASIRANSI?

Ubuwuzi muri Amerika burazimvye gose Nimba ukeneye kugenda ku bitaro uzotegerezwa kuriha ivyo bazogukorera vyose mugihe ari nta asiransi ufise. Kugura asiranse bizogufasha gose kugabanya amahera baguciye. Kugira asiransi y'ubuzima uba w'ikingiye kugira ngo ntugire ingorane z'amafaranga.

NI GUTE NORONKA ASIRANSI Y'AMAGARA Y'ABANA BANJE?

Abakoresha bamwe na bamwe baratanga iyo asiransi mubakozi babo hamwe n'imiryango yabo. Intara zimwe leta iratanga iyo asiransi y'amagara ari ntamafaranga baguciye kubana bafise abavyeyi batishoboye, n'ukuvuga bahembwa amahera makeya. Uragenda ubaze wa mukozi agufasha ukuntu leta ibigenza muri iyo ntara urimwo.

NONE MUGIHE NTASHOBOYE KURONKA AYO MAFARANGA YIYO ASIRANSI Y'AMAGARA BIZOGENDA GUTE?

Hariho ukuntu woshobora kuronka asiransi uciye aho ukora, canke aho umukenyezi wawe akora. Abakoresha bamwe na bamwe barariha amahera yose baguciye canke bakariha amwe muyo ushinzwe kuriha asiranse. Ni ngobwa kwiyumvira ukuntu aho kukazi ukora nimba batanga asiransi. Kugira asiransi ni ingirakamaro kuko birafasha umuryango wawe mugihe hamaye impanuka Baza umukozi ashinzwe kubafasha impanuro kugirango muronke ama asiransi canke izindi mfashanyo zogira akamaro.

Niba hari ayandi makuru ukeneye yogufasha kuvyerekeye Medicaid, genda urabe:

www.cms.hhs.gov/home/medicaid

• • •

Aka gatabu kateguwe nimfashanyo z'amakuru aturutse:

*Centers for Medicare and Medicaid Services
Administration for Children and Families
U.S. Dept. for Health and Human Services*

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

AHO KURONDERERA AMAKURU:
riht@uscrdc.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



Medicaid hamwe na asiransi Medicaid and Health Insurance (Kirundi)



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

MEDICAID HAMWE NA ASIRANSI

Ivyerekeranye nimfashanyo ziraba amagara ntabwo bazitanga kwa gusa ngaha muri amerika, kandi zirashobora kuzimba rwose. Impunzi ziraronka imfashanyo muvuyerekeye kuronka uburyo bwo kwivuzza aribwo bita “Medicaid” hamwe “N’imfashanyo mubu vuzi bw’impunzi” Abandi Bantu hamwe n’imiryango barigurira izo asiransi uciye kumukoresha iyo ufise akazi, ubwo niwewe uca wirihira kubwawe. Iyi nyandiko irafasha gusobanura ingene Infashanyo y’Ubuwuzi Bw’impunzi, Medicaid, hamwe naza asiranse z’ubuzima zishobora gukoreshwa n’impunzi kugirango bashobore kuriha ivyo amaserivise y’ubuzima aba yabakoreye.

MEDICAID NI IKI?

Medicaid ni uburyo ubuvuzi bufashisha abatishoboye badahembwa canke bataronka amahera akwiye umuryango wose bagashobora kuriha ama fagitire amwe amwe yo kwamuganga. Umuryango w’impunzi ufise abana urashobora kuronka Medicaid iyo bashitse ngaha muri Amerika. Intara yose ifise amategeko yayo agenga ukungene bashobora

kuwaha Medicaid bakana tanga iminsi bashaka ko uzoronka iyo mfashanyo. Nyabuna murazohora mwibuka gusobanura umukozi araba imfashanyo zanyu kuvyerekeye Medicaid ingene zitangwa muri buri ntara canke umuji. Nimba ufise lero Medicaid utegerezwa kuba warahawe ikarata iranga ko ufise Medicaid, iyo karata ifise inomeru ikuranga.

NAYAHE MATEGEKO CANKE UBWOKO BYA MEDICAID?

Hari ubwoko bwinshi bwa Medicaid kuko abaganga bafise aho bakorera henshi. Raba neza ushishoze kugirango ufate umuganga akorera hafi yaho muba hafi y’inzu mubamwo. Urashobora kuronka amabaruwa mw’iposita agusobanurira ivyo vy’aho abaganga bakwegereye bari. Kandi urabe uturanye neza I nsiguro izogufasha neza, canke genda urabe urya mukozi bagushinze kugira abigufashemwo uronke ibisobanuro bikwiye.

NINDE YOSHOBORA KUMFASHA MUKUGIRA NGO NDOKE MEDICAID?

Uwo mukozi ashinzwe kugusobanurira niwe azogufasha kwuzuzza impapuro kugira ngo uronke Medicaid mukwezi kw’ambere ugeze ngaha mu bushikiranganji bushinzwe imibereho y’abantu.

NONE BIGENDA GUTE MUGIHE NTASHOBOYE KWEMERERWA KURONKA IYO MEDICAID?

Impunzi irashobora kuba ikoresha yemerewe Medicaid kugeza kumyaka irindwi iyo ibibazo vyose wabajijwe basanze ko arinta ngorane ufise mukarere kaho muri iyo ntara uzoshigwa mwo. Impunzi idafise abana kandi ikaba ihembwa amahera y’umurenge irashobora kutemererwa guhabwa iyo Medicaid. Aliku impunzi itemerewe ko bayiha Medicaid irashobora guhabwa ico bita *Imfashanyo y’abaganga baraba Impunzi* bakayikoresha kugera kumezi umunani iyo bagishika ngaha muri Amerika. Iyo mfashanyo y’abaganga bafasha Impunzi ifasha gusa impunzi, abasavye ubuhungiro, bo muri Cuba na Haiti binjira , hamwe n’abazira gutarafika.

IYO MFISE MEDICAID, NIHEHE NOGENDA KUGIRA NGO NDOKE UMUNTU AMVURA?

Ibitaro bimwe na bimwe, hamwe n’abaganga muri Amerika barakira Medicaid hama bamwe na bamwe ntayo bakunda kwakira. Uraheza ubanze utelefone muganga kugira ngo ubanze ushishoze niba muvuyukuri yakira iyo Medicaid yawe mbere yuko usaba kugenda kubonana na muganga.

IYO MEDICAID IMARA IGIHE KINGANA GUTE?

Nyuma y’amezi umunani muri Leta z’Unze Ubumwe z’Amerika, impunzi ntabwo ziba zicemerewe gukoresha ya mfashanyo ihabwa impunzi, aliko baba bashobora kuronka Medicaid. Ni ngombwa yuko imiryango y’impunzi ironka inkingo zose muri ayo mezi umunani y’ambere mugihe babironka batarinze gutanga amahera. Hanyuma iyo Medicaid iheze, ushoboye kuba ufise asiransi ituma uvugwa irashobora gufasha kuriha amahera uba ufiteye abavuzi.

ASIRANSI CANKE NOYITA MITIWELI NI IKI?

Iyo mitiweli canke asiransi ni porogaramu ifasha abantu kugira ngo bashobore kuriha ibitaro canke abaganga. Umuntu ashobora kuriha amahera ku kwezi muri kompanyi itanga izo mitiweli arizo asiransi canke agasaba ko aho akora bagenda bayakata kumushahara mugihe ahembwe. Mugihe umuntu agize atya akagwara iyo kompanyi yafashemwo asiransi ica iriha amadeni yose yo kwa muganga. Ibitaro bimwe na bimwe ntabwo vyemera ama asiransi amwe n’amwe. Aha kandi urabaze muganga wawe niba yemera iyo asiransi waguze

- amata, ikivuguto, canke iforomaji hamwe
- N'inyama n'ibiharage.

Urwo ruyoya ufise munda rurashobora kumererwa nabi mugihe woba wegera cane ibintu binuka nabi. Nyamuna uraja kure y'ibi bikurikira:

- imiti yica udukoko, aya masabuni canke ibikoresho vyoza mumaza, amarangi yo gusiga inzu,
- umwuka w'ama tabi,
- ziriya nzoga zose (ibiyeri, imivinyu hamwe na za likeri arizo ziriya nzoga zikomakomeye
- Kunwa ibikombe vyinshi vyi kawa, icayi canke aya masoda. Inzoga zikaze zirashobora gutuma uvyara umwana afise indwara zitari nke, ashobora kugira ingorane mu bwonko, canke ukavyara umwana yapfuye. Akamoto k'itabi karashobora gutuma umwana avuka atarageza igihe kandi akavuka ada komeye nagatoya.

NIHEHE NOSHOBORA KUJA KUGIRA NGO NDNKE UMUGANGA ANYITAHU KUMAFARANGA MAKE?

Urashobora kuronka aho ukurikiranwa bakakurihira amahera y'abaganga. Ico kigo kirashobora kugufasha ukazovyara umwana akomeye. Muri buri ntara hariho ibigo bifise izomfashanyo. Kugira ngo umenye aho izo mfashanyo ziboneka urashobora gutelefona kuri : 1-800-311-2229, canke ukabaza umukozi ashinzwe kwitaho umuryango wawe izindi mpanuron'ubundi buryo.

Ukeneye kumenya ubundi buryo bw'amakuru araba amagara meza y'umuvyeyi y'ibungenze ja kuri interineti:

www.nlm.nih.gov/medlineplus/prnatacare
www.4women.gov/faq/prenatal
www.cdc.gov/ncbddd/bd/abc
www.kidsheslth.org/parent/



*Inyigisho zo muri ururwandiko zatoranijwe
zivuye mubikoresho muri:*

*U.S. Department of Health and
Human Services*

Centers for Disease Control

International Food Information

Council Foundation

March of Dimes

State Family Planning Administrators

Center for Health Training, WA

*Iyinyandiko yateguwe ifashijwe n'umutungo uwuye
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



Kugira amagara meza iyo wibungenze Healthy Pregnancy (Kirundi)



www.refugees.org

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Kw'ibungenga n'igihe gikomeye mubuzima bw'umugore. Aka kanyamakuru gafise inyigisho zukungene ushobora kugira amagara meza mugihe w'ibungenze, kumenya hakiri kare yuko w'ibungenze nukuntu uvyifatamwo, kandi ningene utegerezwa kurya ivyokurya ngirakamaro.

KUKI BAVUGA KO UTAHUZA YUKO WASAMYE?

Kumenya hakiri kare yuko wasamyeye ni vyiza. Bizogufasha gutangura kwigenza neza ufungura neza kugira ngo umwana aze akure neza.

UZOKORA IKI MUGIHE WIYUMVIRA YUKO UFISE IMBANYI?

Niba ufise ibimenyetso vyerekana yuko wasamyeye, urashobora kugenda mumangazini kugura igipimo kugira ngo urabe ko arivyo koko, ntarupapuro gwa muganga ukeneye. Ico gipimo nikikwerekana yuko koko ufise imbanyu urazoheza uce unyarukira kwa muganga. Muganga wawe niwe azotanga gihama koko yuko iyo mbanyu ariyo akoze ibindi bipimo. Bitegetswe yuko ugenda kuraba muganga muri amezi abiri y'ambere. Muganga wawe azoheza yishure ibibazo vyose uzoba ufise bijanye n'ukwibungenga. Usabwe kugenda kuraba muganga ningoga na ningoga kugira ngo akurikirane iyo mbanyu yawe.

KUBERA IKI BAVUGA KO UKURIKIRANWA NA MUGANGA?

Gukurikiranwa na muganga ni ngobwa kugira ngo uhabwe inyigisho zose mugihe ufise imbanyu.

Usabwe lero kwitaho uwo mwana kandi nawe ukuyitaho ibi nivyo bikenewe:

- Gukurikiranwa na muganga hakiri kare
- Gusuzumwa kenshi na kenshi. Muganga wawe azokubarira isango uzogirako kumuraba mugihe ufise imbanyu. Ntukagire nimwe ucererwa!
- Gukurikira impanuro muganga yaguhaye

Iryo kurikiranwa rya muganga harimwo kugenda kw'ipimisha muri laboratwari, kugenda bagakoresha ivyuma vy'ubuhanga kugira ngo barabe kandi mumvirize yuko umwana ahamwe neza, eka hamwe n'ibindi vyinshi. Ivyo vyose nukugirango bakurikirane amagara yawe n'ingene umwana ariko arakura mugihe cose uzoba ugifise iyo mbanyu.

KUBERA IKI NKENEYE KO MUGANGA ANKURIKIRANA?

Nukubera yuko bituma muganga wawe amenya yuko wewe n'uwo mwana mufise amagara meza. Abana n'abavyeyi bakurikiranwa na muganga ibiharuro vyerekana yuko umuvyeyi azovyara umwana akuze kandi afise ibiro vyukuri kandi akazovyara ashikanye igihe. Abaganga barashobora gutora hakiri kare ingwara iyo baza kuraba muganga buri rimwe canke amezi abiri. Mugihe hariho ingorane, barashobora kurinda ingorane. Baza urya mukozi ashinzwe umuryango wawe akubarire umuganga utegerezwa kuja kuraba canke akuronderere abagusobanurira mugihe utumva ururimi.

NI GUTE NOGIRA AMAGARA MEZA MUGIHE MFISE IMBANYI?

Kuguma uri muzima mugihe cose ufise imbanyu utegerezwa:

- kunywa ibirahure umunani vyamazi canke vy'imitobe, hamwe n'amata ku muni,
- gufata za vitamini zirimwo "folic acid", "iron" hamwe na "kalisiyumu"
- kunanura imitsi mugufata akayira ukagenda genda hanze,
- mujukoresha uko ushoboye ukaryama ugasinzira,
- mukubaza muganga wawe nimba imiti baguhaye ngo ufate ari myiza ku mwana wawe,
- kugenda ugategwa urukingo mugihe c'imbeho itera giripe
- hanyuma Ukirinda kwiyumvira ingorane woba ufise

Kugirango uze wibaruke umwana ameze neza kandi akomeye utegerezwa gufungura ku muni ibi bikurikira:

- ivyokurya vyintente (umuceri, umukate, kusikusi canke ibigori)
- imboga z'ivyatsi,
- ivyamwa,



rero kugira umenye ko uzohava urwara canke woba umaze gufatwa n'iyi ndwara y' ivumbuka r'umurindi w'amaraso.

IKINURE NZIBIRAMITSI BITA “KOLESTEROLE” KIMEZE GUTE?

Ikinure nzibiramitsi bita “kolesterole” ni ikinure coroshe dusanga mu maraso. Ni ibisanzwe kugira ivyo binure kolesterole kuko bifasha mu kubumba uduhimba dutoduto twitanguriro turemye umubiri wacu. Ariko iyo ivyo binure bibaye vyinshi mu mubiri, bica bitera indwara y'umutima canke indwara iziba imitsi ijana amaraso mu bwonko.

Irwirirana ry'ibinure “kolesterole” ni kimwe mu bitera indwara y'umutima. Iyo hari ivyo binure kolesterole vyinshi mu maraso yawe, biraheza bikiyungiranya bikavurira imbere mu mpome z'imitsi mikuru itwara amaraso mu mutima. Haciye igihe ufise ivyo binure, bituma imitsi itimba, hanyuma igakongatara, hanyuma umurindi w'amaraso mu mubiri ukagabanuka canke bikazibira iyo mitsi. Ivyo rero bishobora gutera indwara y'umutima.

IBIMENYETSO VY'IGWIRIRANA RY'IBINURE NZIBIRAMITSI “KOLESTEROLE”

Irwirirana ry'ibinure nzibiramitsi “kolesterole” ntabimenyetso biboneka ryerekana, nico gituma bigoye kumenya ko uyigwaye utipimishije amaraso. Abantu bafise imyaka irenga 40 bategerezwa kuza baripimisha igipimo ca “kolesterole” kurugero muganga wabo yabahaye.

GUKINGIRA INDWARA Z'UMUTIMA

Indwara y'umutima irashobora gukingigwa! Muguhindura imfunguro wahora ufata no kugira imyimenyerezo, urashobora kugabanya ibihetangabo vyo gufatwa n'ingwara y'umutima.

- Kwongereza ibikorwa vy'inguvu, imyimenyerezo 'naho yoba ari ugutambuka gusa) nk'iminota mirongo itatu n'imiburiburi gatatu mu ndwi. Irinde kunywa itabi n'ukwegera abarinywa.
- Gabanya gushavura. Igerer mu binyobwa. Wirinde kuvyibuha cane. Fungura ivyamwa bibisi n'imboga.

Niba ushaka kumenya andi makuru raba internet y'ibigo bi kurikira:

American Heart Association
www.americanheart.org

National Stroke Association
www.stroke.org

The Centers for Disease Control and Prevention
www.cdc.gov

The U.S. Department of Agriculture
www.usda.gov

• • •

Amakuru ari muri aka gatabo aturuka ku makuru atangwa na:

The Centers for Disease Control and Prevention (CDC)

The U.S. Department of Agriculture (USDA)

American Heart Association

National Stroke Association

Infashanyo y'amahera yo kwandika aka gatabo yatanzwe na Department of Health and Human Services Office of Refugee Resettlement

CONTACT INFORMATION:

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



Indwara y'umutima imeze gute?

(Heart Disease - Kirundi)



www.refugees.org

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Indwara y'umutima ifata umuntu iyo amaraso atwara ingaburo hamwe n'impemu nziza duhema agomewe ntashobore gushika mu mutima. Ivyo bituma umuntu afatwa n'indwara y'umutima, indwara yiziba ry'imitsi ijana amaraso mu bwonko canke mbere n'urupfu.

INDWARA Y'UMUTIMA IFATA GUTE?

Umutima uguma ukora igihe cose, haba ku mutaga canke mw'ijoro (amasaha mironko ibiri n'ane ku munsu), upompa amaraso arimwo umwuka mwiza duhema (oxygène) n'ivyangombwa nkenerwa mu mubiri. Amaraso ashika mu mutima aciyeye mu mitsi mikuru. Iyo abantu barya kenshi canke barya imfungurwa zirenze urugero zuzuye ibinure canke isukari nyinshi, hanyuma ntibagire imyimenyerezo yo kunonora imitsi, ibinure biraheza bikagwirirana mu mitsi mikuru. Iyo rero vyagwiriranye, barameneka bigaca bituma haba igipfunda c'amaraso. Ico gipfunda gituma amaraso atembera nabi nabi mu mitsi hanyuma ntashike mu mutima, akaba arivyo rero bitera indwara y'umutima yamaze abantu.

IBIMENYETSO VY'INDWARA Y'UMUTIMA:

- Ububabare hagati mu gikiriza bumara umwanya muto canke buza bugenda bwongera bugaruka.
- Ububabare mu kuboko kumwe canke mu maboko yose, mu mugongo, kw'izosi, mu musaya canke mu mushishito.
- Guhema udashikana (ingorane mu guhema, canke mugusama impemu) ubabara canke utababara mu gikiriza
- Gufatwa bukumbi n'intuguta y'icuya gikonje, kugira iseseme canke kwumva uyamira nk'uwuzunguriwe.

Ivyo bimenyetso bishikira abagore n'abagabo co kimwe. Ariko hari ibindi bimenyetso vy'iyi ndwara bikunda gushikira abagore gusumba abagabo nko guhema udashikana, gusesemwa, kuyorwa, kubabara mu mugongo no mu misaya.

WOKORA IKI WIKETSE KO UFASHWE N'INDWARA Y'UMUTIMA?

Hamagara (telefona) inumero 911 buno nyene. Nturindire. Rondera ingene woshika kwa muganga ubwonyene. Umaze gufatwa n'indwara y'umutima kirazira kunyonga imodoka wijana wenyene ku bitaro.

INDWARA Y'IZIBA RY'IMITSI ITWARA AMARASO MU BWONKO CANKE INDWARA Y'UBWONKO IMEZE GUTE?

Indwara y'iziba ry'imitsi itwara amaraso mu bwonko ifata umuntu iyo umutsi mukuru utwara amaraso mu bwonko uturitse canke uzivye kubera igipfunda c'amaraso canke ibinure. Iyo kimwe muri ivyo bishitse, igice c'ubwonko ntigihaza ngo kironke umwuka mwiza n'amaraso meza gikeneye. Ico rero nico gitera indwara y'ubwonko. Iyo umwuka mwiza udashitse mu bwonko, uduzi duto duto tw'ubwonko duca dupfa ningoga. Ubwonko buca bupfa ubutagikira. Ibihimba vy'umubiri bikoreshwa nico gice c'ubwonko bwapfuye navyo nyene ntibisubira gukora.

IBIMENYETSO VY'INDWARA Y'UBWONKO ITERWA N'IZIBA RY'IMITSI ITWARA AMARASO MU BWONKO:

- Uruhande rumwe ry'umubiri, ukuguru kumwe, ukuboko kumwe, uruhande rw'umunwa hamwe n'ijisho rimwe rihereye kuri urwo ruhande birapfa
- Ingorane yo kuvuga no gutegera ibivuzwe
- Ingorane yo kubonesha ijisho rimwe canke yose.
- Ingorane yo gutambuka, kuzungurirwa, hamwe no gushobora guhagarara neza udahenuka
- Ukumeneka /ukubabara mu mutwe bishika giturumbuka, ata mpamvu zizwi zihari.

WOKORA IKI WIKETSE KO UFASHWE N'INDWARA ITERWA N'IZIBA RY'IMITSI ITWARA AMARASO MU BWONKO?

Hamagara (telefona) inumero 911 buno nyene. Nturindire. Rondera ingene ushika ku bitaro ubwonyene canke udatevyeye. Ufashwe n'iyi ndwara, kirazira kunyonga imodokari wijana wenyene kwa muganga. Ca wandika igihe n'isaha ibimenyetso vya mbere vy'iyi ndwara bigufatiye. Gufata umuti w'iyi ndwara y'ubwonko, bishobora kugabanya ingaruka mbi z'iyi ndwara.

IVUMBUKA RY'UMURINDI W'AMARASO

IVUMBUKA RY'UMURINDI W'AMARASO RIMEZE GUTE?

Umwanya wose umutima uteye, urungika amaraso mu mitsi minini. Ivumbuka ry'umurindi w'amaraso, ni iyo amaraso atera n'inguvu nyinshi, bikerekana rero ko umutima wawe uriko urakora cane birengeye urugero. Ntushobora kwumva ko umutima wawe uriko urakora bidasanze, ariko ivumbuka ry'umurindi w'amaraso n'ingwara ihambaye kandi yica. Utivuje, ivumbuka ry'umurindi w'amaraso rishobora gutera:

- ihagarara ry'umutima
- ubumuga bw'amafyigo
- indwara y'umutima
- indwara y'ubwonko
- kutabona neza hamwe n'uruhumyi.

IBIMENYETSO VY'IVUMBUKA RY'UMURINDI W'AMARASO

Nta bimenyetso vy'ibonekeza kuri iyi ndwara. Nico gituma bayitazira "RWICA RUHOZE." Ivumbuka ry'umurindi w'amaraso rivurwa canke baryirinda mu gufungura imfungurwa z'ingirakamaro kandi uko wabitegetswe na muganga hamwe n'ukugira imyimenyerezo yo kunonora imitsi ya minsi yose. Ni ukwipimisha

Ukeneye ayandi makuru ja kuri:

http://www.hepb.org/learning_guide/

<http://www.cdc.gov/ncidod/diseases/hepatitis/b/fact.htm>

<http://www.who.int/mediacentre/factsheets/fs204/en/>

Aka gatabo kanditswe n'imfashanyo y'amakuru be n'uburyo bituruka muri:

*Ibimenyesha makuru vy'Inzira y'amagara meza
(Healthy Roads Media)*

*Amakuru y'Amagara yahinduwe mu zindi ndimi
(Health Information Translations)*

*Icicar co Gukingira be no Kugenzura Indwara
(Center for Disease Control and Prevention)*

Infashanyo y'amahera yo kwandika aka gatabo yatanze n'Igisata c'Ibiro vy'Akazi be n'Amagara y'Abantu bifasha Impunzi muvuye kw'Imukira mu mahanga.

**U.S. Committee for Refugees
and Immigrants**

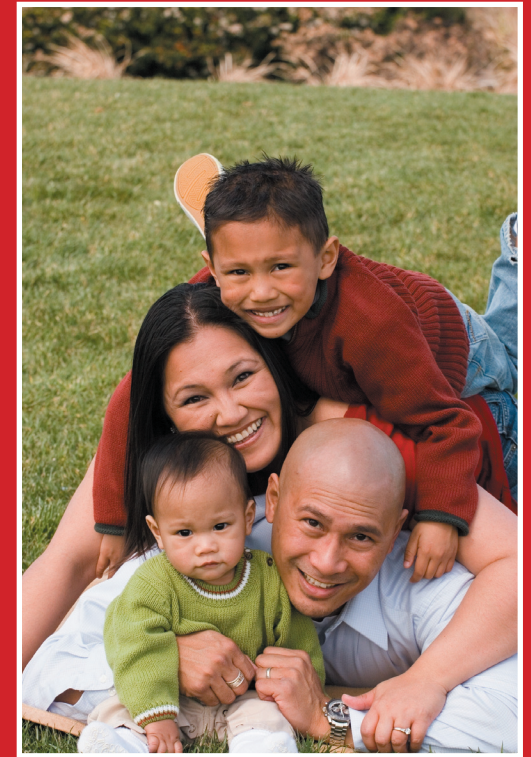
2231 Crystal Drive, Suite 350

Arlington, VA 22202-3711

Telephone: 703 • 310 • 1130

Fax: 703 • 769 • 4241

www.refugees.org



Indwara y'Igitigu ni iki?

What is Hepatitis B (Kirundi)



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

INDWARA Y'IGITIGU NI IKI?

INDWARA Y'IGITIGU NI IKI?

Indwara y'Igitigu ni indwara iterwa n'umugera kandi igasinzikaza igitigu. Ishobora gutuma ugutakaza akayabagu, ukuruha, ugucibwamwo, ukuyorwa, ububabare mu nyama no mu nda, n'indwara y'umuhondo, itera amaso n'urukoba gusa n'umuhondo. Iyo itavuwe, ishobora gutuma igitigu cononekara, canseri y'igitigu, canke urupfu. Hafi y'ibice 30 kw'ijana vy'abafise indwara y'igitigu nta bimenyetso vyayo bafise. Iyo ndwara igwiriye cane mu bakuze gusumba abana.

INDWARA Y'IGITIGU ITERWA N'IKI?

Indwara y'Igitigu iboneka iyo amarasoy'umuntu ayirwaye yinjiye mu mubiri w'uwutayirwaye. Ivyo bishika mu kurangura amabanga y'abubatse n'uwuyirwaye badakoresheje agafuko, mu gusangira imiti n'inshinge, canke kuva ku muvyeyi ayirwaye ku mwana mu gihe c'ivuka

Ntushobora kwandura indwara y'igitigu mu:

- gusoma canke guhobera
- kwasamura canke gukorora
- kwonsa
- gusangira ibifungurwa canke amazi
- guhura n'umuntu rimwe na rimwe
- gusangira kwambarara umwakaka canke amarori

IBIMENYETSO VY'INDWARA Y'IGITIGU NI IBIHE?

Ibimenyetso vy'indwara y'igitigu bishobora kuba:

- intege nke n'ukuruha
- ugutakaza akayabagu
- ugusesemwa n'ukudahwa
- ugucibwamwo n'ukutaja kwituma
- amasobe yirabura
- inyonko
- ukumeneka umutwe
- ukubabwa ku rukoba
- ububabare bwo mu ngingo n'uruhere

NOSHOBORA GUTE GUKINGA INDWARA Y'IGITIGU KWANDUKIRA ABANDI?

Inzira zo kugabanya gufatwa n'indwara y'igitigu:

- Koresha udufuko imisi yose.
- Ntusangire inshinge canke ngo ukoreshe imiti idaciye mu mategeko.
- Ntusangire ibikoresho vy'umuntu bishobora kuba bifise amaraso, nk'imiswage y'amenyo, inzembe, n'ibindi.
- Nimba ufise canke warigize kugira indwara y'igitigu, ntugatange amaraso, ibice, canke inyama.
- Nimba udafise indwara y'igitigu, itwararike kwicandagisha n'abo mu muryango wawe.

KUBERA IKI NOCANDAGISHA ABANA BANJE KU NDWARA Y'IGITIGU?

Urucanco rw'indwara y'igitigu ni inzira nyayo yo gukingira iyo ndwara. Ubuvuzi, ubumenyi, n'amashirahamwey'amagara y'abantu bivuga ko urucanco rw'indwara ari inzira nyayo yo gukingira indwara mu nzoya, abana, n'abakuze. Urucanco ruza incuro nyinshi. Ku nzoya, incuro ya mbere yotangwa igihe c'ivuka, iya kabiri ku mezi 1-4 y'amavuko, maze iya nyuma igatangwa ku mezi 6-18 y'amavuko.

Urucanco rw'indwara y'igitigu rwohabwa abantu:

- bari musu y'imyaka 19 y'amavuko
- bafise abarwayi b'indwara y'igitigu mu muryango.
- bakunda kurangura amabanga y'abubatse
- baherutse kugira indwara ifatira mu bihimba vy'irondeka
- babana n'umuntu amaze igihe kirekire afise indwara y'igitigu
- bafise akazi gatuma bakora ku maraso y'abantu

NOSHOBORA KWANDUZA UMWANA WANJE MU GIHE NIBUNGENZE?

Mu gihe wibungenze, ushobora kwanduza umwana indwara y'igitigu. Baza muganga wawe nimba ibipimo vy'indwara y'igitigu bikenewe. Inyuma yo kwibaruka, witwararike ko umwana wawe aronka urucanco mu masaha 12 ya mbere y'amavuko.

GUKORESHA INSHINGE K'UBURYO BUTANDUKIZA SIDA BIVUGA IKI?

Gukoresha inshinge kuburyo butandukiza SIDA bituma udakora kumaraso mugukoresha inshinge zisukuye canke zitarakoreshwa mugihe co gutera ibiyayura ubwenge canke imiti, mu buvuzi, mugutobora imibiri canke gushushanya ku mibiri. Iyo utera ibiyayura umutwe canke imiti, utegerezwa gukoresha inshinge zisukuye canke zitarakoreshwa. Inshinge zakoreshejwe, zicafuye ntizitegerezwa gusangirwa. Ibisagara bimwe bimwe birafise uburyo bwo kuguzanya inshinje, aho utwara inshinge wakoresheje bagaheza bakaguhana nshansha.

WOBA UFISE HIV UTEGEREZA KWIRINDA KWANDUZA ABANDI

- Ntiwonse,
- egera umuganga imbere yo kwibaruka, wivuze,
- bwira uwo muhza ibitsina ko ugwaye umugera HIV imbere yuko murangura amabanga mpuzabitsina,
- koresha agafuko, ntusangire ibikoresho bitobora uruhu nk'ugutobora amatwi, gutera inshinge canke kwicapura kumubiri.

KWIGA GUKORESHA AGAFUKO K'ABAGABO NEZA

- Ugurura agafuko n'iminwe ariko ntukoreshe amenyo,
- Fyonda k'umutwe w'agafuko umenye ko ata mpwemu canke umuyaga wasigayemwo,
- Zingururira agafuko kugihimba cawe c'irondeka cashutswe umanura Udashoboye kukizingururirako neza ca ugaheba utore akandi
- Uhejeje kurangura amabanga y'uguhuza ibitsina fata ku mpera y'agafuko ugiheza gusuka intanga uce ukura yo igitsina
- Ta agafuko wakoresheje hama woze igitsina
- Ntugerageze gukoresha agafuko kamwe incuro zibiri
- Banza kuvyiga imbere yo gukoresha agafuko

Niba ushaka kumenya amakuru ya kwipimisha HIV aho utuyte, hamagara numero ya telephone 1-800-342-2437 cyangwa, raba internet:

www.cdc.gov

www.hivpositive.com

www.thebody.com

• • •

Amakuru ari muri aka gatabo aturuka ku makuru ari muri:

The National Minority AIDS Council

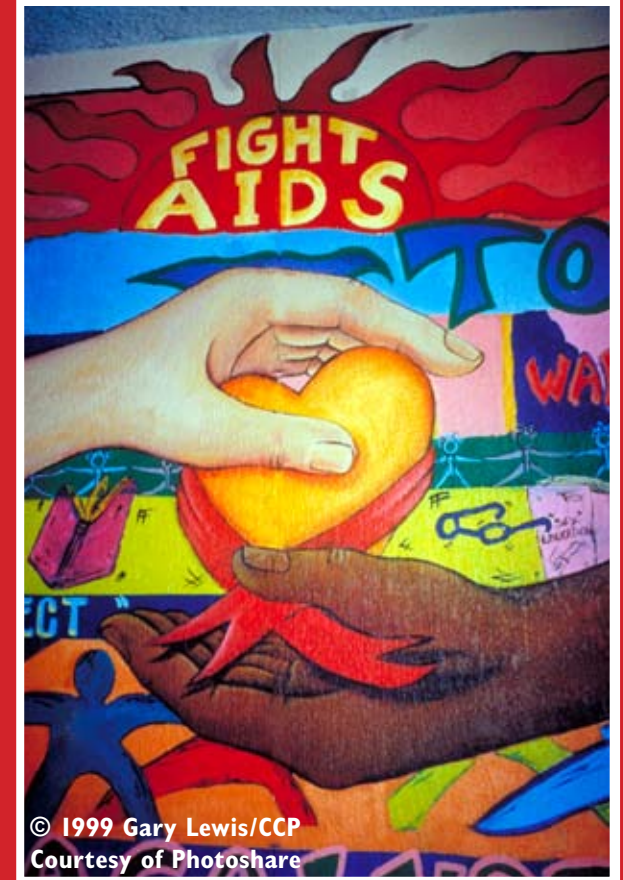
The Centers for Disease Control and Prevention (CDC)

Body Health Resources Corporation

Infashanyo y'amahera yo kwandika aka gatabo yatanze na Department of Health and Human Services Office of Refugee Resettlement

CONTACT INFORMATION:

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U.S. Committee for Refugees and Immigrants
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Phone: 202 • 347 • 3507
Fax: 202 • 347 • 7177
www.refugees.org



Umuntu arashobora kwikingira umugera wa sida!
(HIV - Kirundi)



www.refugees.org

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Upholding Freedom since 1911*

IVYEREKEYE UMUGERA WA SIDA

HIV--Umugera wica inguvu z'abasoda baba mu maraso batugwanira mu mubiri (HIV) ni umugera utera indwara ya SIDA (ingwara yokubura abasoda bagwanira umubiri). SIDA ituma umubiri utakaza inkomezi z'ukwigwanira ku ndwara, mbese n'utudwara duto duto, nk'ibicurane. Umuganga avuga yuko umuntu agwaye SIDA, iyo umubiri wuyu muntu wagabanutse inguvu kandi ntube ugishobora kurwanya indwara zimwe zimwe.

Umugera wa SIDA umuntu urashobora kwirinda! Abantu barwaye uwo mugera wa SIDA barashobora kuramba kandi bakabaho neza iyo muganga yatoye uwo mugera hakiri kare.

UMUGERA WA SIDA WANDUKIRA GUTE?

Umugera wa SIDA wandukira biciye mu maraso, m'umbuto z'umugabo, mu maberebere no mu ruziri ruva mubihimba vy'irondeka vy'umugore, vy'abantu banduye uwo mugera wa SIDA. SIDA ishobora guhererekanywa ku muntu n'uwundi biciye mu mibonano mpuzabitsina, mu gusangira inshinge zo guterwa, mu gutoboza impu (nko gutobora amatwi) canke mugushushanyisha ku mibiri (ivyo bita tatu), mw'ivuka ry'ibibondo no mu kuvyonsa.

Muri Amerika, amaraso atangwa kwa muganga muri bwa buryo bwoguherekanya amaraso kubakomeretse canke babazwe, arapimwa. Nico gituma atawogira ubwoba bwo gutanga amaraso canke kuyahabwa. Ntushobora kwandura umugera wa SIDA mugutanga amaraso.

Umuvyeyi arashobora kwirinda kwandukiza umwana wiwe umugera wa SIDA mugihe c'ukwibaruka mukuja kugipimo iyo yibungenze hamwe nogufata imiti ya SIDA. Birahambaye ko umuvyeyi yibugenze yipimisha umugera wa SIDA kugira ntaze awandukize ikibondo ciwe mugihe co kwibaruka.

KWIPIMISHA UMUGERA WA SIDA

Ntivyoroshe kumenya umuntu afise umugera wa SIDA. Abantu barashobora gusa n'abafise amagara meza canke bavyibushye, kandi bashobora kuba ataho bababara canke ata mabara bafise ku mibiri

yabo, ariko baranduye umugera wa SIDA, kandi bashobora kwanduza abandi. Uburyo bumwe gusa bw'ukumenyako umuntu yanduye umugera wa SIDA ni ukuwipimisha.

Kwipimisha umugera wa SIDA birasanzwe kandi biroroshe. Mubisagara vyinshi barafise ibibanza vyo kwipimishirizamwo SIDA kwa gusa canke kumahera make. Umugera wa SIDA ushobora gupimwa mu mate bakoresheje agati kariko impampa kumutwe baheza bakakinjiza mukanwa kugira baronke amate, hamwe no mumaraso yo kurutoke. Inyishu y'igipimo irashobora kuboneka mumunota itarenga 20 bahejeje kugupima. Mubisagara vyinshi kwipimisha bikorwa mw'ibanga canke umuntu ntatange izina. Kwipimisha kw'ibanga: Barandika amazina y'abantu bipimishije bagaheza bakayarungika kw'ibanga kubategetsi bajewe amagara y'abanyagihugu (nk'igisata c'ubushikiranganji kijejwe amagara y'abanyagihugu). Kwipimisha mukinyegero: Ntibisaba gutanga izina. Ahubwo bashirako ikimenyetso cisangije, atawundi agifise, kidondora nyene kwipimisha. N'ukuvugako uwipimishije ariwe wenyene amenya inyishu agaheza akayibwira abo ashatse.

Ntushobora kwandura umugera wa SIDA mugukora ibikurikira:

- Gukoranako bisanzwe
- Kuramukanya n'amaboko
- Kurwana m'unda
- Gukorora, kwasamura
- Gutanga amaraso
- Kwogana mu nyanza (piscine)
- Kwicara ku kazu kasugumwe kikizungu
- Gusangira amashuka
- Gusangira amafurusheti, ibiyiko, uduti abantu bo mubihugu vya Asia bokoresha mugufungura, imbugita, amasahani, amabakure canke ibirahuri
- Kuribwa n'imibu canke n'utundi dukoko turyana



- Kwigumya (kwirinda gushurashura canke gusambana) Nimba wewe hamwe n'uwo murangurana amabanga mpuzabitsina mwaripimishije umugera wa SIDA hakaba haciye amezi atandatu KANDI:
- Mwese basanze ata mugera wa SIDA mufise
- Rangura ayo mabanga hagati yanyu gusa
- Ntimugasangire inshinge zokwiteza, gutobora imibiri, canke gucapisha ku mibiri yanyu.

IMPANUKA ZA SIDA

- Ikingire mugihe co kurangura amabanga mpuzabitsina
- Koresha inshinge uburyo butuma wikingira

NIGUTE BARANGURA AMABANGA MPUZABITSINA KUBURYO BUKINGIRA SIDA?

Kurangura amabanga mpuzabitsina kuburyo bukingira SIDA bibuza ihura ry'imbuto z'umugabo n'uruziri rw'umugore, hamwe n'amaraso mugukoresha neza udufuko (utw'abagabo canke utw'abagore) canke uduplastike bambara mumenyo, abarangura amabanga mpuzabitsina bakoresheje uburyo bwo kurigata inzanyi (igihimba c'irondeka c'umugabo) canke igisabo (igihimba c'ironkoka c'umugore).

Imbere yo kurangura amabanga mpuzabitsina:

- Vugana n'uwo mushaka kurangurana ayo mabanga uburyo bwokwikingira
- Ni mwigwe gukoresha agafuko (ak'abagabo canke ak'abagore) neza imbere yokurangura amabanga.
- Ntimukarangure amabanga mpuzabitsina mwanoye ibiyayura umutwe canke mwaborewe inzoga.
- Koresha amavuta y'amazi (Ntugakoreshe avuta agandanye nka vaseline canke ubundi bwoko bwa amavuta ameze nka vaseline)

Ibinini, inshinge, utunyuzi, n'ibindi dukoresha mugutandukanya imvyaro ntibikingira HIV/AIDS. Kwikingira HIV ni ugukoresha agafuko.

WOKWIKINGIRA GUTE?**NTUKIKWEGERE UMUGERA WA SIDA**

Ushaka kumenya ayandi makuru ja kuri:

<http://www.helpguide.org>

www.stress.org



*Aka gatabo kanditswe n'imfashanyo y'amakuru be
n'uburyo bituruka muri:*

*Ingingo z'ubuzima bwiza: Gufatanya kubw'Impunzi
(Points of Wellness: Partnering for Refugee)*

*Amagara no Kubaho Neza
(Health & Well-Being)*

*Amagara y'Umutwe muri Amerika
(ryahoze ryitwa Urunani rw'Amagara y'Umutwe mu
Guhiku)*

*(Mental Health America
(formerly National Mental Health Assoc.))*

*Urunani rwa b'Abanyamerika ruvura Indwara z'Umutwe
"American Psychiatric Association"*

SAMHSA

*Umusaraba w'Ubururu Inkinzo y'Ubururu, Indongozi
y'Ugufasha ubwa mbere*

(Blue Cross Blue Shield, Carefirst Guide)

*Amakuru y'Amagara y'Abantu Yahinduwe mu zindi
ndimi*

(Health Information Translations)

*Icicaro co Gukingira be no Kugenzura Indwara
(Center for Disease Control and Prevention)*

*Infashanyo y'amahera yo kwandika aka gatabo yatanze
n'Igisata c'Iburo vy'Akazi n'Amagara y'Abantu bifasha
Impunzi mu vyo Kwimukira mu mahanga.*

**U.S. Committee for Refugees
and Immigrants**

2231 Crystal Drive, Suite 350

Arlington, VA 22202-3711

Telephone: 703 • 310 • 1130

Fax: 703 • 769 • 4241

www.refugees.org



Ingene Wokwitwararika Agahinda How to Manage Stress (Kirundi)



www.refugees.org

*Protecting Refugees. Serving Immigrants,
Upholding Freedom since 1911*

Muri Leta Zunze Ubumwe za Amerika, impunzi zihura n'ingorane nshasha zishobora gutera agahinda. Agahinda ni ukuntu wifata mu bigushikira bigushavuzwa mu buzima bwawe. Bishobora no kuba ukuntu wakira ivyo usabwa vyinshi n'ingorane nyinshi. Ariko agahinda ni ikintu gisanzwe umuntu wese ahura naco mu buzima. Agahinda gashobora guhera mu gihe kitaweho neza. Iyo katavuwe, gashobora kugira nabi canke kagatera indwara.

MBEGA AGAHINDA GATERA COKIMWE KURI BOSE?

Abantu bumva agahinda mu buryo butandukanye. Ushobora kwumva agahinda mu mubiri wawe, mu mutwe wawe, canke mu mibanire yawe. Agahinda gashobora kuvamwo indwara mu gihe katavuwe. Yamara, igitera kuri umwe gishobora kutaba ku wundi.

Ibitera agahinda bimwe ni:

- kutagira amahera akwiye canke akazi keza
- ubunyakamwe
- ivyo wibuka bibabaje
- gutandukana n'umuryango

Ibimenyetso bimwe vy'agahinda ni:

- kwumva ubabaye canke ufise ubwoba
- kugira ingorane mu guhema
- kumeneka umutwe
- kubabara mu mitsi
- kwumva urushe umwanya wose
- nta kayabagu
- kubabara mu nda
- kunywa ibiboreza vyinshi

NOSHOBORA GUKORA AGAHINDA GUTE?

Agahinda ntigategerezwa kwiganzira ubuzima bwawe. Woshobora gukora agahinda mu:

- gukora ibintu vyo kuruhuka nko guhemuka, kurimbura, kwumviriza umuziki, canke gusoma
- kuganira n'umuryango be n'abagenzi mukundana
- kugira ivyo ukora hanze y'inzu
- gufungura infungurwa zigira akamaro mu mubiri

Uguhema Vyoroshe

Guhemuka be no kurimbura vyorohera umutwe kandi bikagabanya agahinda. Humiriza uheze uhemuke, bukebuke, kandi igihe cose. Ukwiye kubikora incuro nke imisi yose. Vyongeye, kwumviriza umuziki woroshe bifasha kworohera umutwe.

Kuganira n'Umuryango be n'Abagenzi Mukundana

Kuganira n'umuntu wizigiye, nk'umuryango canke abagenzi, ni kimwe mu buryo bwiza bwo kwifata mu gahinda kawe. Bazokwumviriza ingorane zawe banagufashe kuronka uburyo bwo kwiyambura agahinda kawe. Woshobora no kuvugana n'umuntu yigeze canke ari mu gahinda nk'ako urimwo. Kuvuga ku bikubujije amahoro no gutahura ko hari abandi bafise ingorane nk'izawe ni inzira nziza yo kugabanya agahinda kawe.

Kugira ivyo Ukora

Kugira ivyo ukora ni uburyo bukomeye bwo kugabanya agahinda kawe. Bituma umutwe wawe witwararika ibindi bintu bitari agahinda mu buzima bwawe. Gira akamenyero ko gufata umwanya wo kugenda n'amaguru imisi yose canke gusura abagenzi canke ababanyi bawe.

Gufungura Neza

Gufungura nk'uko bibereye bituma umubiri wawe ugira amagara meza. Ni ngirakamaro gufungura ivyamwa, imboga, ndema mubiri, n'imbuto z'imitumba. Nywa amazi menshi kandi wirinde ibiboreza. Ukwiye kandi kwirinda infungurwa z'ibinure.

Ukoze ivyo, hanyuma ntiwiyumve neza, n'inyuma, hashobora kuba hari ingorane nini. Birakwiriye kuja kwa muganga. Muganga wawe azokubwira ibindi wokora mu kwitwararika agahinda kawe.

MBEGA ABANA BARAGIRA AGAHINDA?

Abana b'impunzi ntibagira agahinda mu buzima bwabo bushasha muri Leta Zunze Ubumwe za Amerika, gusa ariko bakagira bitewe n'ivyo baba baracyemwo mu gihe cahise. Abana bamwe b'impunzi basinzikazwa n'ingorane z'amagara, indoto mbi, kandi bagira ingorane zo kuba ahantu hashasha. Abavyeyi bari bakwiye kwitwararika ibimenyetso vy'agahinda mu bana babo kuko benshi badatahura ingaruka z'agahinda.

Ivyo bitutiko ubonye bimaze iminsi irenga itatu canke ubona bigenda bisa nibiba ibikomere, twara umwana kwa muganga. Minsi yose banza ukarabe intoke zawe ukoresheje isabune mugihe uhejeje guhindurira umwana imyambaro kugira nti hagire icyo mikorobi ahandi ifata.

KWOZA UMWANA WAWU

NTANARIMWE wemerewe gusiga umwana wenyene. Niba ukeneye kuva mucumba cukwogeramwo, fata umwana umupfuke neza nigitambara co kumuhanagura hama mujane. Ahejeje kwoga, mupfuke neza mugitambaro ubwonyene, ntiwibagire kumupfuka neza no mumutwe.

GUKINISHA UMWANA WAWU

Gukina n'umwana birateye akanyamuneza kandi birafise akamaro kanini muvyerekeye ukuntu aca ubwenge. Nubwo umwana aba akiri mutonya gose kugirango yumve ivyo uriko uramubarira, ningenzi ku mwana kumenya ivyo uvuze. Reka ndaguhe bimwe na bimwe ushobora gukoresha kugira ngo bigufashe kumwungura ubwenge.

- Hagatira umwana uko uronse akaryo kandi umwereke urukundo.
- Fata ibitabo uze uramusomera amasaha nk'atandatu mundwi imwe.
- Hora uramurimbira.
- Hora umuvugisha muganire.

**Niba mukeneye mukeneye kumenya
ayandi makuru kuri interineti kuvyerekeye
amagara y'umwana genda murabe kuri:**

www.cdc.gov/women/kids/index

www.momandbaby.org

www.kidshealth.org



*Aka gatabu kateguwe nimfashanyo
z'amakuru aturutse:*

Centers for Disease Control

*National Center for Education in Maternal
and Child Health*

*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
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Washington, DC 20036

Telefoni: 202 • 347 • 3507

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**Kugira umwana afise
amagara meza
Keeping Your Baby Healthy
(Kirundi)**



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*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

UKWITAHO IKIBONDO CAWE

Kwihweza ingene ikibondo cawe gikura kandi ciga birashobora kuba ibihe vyuko umuvyeyi ahimbarwa, akanezerwa mubuzima. Hariho imirimo ushobora gukora kugira ngo ufashe ikibondo cawe kugira ngo gikurane inguvu n'ibinezero. Iki gitabo kigufasha kugira ngo uhore ufise ikibondo kinezerewe kandi gifise ubuzima bwiza muri runo rugo rushasha rwo muri amerika.

MUGANGA W'UMWANA WAVE

Abavyeyi na muganga bameze nkabashize hamwe umutungo, bakorera hamwe kugira ngo ico kibondo cawe kigire ubuzima bwiza. Abavyeyi niba baba bazi abana babo neza kurusha abandi Bantu kubera ko baba bari kumwe igihe kirekire. Umuganga wu mwana wawe niwe azi ivyerekeye ubuzima bwiwe, imikurire nimifungurire yiwe.

KUGABURIRA IKIBONDO CAWE

Amaberebere niyo yingirakamaro arimwo ingaburo nyayo y'umwana wawe niyo afise amavitamini kurusha amata y'inka canke amata yifu. Onsa umwana wawe amaberebere igihe kire kire ubishoboye. Urashobora kugaburira umwana ivyokurya bisanzwe ariko ategerezwa kuba ashikanye amezi atandatu (6). Umugaburire ushimitse ivyamwa hamwe n'imboga vyinshi. Ntuzwe umuhe ubuki, imitobe, amata y'inka atarageza kumwaka w'amavuko.

KUGENDA KURABA MUGANGA W'UMWANA WAVE

Umwaka wambere w'amavuko, abana barakura kandi bakiyuburura ningoga. Abaganga n'abaforomo muri amerika bazogomba yuko ujana umwana ngo bamusuzume kenshi. Mubisanzwe iyo umwana amaze iminsi ibiri, ukwezi, amezi abiri, amezi ane, amezi atandatu, amezi icenda hama amaze umwaka.

Iyo minsi uzomutwara kwa muganga irahambaye gose kuko biha muganga ubushobozi bwokwitategereza umwana ngo bashishoze yuko afise ubuzima bwiza, yuko ariko arakura neza. Muganga w'umwana wawe azonasuzuma amaso yiwe, amatwi, amuhe n'incandago zo kumukingira ingwara z'ivyaduka.



Muri leta z'unze ubumwe z'amerika, muganga azo gusaba yuko umwana ahabwa incandago zikurikira:

- hepatitis B,
- DTaP,
- PCV,
- hib,
- polio,
- MMR
- hep A,
- ibihara

Muganga w'umwana wawe azoguha urutonde rw'incandago umwana wawe azokeneera nigihe yozihabwa.

KURINDA UMWANA GUTURIRW N'IMYAMBARO

Abana bambikwa ama lanji kenshi baratukika umubiri. Kugirango ubikingire, kurikiza ibi bikurikira:

- Geregeza umuhindurire kenshi iyo yasohotse.
- Koresha amavuta yo kumukingira gututika. Raba imwe yoba irimwo zinc oxide, canke A & D.
- Gerageza umureke atambaye ayo ma lanji nk'igice c'umunsi.
- Ubonye yatutitse hagati y'amaguru canke munsi yumukondo, uraca uhindura ubwoko wahora ukoresha.
- Rimwe na rimwe, umwana arashobora gututika kubera ubwoko bw'ivyokurya yoba yariye. Ca uhagarika indya nshasha woba watanguye kumuha.

NOMENYA GUTE KO UMWANA WANJE AFISE UBUMARA B'UBWO BUTARE?

Mu gukingira umwana wawe ubumara buva muri ubwo butare, birakwiye gufata ibipimo vy'ubwo butare. Abavuzi bashobora gupima umwana wawe ngo barabe ko hoba hari ubwo butare mu mubiri. Abana bato bakwiriye kuronka ico gipimo mu gihe c'incanco zabo canke bamaze umwaka umwe canke ibiri. Nimba inzu yawe ishaje ukaba wiyumvira ko yoba ifise ubwo butare, pimisha abana bawe kenshi. Uko umenya n'ingoga ko umwana wawe afise ubwo butarewinshi mu mubiri wiwe, ni ko bushobora kuvurwa n'ingoga.

Ukeneye ayandi makuru gendera:

<http://www.cdc.gov/nceh/kids/99kidsday/division8.htm>

http://www.kidshealth.org/parent/medical/brain/lead_poisoning.html

<http://www.nsc.org/library/facts/lead.htm>

Aka gatabo kanditswe n'imfashanyo y'amakuru be n'uburyo bituruka muri:

*Ivyicarwo vyo Kugenzura Indwara
(Centers for Disease Control)*

*Inama y'Igihugu ijejwe Umutekano
(National Safety Council)*

*Umurwi wa Leta Zunze Ubumwe mu vyo Gukingira
Ibidukikije
(U.S. Environmental Protection Agency)*

*Infashanyo y'amahera yo kwandika aka gatabo
yatanze n'Igisata c'Ibiro vy'Akazi be n'Amagara
y'Abantu bifasha Impunzi muvuyo kw'Imukira mu
mahanga.*

**U.S. Committee for Refugees
and Immigrants**

2231 Crystal Drive, Suite 350

Arlington, VA 22202-3711

Telephone: 703 • 310 • 1130

Fax: 703 • 769 • 4241

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Ukwirinda Ubumara bw'Ubutare

Protect Against Lead Poisoning (Kirundi)



www.refugees.org

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KUBAHO NEZA

Muri Leta zunze Ubumwe za Amerika, abana bagera ku 500,000 bari musu y'imyaka 5 bafise ubumara "plomb" bwinshi mu maraso yabo.

UBUTARE BUTERA UBUMARA NI IKI?

Bene ubwo butare ni icuma gifise ubumara gishobora kukugirira nabi mu gihe woba ucegereye. Ubwo butare bukoresha mu bintu vyinshi nko gusiga inzu, ibikoresho vyo kwubaka, ibitoro, mbere n'ibikinisho bimwe bimwe vy'abana. Ntushobora kubona, kumoterwa, canke guhonja ubwo butare mu nzu yawe. Ubwo butare butera ubumara mugihe bwinjiye mu mubiri wawe bukakurwaza. Mu gihe butavuye, ubwo butare butera ubumara bushobora kugutera ingorane mu mafyigo, imitsi, n'inyama. Mu bana, ingaruka zubwo butare butera ubumara zishobora gutera ingorane z'amagara nko gukura bukebuke, gutakaza kwumva, inkomezi nyinshi, ingorane mw'ishure, mbere n'ukwononekara mu bwonko.

UBWO BUTARE BUSANGWA HE?

Ubwo butare tubusanga kenshi mu nzu zimaze imyaka 30 canke irenga. Igihe izo nzu zubakwa, ibikoresho vyinshi mu vyakoreshejwe vyarimwo ubwo butare. Ico gihe, ubwo butare "plomb" ntibwari buzwi ko ari ubumara buhambaye cane. Kumenya imyaka y'inzu yawe canke inyubako ni ngirakamaro. Mu gihe aho uba harengere imyaka 30 canke hagize irangi rishishaguritse n'umukungugu, wovugana na nyen'inyubako yawe ku vyerekeye gupima ubutare no gukora aho irangi ryashishaguritse canke ryahimbaguritse.

UBWO BUTARE BWINJIRA MU MUBIRI GUTE?

Ubwo butare bushobora kuboneka mu mukungugu no mu myanda iri mu nzu yawe canke hanze. Umukungugu urimwo ubwo butare bwinshi uja ku ntebe, ku bikinisho vy'abana, mbere no ku vyo kurya, bigatuma ivyo bintu bitera ingorane zihambaye kubikorako canke kubikinisha bitogejwe. Iyo uriye ikintu kiriko ubwo butare, ubutare buca buja mu mubiri wawe. Iyo inzu iriko irasanurwa, urwubako rushobora gutera umukungugu mwinshi. Ubwo butare bushobora no kuba mw'ivu. Kwoza intoke z'abana bavuye gukinira hanze ni ngirakamaro.

NI NDE YOKWANDURA UBUMARA B'UBWO BUTARE?

Uwo ari we wese ashobora kwandura ubumara b'ubwo butare. Yamara abana bato bafatwa cane kuko bagikura. Imibiri y'abana ifatwa n'ubwo butare vyoroshe cane, kandi imibiri n'ubwonko bisinzikazwa cane n'ubumara butewe n'ubwo butare. Abana bato kandi baratoragura canke bagahekenya ibintu bifise umukungugu w'oba ufise ubwo butare. Ubwo butare buriyubako mu maraso bukebuke, kandi ibimenyetso vy'indwara ntibishoka vyiyerekana ubwo nyene. Abana benshi baboneka ko bafise amagara meza ariko mu bisanzwe bafise ubwo butare mu mubiri yabo.

NOSHOBORA KWIRINDA KWANDURA UBUMARA B'UBWO BUTARE?

Inzira nziza yo kwirinda kwandura ubumara b'ubwo butare ni ukuraba ibintu bikikije inzu bishobora kuba bifise ubwo butare. Iyo uba mu

nzu ishaje cane canke mu nyubakwa y'urugo rushaje, hashobora kuba aho hantu hashobora kuba ubwo butare bwinshi. Ba maso, kandi:

- Woze intoke z'abana imbere n'inyuma y'uko bakina n'imbere y'uko bafungura.
- Woze amacupa yose, n'iminwa y'uducupa abana bonka, hamwe n'ibikinisho abana bawe bakinisha canke bashirako iminwa.
- Woze kw'isima n'ibibanza vy'umukungugu ukoresheje igikoropesho gikanye canke igihuzu.
- Nimba umuringoti wawe w'amazi ushaje, banza ukoreshe amazi akanye— amazi akanye ntiyandura ubutare bwinshi nk'ayashushe.
- Kubura kandi ute ibimanyu vy'irangi biva ku mpome zishaje.

NOKOMEZA ABANA BANJE GUTE KUGIRA BIRINDE UBUMARA B'UBWO BUTARE?

Abana bataronka nkomeza magufa be na nkomeza mubiri bikwiye mu vyo barya bashobora gusinzikazwa n'ubumara b'ubwo butare. Nkomeza magufa iri mu vyo kurya vya misi yose nk'amata, ifromaje n'ikivuguto. Nkomeza mubiri yo iri mu nfungurwa nk'inyama, ibiharage, imboga, n'imbuto z'imitumba. Iyo abana bariye infungurwa biringaniye kandi nziza, bagira inkomezi nyakuri zibakingira n'ubumara b'ubwo butare.

**ABANTU BAZWI CANE KW'ISI BABA
NYAMERIKA BARI FASISE UBUMUGA**

Franklin Roosevelt,
Umukuru w'igihugu ca amerika
Ubumuga bw'umubiri

Marlee Matlin,
Yari umuntu yakina amasinema
Kutumva

Terrance Parkin,
Uyu numukinyi muri olimpiki yaroga
Kutumva

Jim Abbott,
Umukinyi azobereye gukina baseball
Yacitse amaguru

Magic Johnson,
Umukinyi yahoze akina muri NBA umupira
Yagwaye yangwara y'icaduka yitwa sida

Ray Charles, *Umucuranzi*
Ni impumyi

Chris Burke, *Umukinyi wa sinema*
Ingwara yicaduka ituma ubwenge bwawe
bukora bukeya rwose

**Nimba ukeneye amakuru yinyongera kuri
interineti kuvyereke abantu bafise ubundi
bumuga, genda kuraba:**

www.disabilityinfo.gov



*Inkuru zo muri akagatabo zashizwe
hamwe zivuye:*

U.S. Department of Commerce

Economics and Statistics Administration

U.S. Census Bureau

*The National Women's Health
Information Center*

*U.S. Department of Health
and Human Services*

Office on Women's Health

*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**

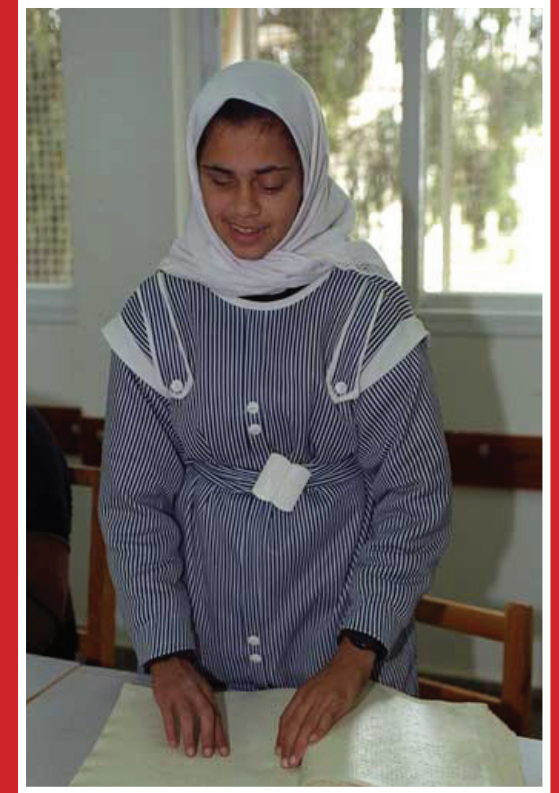
**1717 Massachusetts Ave., NW
Suite 200**

Washington, DC 20036

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Fagisi: 202 • 347 • 7177

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**Kubaho ufise ubumuga
muri Amerika**

**Living with Disabilities
in the United States
(Kirundi)**



www.refugees.org

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NI IBIHE BIMENYETSO VYEREKANA YUKO UMUNTU AFISE UBUMUGA?

Abantu bamugaya bashobora kuba bafise ubumuga bw'umubiri canke bw'ubwenge mu mitwe bibabuza kuba harico bimarira mugihe bakeneye gukora inkitu icarico cose. Ubwo bumuga bumerera nabi abantu:

- gushobora kwiga,
- gushobora kw'umva,
- gushobora kuvuga,
- kudashobora guhema,
- kudashobora gutambuka,
- kudashobora kubona, hamwe
- No kugira ico wimarira.

KUBAHO UFISE UBUMUGA MURI LETA Z'UNZE UBUMWE BW'AMERIKA

Hariho ibintu vyinshi vyerekeye kubaho ngaha muri Leta Z'unze Ubumwe bw'Amerika. Ikintu kimwe cambere nuko aba nyamerika bemera gose yuko abantu bafise ubumuga bashobora kugira ico bakora, aliko bakeneye abantu bokubafasha.

Hano hariho abantu barenga imiliyoni mirongo itanu babayeho n'ubumuga bwabo hano muri Leta z'unze ubumwe bw'amerika. Hafi igice cabobantu bamugaye barafise akazi barakora.

Abany'amerika barashobora kuraba abantu bamugaye ukutarikimwe n'abantu mugihugu iwanyu. Iyi nyandiko irashobora kubafasha kumenya kuvyerekeye ingene ibimuga ngaha muri amerika vyitaweho.

Muri amerika, abantu bamugaye bashobora:

- kugenda kw'ishule
- barashobora kurongora canke kurongogwa bakaba abavyeyi
- kugenda kukazi,
- bashobora no kwiga kwandika,
- bashobora no gukina ubwoko bw'inshi bw'imi kino yo kugorara umubiri, kandi

- bashobora no kuvamwo abahanga mu nkino baba bazobereye gukina bakamenyekana hose

Hano muri leta zunze ubumwe hariho amategeko afasha abantu bamugaye kubaho neza kandi bakagira ubuzima bakiyungunganya batera imbere.

ABANA BAFISE UBUMUGA

Abana bamwe na bamwe bariho bavukanye ubumuga canke bakamugara inyuma yigihe bavukiye. Kenshi ntabwo wovuga yuko arikosa ry'uwarawe wese. Hari ubwo usanga ari wewe kubwawe witaho ico kibondo cawe, aliko hano muri amerika hariho uburyo ushobora kuronka abagufasha. Ego biremewe yuko usaba infashanyo kandi urashobora kuyironka.

Abana bamugaye barashobora kugenda kumashure yo mukarere ubamwo kandi bakaronka imfashanyo zirushijeho bita "guhahwa inyigisho z'idasanze twovuga yuko ziruta izo aronka mubisanze". Abigisha n'abakozi bo kuri ayo mashure barashizehamwe inyigisho zironosoye zaburi mwana n'ubumuga afise.

GUSHIGIKIRA IZO MFASHANYO

Hariho kandi n'ama shirahamwe agizwe n'abantu bishizehamwe bo kwigisha abantu bafise ubumuga kugira:

- bigishwe gusoma, canke bukoresha inkoni yokubayobora,
- bigishwa ukungene bashobora kugira ico bimarira bonyene mugihe ari ntamuntu ari kumwe nabo,
- kwiga no kumenya ubumenyi bushasha, hanyuma ugashobora kurondera akazi,
- barigishwa kumenya ingene bafata urugendo bonyene mu muji canke bakeneye gukoresha banki yabo,
- barigishwa ingene boteka ivyokurya bonyene, kandi

- Barigishwa ngingene bashobora gukoresha za ntembe bicaramwo kugira ngo bashobore kuzunguruka canke kugenda aho bagomba

Abo bafise ubwo bumuga baribakwiriyeye guhora bavugana n'abakozi babashinzwe kugira ngo bamenye ivyo bigo birihafi yakarere babamwo bakabasonanurira ingene bokoresha izo mfashanyo.

KWITAHU ABANTU BAFISE UBUMUGA

Birashobora kuba ibintu bigoranye gose kugirango abantu bafise ubumuga bitabweho. Muri Amerika, hariho uburyo bw'inshi buri hano hanze bwogufasha abo bose bafise umuryango ufise ikimuga. Ibimuga bimwe na bimwe bibana n'imiryango yavyo, canke babashije mumazu afise ubushobozi bwo kubaraba. Genda ubaze wa mukozi ajejwe kukujijura kuvyerekeye imfashanyo n'aho ziri mugihe ufise umuntu mumuryango wawe afise ubumuga ubwaribwo bwose.

Iyo ufise ikimuga ushinze kwitaho nawe urategerezwa kutiyibagira. Hari uburyo bw'inshi bwo kugira ngo witaho ubuzima bwawe:

- urarondera akanya kogukora imyimenyerezo yo kunanura imitsi
- ukarondera aho ukura inyigisho muri ako karere ubamwo zo kwijijura
- urasaba ko bagufasha kandi ugashima izo mfashanyo,
- ukabandanya gufungura ivyokurya vyingira kamaro,
- ukaruhuka bikwiye umubiri urabikenera,
- gerageza urondere inzego zokugushigikira,
- urahora ufata umwanya ukwiye wo kwicaramwe ukaruhura umubiri
- Fata umwanya wiyiteho nawe.

(ibisi) utarashika aho wategerezwa kwururukira kugirango ahasigaye uhagende n'amaguru.

- Rorera imboneshakure (TV) gake gashoboka, kandi uyive iruhande mugihe hageze ko berekana ibidandazwa.
- Hagarika imodoka ku ruhadade runyuranye n'urwo ugiye gusumiramwo.
- Genda n'amaguru gushika iyo ugiye gusumira canke ugiye gukora ivyo ukeneye muyindi micungararo.

KWAMA URIKO URAKORA UDUKORWA BIGUFASHA:

- Kugabanura impanuka z'ugufatwa n'indwara y'umutima, indwara y'ubwonko hamwe n'ingwara y'igisukari
- Gutuma ingingo z'umubiri zikomera
- Kwongereza n'ukunonora imitsi
- Kuguma unonotse naho imyaka y'ubusaza iguma yiyongera
- Kwikingira indwara y'amagufa hamwe n'ivunika ry'amagufa
- Kwongerereza ukumererwa neza, nk'ukugabanya ibimenyetso canke ibintu bigutera ubwoba, akabonge hamwe n'uguhahamuka (ukwiyumvira ko ataco wimariye)
- Kwishigikira no kwiryohera
- Kugabanya imyitwarariko ya cane.

CONTACT INFORMATION:

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Suite 200
Washington, DC 20036
Phone: 202 • 347 • 3507
Fax: 202 • 347 • 7177
www.refugees.org

Aka gatabo kanditswe gakurikijwe inyanditsi za:

American Heart Association
www.americanheart.org

American Diabetes Association
www.diabetes.org

The Centers for Disease Control and Prevention
www.cdc.gov

The U.S. Department of Agriculture
www.usda.gov

Medline Plus
www.medlineplus.gov



Amakuru ari muri aka gatabo aturuka ku makuru ari mu dutabo twanditswe na :

The Centers for Disease Control and Prevention (CDC)

The U.S. Department of Agriculture

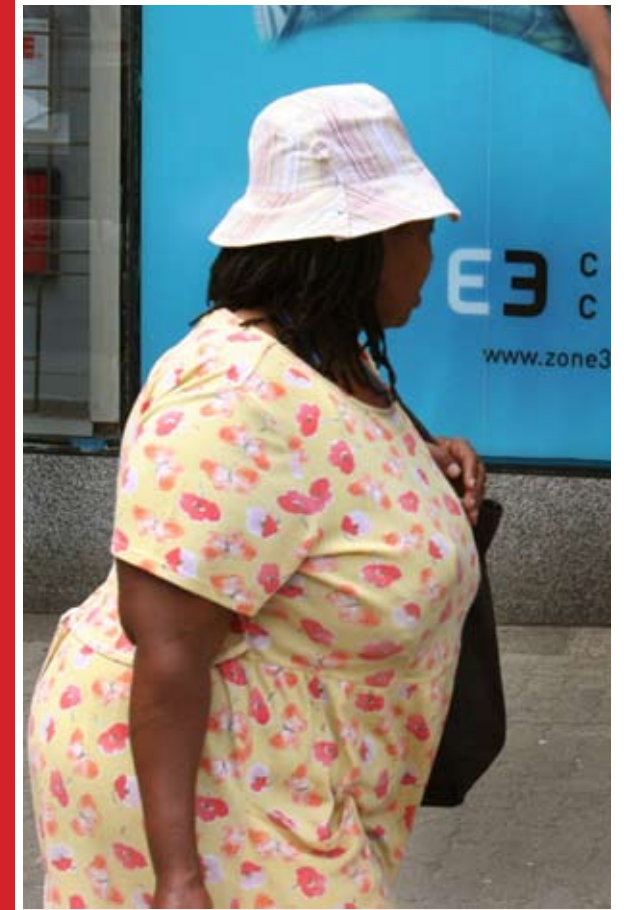
American Heart Association

American Obesity Association

American Diabetes Association

Georgia State University, Department of Geography and Anthropology

Infashanyo y'amahera yo kwandika aka gatabo yatanzwe na Department of Health and Human Services Office of Refugee Resettlement



Kuvyibuha birengje urugero

bivuga iki?

(Obesity - kirundi)



www.refugees.org

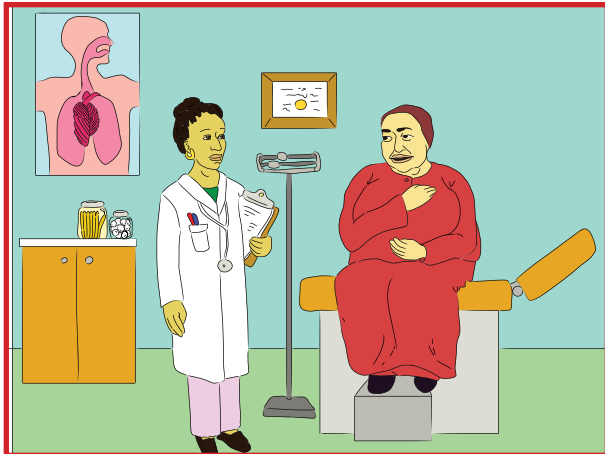
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KUBAHO UFISE AMAGARA MEZA

KUBAHO UFISE AMAGARA MEZA: KUVYIBUHA BIRENGEJE URUGERO BIVUGA IKI?

Indwara y'ubuvyibuhe burenze urugero ni indwara ifata umuntu afise ibinure vyinshi cane birenze urugero akongera akaba apima n'ibiro vyinshi. Ibitera iyo ndwara ni ukurya vyinshi cane hanyuma ntugire imyimenyerezo yo kunonora imitsi canke ibikorwa vy'inguvu. Impunzi zirashobora gufatwa niyo ndwara iyo zivanywe mu kibanza zahora zibamwo zikajanywe ahandi, hanyuma zigaca zihindura ingene zahora zifungura. Ubwo buvuyibuhe burashobora gutuma umuntu afatwa n'ingwara y'umutima, iy'amahaha, iy'ihuriro ry'amagufa hamwe n'iy'amagufa nyene. Uvuyibuhe burengeye urugero burashobora gutuma amagufa n'ingingo bikomereka, bukanashobora kandi kugabanya imisi yo kubaho. Uvuyibuhe bwa cane buragabanura ubushobozi bwo gutembera, kwiyunguruzwa, bukanakwegwa mbere n'intambamyi zikomeye z'amagara nk'izi zikurikira:

- Ivumbuka ry'umirindi w'amaraso
- Indwara y'igisukari
- Indwara z'umutima
- Indwara y'ubwonko
- Ingorane z'uguhema



TWOKWINGIRA GUTE INDWARA Y'UBUVYIBUHE BURENZE URUGERO:

- Kukora ibikorwa vy'inguvu n'imiburuburi gatatu mu ndwi mu mwanya utari muni y'iminota mirongo itatu (30). Woshobora kwongereza ibikorwa vy'inguvu mu gutembera n'amaguru, mu gukina inkino zitandukanye, gukora ibikorwa vyo mu rupangu, kuduga no kumanuka ingazi zo munzu.
- Kuhagarika gutumura itabi. Kunywa itabi bituma umubiri umaze gufatwa n'ubuvyibuhe bwa cane umererwa nabi gusumba.
- Kufungura imboga n'ivyamwa vyinshi.
- Kwigerera mugihe unywa inzoga.

NGUCIRE AGACE K'UBURYO BWO GUFUNGURA IBIFUNGURWA NGIRAKAMARO MU MUBIRI:

- Gufungura ibifungurwa bitandukanye birimwo n'insanganyangaburo (vitamine n'ivyunyonyu) umubiri ukeneye kugira ukure kandi ugire amagara meza.
- Gufungura gake canke gufata igipimo gitoyi c'ibifungurwa bikurikira: ifiriri zumye z'ibiraya, ibisuguti, udukate dusosa, imbombo, amavuta, amavuta yo mu bigopo bita maragarine, amagi akubise agacangwa n'amata bita "mayoneze", umunyu, ibarafu zikozwe mu mata n'ibisukari vyinshi, imfungugwa zitetswe mu mavuta gusa, hamwe n'inyobwa atari umutobe ukanywe mu vyamwa (bita soda).
- Gufungura ibifungugwa bike cane bikaranze mu mavuta canke birimwo ibinure vyinshi (imikate ikozwe n'isukari hamwe n'amata, ibisuguti, hamwe n'ibindi bisosa).

UBUNDI BURYO BWOGUTEGURA IBIFURWA NKOMEZAMUBIRI:

- Gerageza ufungure imikate ikozwe mu bufu buvuye mu ntete nk'akarorero imikate ikozwe mw'ifu y'ingano, hamwe n'ukurya umuceri utera cane.
- Gufungura ivyamwa n'imboga vyinshi.
- Koresha ku rugero rutoya cane rushoboka, ibinure, amavuta asanzwe, n'amavuta y'ibinure igihe uriko urateka.
- Koresha amavuta bapompa (canke bamemera) ku ndya ava mubiterwa, hako ukoresha aya y'amazi, ibinure canke maragarine.
- Gerageza guteka canke kwotsa mw'ifuru, gutekesha amazi, kwotsa k'umucanwa usanzwe, gutekesha umuhisha, hagutekesha amavuta.
- Ufungure inyama zirimwo ibinure bike nk'inkoko ishishuye urushato, ikanga canke umusoso w'inka utagira ibinure.
- Ukoreshe amata bakuyemwo amavuta yose canke ayarimwo igice kimwe kw'ijana (1%) c'amavuta, iforomaji n'ikivuguto bitarenza igice kimwe kw'ijana (1%) c'ibinure.

NGUCIRE AGACE K'IVYO WOGIRA KUGIRA WAME UNONOKEWE:

- Tembera n'amaguru! Utembere nk'iminota 15, kabiri ku muni.
- Genda gutamba (kuvyina).
- Kina n'abana bawe.
- Koresha ingazi mu magorofa, hakuja muri vya vyuma biduza canke bikamanura abantu mu magorofa.
- Ururuka imodoka yunguruza abantu



IVYO UMURWAYI ATEGEREZWAGA GUKORA

- Kuvugana n'umuganga akuvura;
- Kwitaho kumenya ivyerekeye ingwara urwaye n'ingene wovurwa;
- Gusigura neza ingorane zose ufise ataco uhishije;
- Gukurikiza ikiringo c'umuti no kuwufata uko bitegetswe;
- Kubaza ibibazo vyerekeye umuti uriko urafata, ingaruka zawo, hamwe no kwipimisha;
- Kumenyesha uwukuvura hagize igihinduka muvyerekeye ingene umerewe.
- Gukwirikiza canke guhindura isango ryo kubonana n'uwukuvura ukurikije amategeko y'ivuriro kandi
- Kuriha ivyo wakorewe, iyo bisanzwe bitarihwa na asiranse yawe.

CONTACT INFORMATION:

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

Ama website interneti akurikira afise amakuru araba uburenganzira bw'abarwayi:

The U.S. Department of Labor
www.dol.gov

Agency for Healthcare Research and Quality
www.ahrq.gov

American Hospital Association
www.hospitalconnect.com

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Amakuru ari muri aka gatabo aturuka ku makuru ari mu dutabo twanditswe na:

The U.S. President's Commission on Quality First: Better Health Care for All Americans

Infashanyo y'amahera yo kwandika aka gatabo yatanze na Department of Health and Human Services Office of Refugee Resettlement



Photo credit: USCRI/Albany

**Uburenganzira
bw'umurwayi n'ivyo
ajejwe gukora**
(Patient's Rights - Kirundi)



www.refugees.org
*Protecting Refugees. Serving Immigrants.
Upholding Freedom since 1911*

URAFISE UBURENGANZIRA BWO:

- Kuvurwa neza, bataravye ubwoko bwawe, ivyo wemera, imyaka yawe, igitsina cawe, imibereho yawe y'ubuzima mpuzabitsina, canke igihugu wamukamwo;
- Kwitabwaho bijanye n'ugusonera ivyo wemera mumibereho yawe n'abandi, idini ryawe hamwe n' imico yawe bifasha bategera ingene urwaye;
- Kwitabwaho m'urupfasoni no m'ucubahiro;
- Guhabwa insiguro yerekeye abaganga, ingene ukeneye kuvurwa hamwe n'iyi utegerezwa kuja kw'ivuza;
- Guhabwa izo nsiguro muburyo bworoshe gutegera;
- Kuvurwa vyihutirwa iyo uvyemeye (mur'ico gihe bazoguca amafranga menshi)
- Kumenyeshya ivyo udashima canke impungenge woba ufise mugihe uriko uravurwa canke ingene wigeze kuvurwa kandi ugashobora gusaba ko bahindura ubwo nyene;

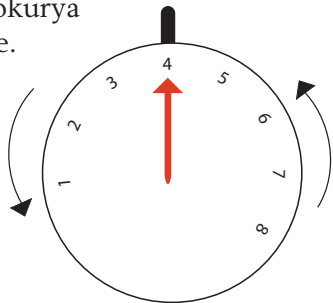
- Gusaba ko baguha iraporo yerekeye amagara yawe kandi ko idosiye yerekeye amagara yawe ishingurwa mw'ibanga;
- Kwisomera hamwe no kwandikura ibiri muri dosiye yawe yo kwa muganga;
- Gusaba ko amakosa, insiguro zitarizo, canke ikintu cose kidatomoye coba kiri muri dosiye yawe yo kw'amuganga gikosogwa canke kikavanwa muri dosiye yawe;

- Kubaza ibibazo vyerekeye uwukuvura, abakozi bakora kwa muganga hamwe n'abakozi bakoresha ivyuma bipima;
- Gusigurirwa ivyerekeye ibipimo hamwe n'ivurwa, kuburyo bworoshe gutegera;
- Kwihitiramwo uburyo bwingene uvurwa; hamwe
- N'ukugira uruhara mw'ivurwa ryawe.



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 wakoreyeke mugihe uriko urateka ca uyogeshya amazi ashushe n'isabune canke ukoreshe aya 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 wamazze 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 ibikoresheho vya shizwe hamwe na:

European Union Risk Analysis Information Network

Media Materials Clearinghouse

Centers for Disease Control

Iyinyandiko yateguwe ifashijwe n'umutungo uwuye 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)



www.refugees.org

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HAGARIKA GUKWIRAKWIZA IZO MIKOROBII-KARABA INTOKI ZAWA

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 aya masabuni atuma yanditseko akuraho mikorobi "antibacterial" ntikwire hose canke ziry a sabune bita "deodorant" nizo zica mikorobi neza bigatuma ico kiza kitabafata.

UMUBIRI USUKUYE UCA UGUMA UFISE AMAGARA MEZA

Kwiyuhagira n'isabune ziry a z'imota canke ziry a 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. Iry a 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.

Iry a 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 WAWA IGIHE BATEGEREZWA GUKARABA MUTONKE N'ISABUNE

1. Mbere yo gufungura, guteka, canke mbere yuko bakora munda 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 WAWA INGENE BOKARABA MUTONKE NEZA

1. Suka amazi ashushye 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 ihaganye m'unzara
4. Unyuguz a 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 muni y'inzara, uragerageza lero uhore waziciye zibe ngufinya

Hariho ico bita "deodorant" n'isabune basiga muni 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 zose. 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



na kanseri yo mu kanwa, iyo mu muhogo w'impemu, iyo mu muhogo ucamwo imfungurwa, iyo mu ruhongo, iyo mu mafyigo n'urwagasha biragabanuka; n'impanuka yo gufatwa n'igisebe co mu mushishito biragabanuka.

Inyuma y'imyaka icumi n'itanu, gufatwa n'indwara z'umutima biba ari nka co kimwe no kubatigeze banywa itabi, kandi ingorane zirekeye gupfa vuba zikwegwa no kunywa itabi zica zihava ugasubira kumera nk'uwutigeze anywa itabi.

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Niwashaka ayandi makuru yerekeye kunywa itabi telefona:

Toll-free National Quitline:

1-800-QUIT-NOW

Inomero ifasha guheba itabi:

1-800-QUIT-NOW

Ishirahamwe ry'Abanyamerika riraba Kanseri:

1-800-ACS-2345

Ikigo co kugenzura indwara no kuzikingira abantu

1-800-CDC-1311

Cosmetic Executive Women Cancer Information Service: (Ishirahamwe ry'Abagore riraba Kanseri

1-800-4-CANCER

Inomero y'Ishirahamwe ry'Abanyamerika riraba

ivy'ingwara y'umutima: 1-800-AHA-USA1

Niwashaka ayandi makuru yerekeye kunywa itabi, ruba kuri internet:

Leta ya Amerika

www.smokefree.gov

Ishule rikurikirana ivyereke Kanseri

www.cancer.gov

Ishirahamwe ry'Amerika rikurikirana ivyerekeye

amahaha - www.lungusa.org

Ishirahamwe ry'Abanyamerika rikurikirana ivyerekeye Kanseri

www.cancer.org

Ishirahamwe ry'Abanyamerika rikurikirana ivyerekeye ingwara y'umutima

www.americanheart.org

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Amakuru ari muri aka gatabo aturuka ku makuru ari mu dutabo twanditswe na:

World Health Organization (WHO)

The Centers for Disease Control and Prevention (CDC)

The National Cancer Institute

American Lung Association

American Cancer Society

American Heart Association

Campaign for Tobacco-Free Kids

Infashanyo y'amahera yo kwandika aka gatabo yatanzwe na Department of Health and Human Services Office of Refugee Resettlement

CONTACT INFORMATION:

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www.refugees.org



Kunywa itabi

(Stop Smoking! - Kirundi)



www.refugees.org

*Protecting Refugees, Serving Immigrants,
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KUBAHO UFISE AMAGARA MEZA

GIRA UBUZIMA BUREBURE: HAGARIKA KUNYWA ITABI!

Kunywa itabi biratera indwara idakira ya kanseri y'amahaha. Umwotsi witabi ugizwe n'ibice 4800. Muri ivyo bice, 69 ni uburozi butera iyo kanseri. Vyongeye gutumura itabi bifise ingaruka mbi ku bihimba nka vyose vy'umubiri hamwe n'ingene umubiri ukoresha ivyo bihimba. Ishirahamwe rijejwe amagara y'abantu kw'isi rimenyeshya ko uko imisengonda itandatu n'igice iheze, harapfa umuntu yishwe n'ingaruka mbi z'itabi.

Umuganga mukuru w'Ishirahamwe ry'abaganga bo muri Amerika amenyeshya ko gutumura itabi bishobora gutera ingorane z'amagara zikurikira:

- Ukuziba kw'imitsi mikuru yo mu nda itwara amaraso
- Ubwoko bumwe bwa kanseri y'amaraso
- Indwara y'amaso (uruhumyi)
- Kanseri yo mu gitereko
- Kanseri y'amafyigo
- Kanseri y'urwagasha
- Indwara y'umusonga wo mu mahaha
- Indwara y'ibinyigishi
- Kanseri y'umushishito
- Kanseri yo mu ruhongo (vessie)
- Kanseri yo mu muhogo ucamwo indya
- Kanseri yo mu muhogo, aho ijwi riva
- Kanseri y'amahaha
- Kanseri yo mu kanwa
- Kanseri zo mu muhogo ucamwo impemu
- Indwara zidakira z'amahaha
- Indwara z'umutima n'imitsi mikuru
- Ingorane zijanye n'irondeka, nko kutaba umuntu agishobora kuvyara
- Indwara ituma abana bapfa gaturumbuka.

IKIGUZI C'ITABI

Mu mwaka w'i 2006, bagereranya ko ipaki y'itabi yagurwa amatorari y'abanyamerika agera kuri 4 n'ibice 35 (\$4.35). Turavye ico kiguzi rero, umuntu atumura ipaki y'itabi ku

musi yo koresha amatorari igihumbi n'amajana atandatu (\$1,600) ku mwaka, kw'itabi gusa. Uwo muntu atumura ipaki y'itabi ku musi yo koresha amatorari ibihumbi mirongo itatu na bibiri (\$32,000) mu kiringo c'imyaka mirongo ibiri.

Buri mwaka, gutumura itabi gutuma muri Leta zunze ubumwe z'Amerika hakoreshwa ama miriyaridi 160 kuvyerekeye ivura ry' abantu.

UGUTUMURA ITABI KW'ABAKENYEZI

Ivyirwa vyakozwe vyerekanye ko gutumura itabi bituma abakenyezi bagira ingorane zo gusama imbanyi. Abakenyezi batumura itabi imbere yo gusama imbanyi bagira ingorane iyo bibungenze kurusha abakenyezi batanywa itabi. Abana bavuka ku bavyeyi banywa itabi bibungenze, bavukana ibiro bidakwiye (kikaba ari igituma ca mbere mu vyica abana muri Leta zunze ubumwe z'Amerika), bakavuka bamaze gupfa canke bagapfa bakiri bato.

GUHEMA UMWOTSI W'ITABI UVUYE KUBARINYWA

Umuntu arashobora guhema umwotsi w'itabi awutumuriweko n'uwurinywa canke ari mu nzu bariko bararinyweramwo, canke agahema umwotsi uvuye kw'isonga ry'isigareti ridometswe, isigara canke imbindi (inkono) y'itabi iriko iraka. Guhema umwotsi w'itabi bifise ingaruka mbi cane. Ku mwaka mu gihugu ca Leta zunze ubumwe z'Amerika abantu ibihumbi bitatu barapfa bishwe na kanseri y'amahaha, abandi ibihumbi mirongo itanu bakicwa n'izindi ndwara ziturutse ku guhema umwotsi w'itabi kandi batarinywa. Guhema umwotsi w'itabi biratera ingorane z'amaso, zo mu mazuru, zo mu mihogo, iz'amahaha hamwe n'inkorora.

Guhema umwotsi w'itabi ni bibi cane ku bana bakiri bato.

Abana bahema umwotsi w'itabi:

- Bagira indwara nyinshi zo mu matwi
- Bakarirwa n'indwara zo mu mahaha (indwara y'imiringoti icamwo impemu, umusonga wo mu mahaha, n'izindi ndwara z'amahaha)
- Bakanirwa n'indwara ya hasima (inkorora y'akanira), n'inkurizi zayo zo kufatwa nayo kenshi.

INYUNGU ZEREKEYE GUHEBA ITABI

Mu minota mirongo ibiri umuntu ahejeje gutumura itabi rya nyuma, hahindagurika ibintu vyinshi mu mubiri wiwe .

Inyuma y'amasaha abiri gushika kuri ane uheve itabi:

- Indihagizi y'umutima iragabanuka

Hagati y'indwi zibiri n'amezi atatu uhagaritse kunwa itabi:

- Amaraso aratembera neza gusumba,
- Gutambuka bikoroha gusumba
- Amahaha aroroherwa mu gukora neza gusumba

Hagati y'ukwezi n'amezi icenda uheve itabi:

- Gukorora, ingorane z'uguhema, uburuhe, kubura impwemu biragabanuka

Inyuma y'umwaka:

- Ingorane z'indwara y'umutima ziragabanuka gushika ku ca kabiri ugereranije n'uwuba akinywa itabi.

INYUNGU ZO GUHEBA ITABI IGIHE KIREKIRE

Inyuma y'imyaka itanu gushika kuri icumi n'itanu umuntu ahagaritse itabi, amera nk'uwutigeze arinywa kuvyerekeye impanuka y'indwara y'umutima n'iy'iziba ry'imitsi igaburira ubwonko.

Inyuma y'imyaka icumi, gufatwa na kanseri y'amahaha biragabanuka gushika ku ca kabiri ufatiye ku rugero rw'abakirinywa; gufatwa

gupimisha amagara yiwe rimwe mu mwaka. Kubera bishoboka ko ivyo bivyimba vyaduka mu gwinjiriro rw'igitereko ningombwa ko abakenyezi bokwama bipimisha.

Uko ivugwa

Iyo ndwara nta muti wayo uhari. Iyo bivyimba bishobora kubarwa bikavanwaho na muganga canke bikikiza, bikanyka vyonyene. Canke iyo ndwara ishobora kunyuka ikamerera nabi umurwayi. Ni nkenerwa rero ko wokwama wipimishije kumwaka kumwaka ukamenya ingene amagara yawe yifashe.

Uko bayirinda

Iyo ndwara y'ibivyimba cokimwe n'izindi ndwara zifatira mubihimba vy'irondeka, urashobora kuyirinda mukudahuza ibitsina, ubigize naho ukabigirana n'umuntu akomeye kandi akaba ariwe wenyene mubigirana. Udukingirizo (udufuko) ntidufasha mukwikingira iyo ndwara.

ISOFISI

Isofisi n'indwara yandukira mu bihimba vy'irondeka igaterwa n'umukorobi. Isofisi ihererekanywa ku muntu n'uwundi biciye muguhuza buno na buno n'igikomere c'uwugwaye isofisi.

Ibimenyetso

Isofisi ifise ibimenyetso vyinshi kenshi na kenshi bisa Intambwe ya mbere :Ibimetso vyambere vy'isofisi vyibonekeza hagati y'umunsi w'icumi n'uwamirongo icenda.isofisi itera igikomere. imaze iminsi itavuye,ica igwirirana.

- N'ivy'izindi ndwara nyinshi. Isofisi ifise intambwe zitatatu
- Intambwe ya kabiri : Iyo ndwara iratera ibiturika ku gice kimwe canke vyinshi vy'umubiri. Iyo biturika ntibituma wiyagaza. Itavuye iguma yiyongera.
- Intambwe ya gatatu : Ibimenyetso

vyo k'umubiri inyuma birahera, ariko umuntu yanduye atangura gutimab k'umubiri gushika aho ataco aba acumva n'aho womurya nk'ikinuma, aratakaza ubushobozi bw'ukwiyumvira, mbere n'ukudashobora kwikoma mubihimba vy'umubiri. Mbere iyo atavuye, isofisi irica.

Uko ivugwa

Hakiri kari isofisi iroroshe gukura. Nta muti wamagendo canke wo muhira ushobora kwica umukorobe utera isofisi, ariko umuganga arashobora kukwandikira umuti ushobora gukura isofisi mu misi iyo hakiri kare. Kwivuzza birakiza isofisi, ariko ntikura ibipfufuri vyatewe n'isofisi.

Uko bayirinda

Isofisi irashobora gukingwa. Nk'izindi ndwara zifatira mubihimba vy'irondeka, isofisi twoyikingira mu kudahuza ibitsina, canke mu guhuza ibitsina gusa n'umuntu umwe atarandura kandi nawe akaba ari na wewe gusa muhuza ibitsina. Agafuko ntigakinga iyandukira ry'isofisi.

CONTACT INFORMATION:

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U.S. Committee for Refugees and Immigrants
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Phone: 202 • 347 • 3507
Fax: 202 • 347 • 7177
www.refugees.org

Amakuru araba imibere ho myiza raba internet:

Body Health Resources Corporation
www.thebody.com

American Social Health Organization
www.iwannaknow.org and www.ashastd.org

The Centers for Disease Control National Prevention Information Network
www.cdcnpin.org

Ushobora gi telephone iyi numero:

CDC National STD Hotline
1-800-227-8922
24 hours a day, 7 days a week

CDC National AIDS Hotline
1-800-342-AIDS (1-800-342-2437)
24 hours a day, 7 days a week

National Women's Health Information Center,
a part of the U.S. Department of Health and Human Services
1-800-994-9662

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*Amakuru ari muri aka gatabo aturuka ku makuru ari mu dutabo twanditswe na :
The Centers for Disease Control and Prevention (CDC)*

*Body Health Resources Corporation
The American Social Health Association*

Infashanyo y'amahera yo kwandika aka gatabo yatanze na Department of Health and Human Services Office of Refugee Resettlement



Ico umuntu ategerezwa kumenya kuvyerekeye indwara zifatira mu bihimba vy'irondeka (STD - Kirundi)



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CHLAMYDIA

Chlamydia ni indwara ikira yandukirira mu bihimba vy'irondeka. Chlamydia ishobora guhererekanywa ku muntu n'uwundi biciye mugusambara mugitsina c'umugore, mu nyo canke mu kanwa, chlamydia kandi umuvyeyi arashobora kuyadukiza umwana iyo ariko aribaruka. Abagabo n'abagore bashitse mumwaka y'uguhuza ibitsina cane bategerezwa gupimwa chlamydia na cane cane abari hagati y'imyaka 20 na 30. Itavuwe iyo ndwara irashobora kwonona cane ibihimba vy'irondeka vy'abagore n'abagabo igashobora mbere n'ugutera ubugumba, igatuma umukenyezi adasama.

Ibimenyetso

Ku bapfasoni : Abapfasoni benshi ntabimenyetso babona. Naho vyoboneka ni bike.

Ku bagabo : Abagabo benshi ntabimenyetso bagira. Naho vyohaba ni bike. Abagabo benshi barashobora kumima mu gihimba c'irondeka.

Uko ivugwa

Chlamydia ishobora kuvugwa n'imiti ya « antibiotique ». Abantu bose bahujije ibitsina n'umuntu ayigwaye bategerezwa kuvugwa n'umuganga yabinonosoye.

Uko bayirinda

- Kwihangana mukudasambana
- Kudahuza ibitsina n'umuntu yayanduye
- Gukoresha neza kandi iminsi yose agafuko (k'abagabo canke k'abagore) n'ibikingira mu menyo.

GONORRHEA

Ni indwara ikira, yandukirira mu bihimba vy'irondeka. Yandukira mu gusambana mu gihimba c'umugore, mu nyo no mu kanwa. Irashobora kwandukira umwana ariko aravuka biciye mugihimba c'irondeka c'umupfasoni. Ubumara bwa „mburugu“ bushobora gutuma haba ingaruka mbi ku magara. Cokimwe na chlamydia, mburugu iyo itavuwe iratira kutavyara.

Ibimenyetso

- Ku bapfasoni : Abapfasoni benshi ntabimenyetso bagira. Naho ibimenyetso vyoboneka biba bike cane. Ibimenyetso bishobora gutuma : kubabara no kubabwa cane iyo uriko urihagarika. Kuzana ibintu vy'ikivangatirane bireduka mu gu gihimba c'irondeka.
- Kubagabo : Abagabo benshi ntabimenyetso bazana. Niyo bibe biba bike cane. Iryo bimenyetso bishobora kuba : kubabwa iyo uriko urihagarika, harava mu gitsina ibintu bireduka vyikivangatirane c'ivyera, v'icatsi kibisi canke igomba kuba umuhondo . Kubagabo bamwe bamwe amatengatwa aravyimba kandi akababara cane.

Uko ivugwa

Mburugu vugwa n'imiti y'ubwoko bwa “antibiotique”.

Uko bayirinda

- Kwirinda gusambana ;
- kudasambana n'umuntu yayanduye.
- Kukoresha agafuko k'abagabo neza kandi buri gihe gakenewe

HERPES

Ni indwara yandukira mubihimba vy'irondeka igategwa n'umugera wo mubwoko bwa virus witwa « herpes simplex » ku munwa (herpes yo mukanza), canke mubihimba vy'irondeka (herpes yo mubihimba vy'iondeka). Herpes irandukira mugukoranyako imibiri. Herpes ni indwara izwi gose kandi irihenshi ; abantu benshi ntibamenya ko bayifise canke bakitirinye ibimenyetso vyayo ni vy'izindi ndwara. Ntikira.

Ibimenyetso

- Iyo ndwara ubwayo n'utugwi tw'utuyimba bimeka bigaca bimeru nk'igikomere.
- Ibimenyetso vyayo bishobora kuboneka inyuma y'indwi nyinshi,amezi,canke

imyaka umuntu yaranduye iyo ndwara.

- Abantu benshi ntabimenyetso babona, canke bakaronka bike cane mbere bashobora no kwihendako kuko bisa n'ivy'izindi ndwara.

Uko ivugwa

Ntigira umuti, ntabimenyetso

Uko bayirinda

Inzirirashe yokwirinda HERPES ni ukudasambana (ukwihangana). Ariko n'abantu batarigera basambana barashobora kuyandura bakayandukiza n'abandi.

HIV/SIDA

H I V (umugera wica abasoda bakingira umuntu) ni umugera utera indwara ya SIDA (kwandura mbere n'ugupfa kw'abasoda bagwanira umubiri w'umuntu bitewe n'uyo mugera HIV). Ni indwara yandukira mu guhuza amaraso biciye mu mbuto z'umugabo, mu runyigimbe rwo mu gitereko c'umupfasoni, mu maberebere y'umupfasoni yanduye uwo mugera. Uwo mugera HIV uroroshe kwikingira. Abantu batagira namba ibimenyetso vyo kugwara barashobora kuba bawufise ntunabice n'ikanda kandi bakawanduza abandi.

Ibimenyetso

- Umuntu arashoborakutagira ibimenyetso vy'iyi ndwara imyaka n'iyindi
- Ntushobora gupimisha ijisho ngo uvuge ng'uyu muntu canke uriya yaranduye canke ntarandura.
- Inzira imwe yonyene itihenda yo kumenya ko umuntu afise canke adafise uyo mugera ni ukwipimisha.

Uko ivugwa

Ntabimenyetso uraboneka ariko hari ugufata imiti ipfupfahaza, ifasha umurwayi gusubiriza inguvu mu basoda barwanira umubiri. Ku wivuje agakurikiza neza impanuro za muganga, agafata iyo miti ipfupfahaza neza kandi agafungura neza,

arashobora kuyirambana imyaka kandi afise amagara meza. Abakenyazibibungenzategerezwaguhabwa impanuro imbere y'uko bibaruka bagaffata n'imiti ibakingira kwanduza abana bakiri mu mbanyi.

Uko bayirinda

Umugera HIV urashobora kwirindwa. Irinde mu :

- Kwihangana mu kudasambana . Kudahuza ibitsina n'umuntu yanduye
- Koresha neza kandi imisi yose mugomvye guhuza ibitsina agapfuko (ak'abagabo canke ak'abagore) kandi wikingire n'ibikingirizo vyo mumenyo igihe cose ugomvye guhuza ibitsina n'uwundi muntu.

HPV (HUMAN PAPILLOMAVIRUS) OR GENITAL WARTS

HPV ni umugw w'imigera ishobora guhererekanywa k'umuntu n'uwundi muguhuza ibitsina. HPV ishobora gutera indwara ya cancer yo mugitereko ikaba indwara ibangamiye ubuzima. HPV ishobora gutera ibivyimba mu bihimba vy'irondeka. Iryo bivyimba tubisanga mu giterkeko kubihimba biboneka vy'umukenyezi, mu gisabo (vagin), mu nyo canke kugitsina c'umugabo (inzanyi).

Ibimenyetso

- Abagwayi benshi biyo ndwara ntabimenyetso vyayo berekana.
- Rimwe na rimwe iyo ndwara itera ibivyimba vyo mubihimba vy'irondeka. Iryo bivyimba biba ari binini, vyoroshe kandi bibomvye. Bishobora kandi kwaduka ku matengatwa, mu ntantu canke ku matak.
- Iyo umuntu yanduye iyo ndwara ivyo bivyimba vyibonekeza haciye indwi zitari nke.

Abakenyezi bamwe bamwe bashobora kwipimisha gake urwinjiriro rw'igitereko, igipimo kigigwa iyo umuntu asanzwe agiye

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**

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**IBIYAYURA
UMUTWE N'INZOGA
Z'UMURENGERA
Drug and Alcohol Abuse
(Kirundi)**



www.refugees.org

*Protecting Refugees. Serving Immigrants,
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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 UMUTWE 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 muni,
- 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 muni. 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 bijewe ikoreshwa ry'umurengera w'ibiyayura umutwe n'ingwara zo mu mutwe (Substance Abuse and Mental Health Services Administration) ku numero 1-800-662-4357. Guhamagara kuri iyo numero ntaco uriha, kandi barashobora kukurangira abagufasha hafi y'aho uba. Ntiwihabure 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.

Ukeneye kuronka Amakuru menshi ja kuri:

<http://www.fda.gov/womens>

<http://www.taketimetocare/mymeds.html>

<http://www.healthyroadsmedia.org>



*Aka gatabo kanditswe n'imfashanyo y'amakuru be
n'uburyo bituruka muri:*

*Ubutegetsi bw'Imfungurwa n'Imiti
(Food and Drug Administration)*

*Ibimenyesha Makuru vy'Inzira y'Amagara meza
(Healthy Roads Media)*

*Urunani rw'Ibitaro vyo muri Alabama
(Alabama Hospital Association)*

*Infashanyo y'amahera yo kwandika aka gatabo
yatanze n'Igisata c'Ibiro vy'Akazi be n'Amagara
y'Abantu bifasha Impunzi muvuye kw'Imukira mu
mahanga.*

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**Gufata Imiti Yawe
Neza**

**Taking Your Medicine
Correctly
(Kirundi)**



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KUBAHO NEZA

Urwaye, muganga azoguha umuti ugufasha kumererwa neza. Birakenewe ko umenya ukuntu, igituma be n'igipimo c'umuti utegerezwa gufata.

NOBA NKENEYE UMUTI?

Muganga niwe azofata icemezo co uko ukeneye umuti kuri iyo ndwara yawe. Ukeneye umuti, muganga azoguha urupapuro wranditseko imiti kugira ugiye imiti nyayo. Hari igihe muganga atokwandikira urupapuro rw'imiti; muri icyo gihe imiti iba idakenewe.

N'IBIKI NOBWIRA MUGANGA WANJE?

Ni vyiza kubwira muganga uko be naho wumva nabi. Muganga akeneye amakuru atomoye kugira ashobore kuguha umuti ukeneye wo kukuvura. Bwira muganga wawe ivyo ufata vyose imbere yuko aguha urupapuro rw'imiti. Igihe woba wumva ko hari umuti wongereza indwara, hamagara mu maguru masha muganga wawe.

HARI UBWOKO BUNGAHE BW'IMITI?

Hari ubwoko bubiri bw'imiti:

Imiti yanditswe ku rupapuro n'igihe muganga yanditse izina ry'umuti ukeneye utangwa n'abahanga bagurisha imiti bivuye k'uburenga nzira uhawe n'urwo rupapuro rw'imiti yakwandikiye. Aho rero, uca ugenda gutora imiti mu nzu badandaza imiti yegereye naho uba.

Imiti y'imbere y'imeza n'imiti ugura ata rupapuro rwa muganga bagusaba. Woyigura

mu nzu yo kudandaza imiti yegereye naho uba. Ari umuti w'amazi, uzana icupa ryawo rigaragara aho badandaza imiti kugira uronke umuti nyawo.

NOBAZA MUGANGA IBIBAZO?

Ntutinye kubaza muganga wawe ibibazo. Ukurikije amategeko ya muganga, utegerezwa kumererwa neza. Bidakunze, subirayo wongere uvugane na muganga kandi.

N'ibiki nobaza muganga wanjye?

N'izina nyabaki ry'umuti?

N'iminsi ingahe ntegerezwa gufata umuti?

Kubera iki ntegerezwa gufata uyu umuti?

Noba ntegerezwa gufata uyu muti n'infungurwa canke ata nfungurwa?

Nonywa inzoga nfata uyu umuti?

Nogira iki nibagiye gufata umuti wanjye?

Nogirika iki mugihe umuti utumako ndwara?

Nohagarika gufata umuti maze kumva neza?

VYOGENDA GUTE NTASHOBORA GUSOMA IVYANDITSE BIHOMETSE K'UMUTI?

Birakenewe ko usoma n'ubwitonzi ibiri ku gapapuro gahometse k'umuti. Namba udashobora gusoma ivyanditswe ku gapapuro gahometse kw'icupa ry'umuti, saba uwushoboye gusoma Icongereza neza agusomere kandi agusigurire.

VYOGENDA GUTE NFAKHE UMUTI UVA MU GIHUGU CANJE C'AMAVUKIRO?

Vyoshoboka ko wumva bikurwa neza canke ukwumva umenyereye cane imiti y'iwanyu, hari gihe bitofasha indwara yawe. Uyivanze n'imiti yo mu mahanga, hari igihe yokumerera nabi. Igihe uriko uyaga na muganga wawe, mumenyeshe umuti ufise kandi umubaze ko bishoboka kuwufata hamwe n'umuti mushasha yakwandikiye. Hamwe muganga wawe yokubwira ko ukoresha gusa iyo miti yakwandikiye, utegerezwa guhagarika iyo yindi yose warumaze imisi ufata.

N'IVYAHE BIMWE MU BINTU NTATEGEREZWA GUKORA NDIKO NFATA IMITI?

Ntugasabikanye imiti yawe bakwandikiye n'abandi. Fata imiti yawe mu kiringo cose muganga avuze, naho woba umaze kumva neza. Ntubike imiti ahantu hashushe, ahari mbeho, canke ahakanye kuko vyogira ingaruka mbi kukugene imiti ikora. Bika imiti yawe kure n'abana.

NOMENYA GUTE KO MUGANGA ATARIKO AGERAGEZA KUNGURISHIRIZA IMITI YIWE?

Muri Leta Zunze Ubumwe za Amerika, abaganga ntibaba barondera amahera ku miti bakwandikiye. Namba muganga ashaka ko ufata imiti, ntaba akeneye kukugurishiriza imiti. Muganga wawe aba ashaka ko gusa ukira; kukaba nkako, akwandikira gusa imiti ugenda kugura asanze uyikeneye.

Icunyunyu c'ubwoko D be na Nkomeza amagufa tubisanga mu mata. Amata yo muri Amerika yoba afise akandi kanovera katari co kimwe n'akanovera k'amata y'iwanyu. Udashaka kunywa amata, hari ubundi buryo bwinshi bwo kuronka nkomeza amagufa yawe ikenewe k'umunsi.

- Ikivuguto canke ikivuguto gikanye
- iforumaje
- ibarafu isosa
- umusururu usosa ukozwe n'amagi, amata n'ifu y'ibigore
- amata acanzwe anyiganzwa imbere yo kuyanywa

Ukeneye kuronka Amakuru menshi ja kuri:

<http://www.health.state.mn.us/divs/idepc/refugee/index.html>

<http://www.cdc.gov/nccdphp/dnpa/nutrition/>

• • •

Aka gatabo kanditswe n'imfashanyo y'amakuru be n'uburyo bituruka muri:

*Akazi ka Leta kajejwe Amagara k'Intara ya Auckland
(Auckland Regional Public Health Service)*

*Urunani Moonee Valley Melbourne Rutabara mu vyo ubuwuzi bw'intango
(Moonee Valley Melbourne Primary Care Partnership)*

*Igisata c'Amagara co muri Minnesota
(Minnesota Department of Health)*

*Ishure Kaminuza ryo muri Michigan ryigisha ivyo Amagara
(University of Michigan Health System)*

Infashanyo y'amahera yo kwandika aka gatabo yatanze n'Igisata c'Ibiri vy'Akazi be n'Amagara y'Abantu bifasha Impunzi muvuyo kw'Imukira mu mahanga.



**Igituma Icunyunyu
c'ubwoko D be na
Nkomeza amagufa ari
vya nkenerwa
The Importance of Vitamin D
and Calcium
(Kirundi)**

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ICUNYUNYU C'UBWOKO D COBA ARI IGIKI?

Icunyuny c'ubwoko D gifise akamaro ko gukomeza amagufa, amenyo, ben'imitsi. Uburyo bwiza bwo kuronka Icunyuny c'ubwoko D ni ugufungura ifi canke gufata amavuta y'ifi, ugisanga kandi no mu mata be no mu magi. Abantu nka benshi baronka Icunyuny cabo c'ubwoko D mu kwitega umuco w'izuba imisi yose. Utaronse umuco w'izuba ukwiye be n'infungurwa zifise Icunyuny c'ubwoko D, vyoshoboka ko amagufa yawe atagira amagara meza.

UKUBURA ICUNYUNYU C'UBWOKO D NI IKI?

Ukubura Icunyuny c'ubwoko D ni igihe utaronka Icunyuny c'ubwoko D mu mubiri wawe. Ivyo bishika mugihe utitega cane umuco w'izuba canke udafungura imfungurwa nyishi zifise Icunyuny c'ubwoko D. Kubura Icunyuny c'ubwoko D rero vyotuma urwara be no gutera indwara zihambaye cane nk'indwara zorosha amagufa no kuyagonda zitwa “Rickets, Osteomalacia, Osteoporosis” be n'ububabare mu bw'iyunge bw'amagufa.

“*Rickets*” ni indwara yorosha amagufa be no kubura inguvu ivyo navyo bigaca bitera amagufa kutagororoka neza be no kuvunika. Ibi bikaba bikunda kuba cane mu bana.

“*Osteomalacia*” ni ubwoko bwa “*Rickets*” mu bakuze, bituma amagufa yoroha akabura n'inguvu.

“*Osteoporosis*” ni indwara usanga amagufa yoroshe cane kandi bishoboka ko yovunika umwanya wose.

NINDE AGERAMIWE NO KUBURA ICUNYUNYU C'UBWOKO D?

- Abantu baba mu bice bifise umuco muke w'izuba,
- abagore (cane cane abafuka imibiri yabo yose)
- abantu bakunda kuguma mu nzu,
- abantu bafise urushato rwirabura
- abasaza.

NO KWIRINDA GUTE KUTABURA ICUNYUNYU C'UBWOKO D?

Mu bihugu bifise amasaha mensi y'imbeho be n'amasaha make y'umuco k'umurango, birakenewe gufungura indya zifise Icunyuny c'ubwoko D nyinshi. Ibi bikaba bikenewe mbere cane ku bantu bafise urushato rwirabura cane. Mu gihe urushato rwawe rwirabura cane, biba bikomeye kugira umubiri wawe uronke Icunyuny c'ubwoko D kiva k'umuco w'izuba.

Fungura indya zifise Icunyuny c'ubwoko D nka

- amavuta y'igitigu kibisi c'inonzi canke isangara,
- ifi,
- amata
- amavuta y'ibinure “margarine”, amavuta aremereye asigwa k'umukate (ubureband) “beurre”, iforumaje
- amagi.

Ni vyiza gusohoka. Nkuko vyoba bigoye kuba hanze hari imbeho be no umwijima, hari ubundi buryo bwinshi bwo kuronka Icunyuny cawe c'ubwoko D. Hakaba hariho uburyo bwo gufata imiti yongera Icunyuny c'ubwoko D.

VYOBA BIKENEWE KO NFATA IMITI YONGERA IVYUNYUNYU?

Imiti yongera Icunyuny c'ubwoko D n'uburyo bwiza bwo gukwiza igipimo cawe c' Icunyuny c'ubwoko D. Gufungura indya zifise Icunyuny c'ubwoko D be no kunywa amata hari igihe bitotanga Icunyuny c'ubwoko D gikenewe k'umunsi. Imiti yongera Icunyuny c'ubwoko D igurwa cane mu mazu badandarizamwo imiti, indya, be n'infungurwa z'amagara meza. Kugira wirinde kubura Icunyuny c'ubwoko D, abakuze bategerezwa gufata hagati ya 400 na 800 y'igitigiri cemewe mu gifuno gifuno “unités internationales” (IU) k'umusi, be n'abana bategerezwa gufata 400 IU k'umusi.

ICUNYUNYU C'UBWOKO D BE NA NKOMEZA AMAGUFA

Icunyuny c'ubwoko D be na Nkomeza amagufa bikorera vyose hamwe mw'ukubaka amagufa akomeye. Nkomeza amagufa ifasha umutima wawe be n'imitsi kugira bikore neza kandi harigihe bifasha mu kugukingira n'ivumbuka ry'umurindi w'amaraso. Nkomeza amagufa ifasha kandi mu gukomantaza amagufa n'amenyo be no kugukingira indwara z'amagufa.

amahera menshi y'imiti.

IGITUNTU KIVURWA GUTE?

IGITUNTU KIRAVURWA KIGAKIRA!
Kuvura igituntu bimara igihe kirekire. Abarwayi b'igituntu bategerezwa gufata ibinini vyinshi mu kiringo kiri hagati y'amezi atandatu gushika kw'icumi n'abiri kugira bakire. Umurwayi arashobora kwumva ko yatoye mitende imbere y'uko aheza gufata imiti. Gufata imiti yose nk'uko muganga yayikwandikiye ni ngombwa kugira igituntu gikire neza. Iyo umurwayi ahagaritse imiti imbere y'ikiringo gitegekanijwe, arashobora gusubira kukirwara.

IYO WIYUMVIRA KO WOBA WARABANYE N'UWURWAYE IGITUNTU:

Iyo wikeka ko woba wamanye n'umurwayi w'igituntu, vyoba vyiza ugiye kwa muganga canke ukaja kw'ivuriro kugira wipimishe.

CONTACT INFORMATION:

riht@uscridc.org

U.S. Committee for Refugees and Immigrants

1717 Massachusetts Ave., NW
Suite 200

Washington, DC 20036

Phone: 202 • 347 • 3507

Fax: 202 • 347 • 7177

www.refugees.org

Ushobora kurondera andi makuru y'igituntu kuri internet ya:

The Centers for Disease Control and Prevention
www.cdc.gov

The U.S. Department of Health and Human Services
www.omhrc.gov

...

Amakuru ari muri aka gatabo aturuka ku makuru ari muri:

The Centers for Disease Control and Prevention (CDC)

The U.S. Department of Health and Human Services

The Directors of Health Promotion and Education (DHPE)

Infashanyo y'amahera yo kwandika aka gatabo yatanze na Department of Health and Human Services Office of Refugee Resettlement



Igituntu n'iki?
(What is TB? - Kirundi)



www.refugees.org

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IGITUNTU N'IKI?

Igituntu ni indwara yandukira iterwa n'imigera iba yakwijwe mukirere iva k'umuntu ija kuwundi icye mu muyaga. Umuntu arwaye igituntu, kirashobora kumwica iyo atacivuje.

IGITUNTU CANDUKIRA GUTE?

Imigera y'igituntu ikwiragira mu mpwe-mu iyo umurwayi akoroye, yasamuye, aririmvye, aciriye canke atwenze. Abantu bahemye impemu ziri mw'iyu migera y'igituntu, barashobora kucandura.

IGITUNTU CANDUKIRA BANDE?

Ishirahamwe rijejwe amagara y'abantu kw'isi, rikeka ko kw'isi yose, abantu bari hafi y' Miliyoni zitandatu 6 bagendana umugera w'igituntu. Ku mwaka, hafi abantu miliyoni 2 kw'isi bicwa n'igituntu. Abantu bahura kandi bakagumana n'abarwayi b'igituntu ku muni ku muni, barashobora kwandura. Abo nabo bakaba ari nkabigana mw'ishure rimwe n'uwukirwaye, abakora hamwe, ababa mu muryango umwe canke ababana mu nzu imwe.

IGITUNTU KITARISERURA GITANDUKANYE GUTE N'IKIMAZE KWISERURA?

Hari abantu babaho bafise igituntu kitariserura, bagendana umugera waco, mugabo uyo mugera ukaba utaribonekaza kandi ntibabe barakirwara. Mwene abo bantu ntibandukiza abandi, mugabo barashobora kurwara mu nyuma haheze igihe kitari gito.

Abo igituntu kimaze kwiserura, nibo baba barwaye. Bisigura ko umugera ugitera

uba umaze kugwirirana mu mubiri, kandi uba uriko urasambura ibihimba vy'umubiri. Abarwayi b'igituntu baba bafise ibimenyetso vyaco, bakaba banashobora kwanduza abandi; cane cane abo bamana ku muni ku muni, nk'abo bakora hamwe, abo biga hamwe, n'abo babana mu rugo rumwe canke munzu imwe.

IGITUNTU KITUMVA IMITI

Iyo umurwayi w'igituntu adafata neza imiti, canke agahagarika imiti hatagera, imigera yaco irashobora kutaba icumva iyo miti. Bisigura yuko uwo muti ataco uba ukivuze kuri iyo migera yiyo ndwara, umurwayi agaca ategerezwa guhabwa iyindi miti ishobora kuba ikaze gusumba iya mbere mu kiringo kirekire gisumba ico yari kumara ariko arafata iya mbere. Igituntu kitumva imiti kiragoye kuvura kandi bikanatwara



IMIKURIRE Y'UMWANA AGEZE K'UMYAKA INE

Abana bakuze neza bafise amagara meza iyo bafise imyaka ine bashobora gukora ibi:

- bashobora gukoresha amajambo atanu canke atandandu,
- bashobora gukurikira nk'ibintu bitatu umweretse (“Kwambara gusokoza umushatsi, kwoza amenyo no kwoza mumaso”)
- Kumvikana neza n'abandi bana.

NI IBIHE BIMENYETSO VYEREKANA UMWANA ATAKUZE MURUGERO?

- Ukudakura biturutse n'ukubura uburyo
- Umwana atagaburiwe neza
- umwana adafise amagufa akomeye
- Kugira amaso atabona neza
- Kuguma ufise umutima mubi
- Kuba ufise ibiro birengeye
- Kutumva

NINDE USHOBORA KUBARIRA MUGIHE UBONYE YUKO UMWANA WAVE ATARIKO ARAKURA NEZA NKUKO YAGOMVYE?

Nimba biguteye ivyiyumviro mugihe ubonye yuko umwana atariko arakura neza urashobora kugenda ukavugana na muganga. Uraheza ukurikirane neza umwana umutwara kubi pimo vyose, hamwe n'inkingo.

Ukeneye amakuru menshi ajanye n'imikurire y'umwana wawe genda kuraba kuri interineti:

www.cdc.gov/ncbddd/autism/ActEarly
www.nidcd.gov/health/voice/speechandlanguage



Aka gatabu kateguwe nimfashanyo z'amakuru aturutse:

National Center for Birth Defects and Developmental Disabilities

Centers for Disease Control

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

AHO KURONDERERA AMAKURU:

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Gukurikirana imikurire y'umwana wawe

(Ikinyejana mukwiyunguruza)

Watching Your Child Grow

(Development Milestones)

(Kirundi)



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GUKURIKIRANA IMIKURIRE Y'UMWANA WAVE

Imyaka y'ambere y'ubuzima bw'umwana wawe ni ingirakamaro kugira ngo bakure bakomeye, bafise akanyamuneza kandi babana neza n'abandi. Ibi vyitwa imikurire myiza y'umwana. . Hariho inzego nyinshi umwana akuriramwo abavyeyi bashobora gukurikirana kugira ngo barabe ukungene umwana agenda akura. Muri Amerika, abavyeyi basabwa kuguma bacunga imikurire y'umwana ingene ubwonko bwiwe bukura, amaso, amatwi eka bakamenya yuko hoba hariho akantu n'agatoyi kerekana ko afise ingorane.

N'IBIKI NTEGEREZA KUBONA VYEREKEYE IMIKURIRE Y'UMWANA WANJE?

Abana bose ntabwo bakura kimwe. Umwana wese akura ukwiwe, kandi umwana wawe arashobora gukura akerekana imikurire myiza mbere y'abandi bana banganya imyaka. Aka kanyamakuru n'ako kukwereka muri make kakagufasha kw'umva imikurire y'umwana hamwe no kumenya ivyo uzobaza muganga w'umwana wawe mugihe ugize ibibazo. Ngibi ibimenyetso bimwe na bimwe umuvyeyi abwirizwa kuraba mugihe umwana ariko arakura.

IMIKURIRE Y'UMWANA KUMEZI INDWI

guhindukiza umutwe mugihe uhamagaye izina,

- gutwengera umuntu iyo amutwengesheje,
- kuvuza akaruru yumvise akagasubiramwo,

- agakunda gukina n'abandi,
- gushobora gufata n'intoki ziwe wenyene agakinisho,
- Gukurikiza amaso ibintu biciye imbere yiwe/amatara aciye imbere y'amaso yabo.
- Gukurikiza amaso ibintu biciye imbere yiwe/amatara aciye imbere y'amaso yabo.

IMIKURIRE Y'UMWANA AGEZE K'UMWAKA

Abana bakuze neza bafise amagara meza iyo bafise umwaka bashobora gukora ibi:

- gukoresha ibimenyesto (kuduza akaboko asezera),
- kuvuza akaruru,
- kw'igana ivyo abandi bakoze mugihe ariko arakina (gukoma mu mashi) hamwe
- no kwishura iyo umubariye ngo "oya".



IMIKURIRE Y'UMWANA AGEZE K'UMWAKA N'IGICE

Umwana akuranye amagara meza k'umwaka umwe n'igice aba akora ibi:

- arikinisha wenyene (akavugira nko kugakinisho ka telefoni)
- gutunga agatoki kukintu yoba yipfuza kuronka
- gukurikiza amaso kukintu umweretse hanyuma uka vuga ngo "raba", hanyuma
- Agakoresha amajambo menshi wenyene

IMIKURIRE Y'UMWANA AGEZE K'UMYAKA IBIRI

Abana bakuze neza bafise amagara meza iyo bafise k'umyaka ibiri bashobora gukora ibi:

- kuvuga amajambo abiri,
- gukurikira ivyo umubariye,
- aba ageze mugihe co gushaka kwegera abandi bana, kandi
- Agatunga agatoki kubintu canke amasanamu iyo uvuze ivyarivyo.

IMIKURIRE Y'UMWANA AGEZE K'UMYAKA ITATU

Abana bakuze neza bafise amagara meza iyo bafise imyaka itatu bashobora gukora ibi:

- gusoma canke guhobera abandi bana
- kuvuga amajambo abiri,
- kw'igana abantu bakuze n'abo bariko barakina, kandi
- Abo bariko barakina hamwe aba ari udukinisho dusa n'abana, udukoko, hamwe n'abantu.

kuri wewe no k'umwana wawe

- Kwirinda ibinyobwa birimwo ikawa (icayi c'ikawa, ikoka n'icayi gisanzwe)
- Kwirinda imiti isukura; yica imikorobi (nkiyo bapompa canke basukuza amazu)
- Gukwirikirana inyigisho zingene wokwifata wibungenze, hageze kwibaruka n'ingene wobandanya ubungabunga amagara yawe wamaze kwibaruka.
- Gufata amavitamine harimwo "acide folic"

• • •

Niba ushaka amakuru irabana n'imibere ho myiza y'abapfasoni telefona:

The National Women's Health Information Center (NWHIC)
1-800-994-9662

The Planned Parenthood Federation of America
1-800-230-7526

Niba ushaka andi makuru arabanye na n'okwi pimisha kw'abapfasoni raba internet:

The Centers for Disease Control and Prevention
www.cdc.gov

The U.S. Department of Health and Human Services
www.womenshealth.gov

The U.S. Department of Health and Human Services Office of Minority Health
www.omhrc.org

Amavuriro ari hafi y'aho utuye aho ushobora kwi suzumisha urwinjiriro rw'igitereko Kubuntu cyankwa kumahera make raba internet:

The Centers for Disease Control and Prevention
www.cdc.gov/cancer

Planned Parenthood Federation of America
www.plannedparenthood.org

• • •

Amakuru ari muri aka gatabo aturuka ku makuru ari mu dutabo twanditswe na :

The Office of Women's Health and Office of Minority Health at U.S. Department of Health and Human Services

The Centers for Disease Control and Prevention (CDC)

The National Cancer Institute

Infashanyo y'amahera yo kwandika aka gatabo yatanzwe na Department of Health and Human Services Office of Refugee Resettlement

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www.refugees.org



Photo credit: Rose McNulty

Ugupimisha bisanzwe amagara y'abakenyezi

(Women Exam - Kirundi)



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GUSUZUMISHA URWINJIRIRO RW'IGITEREKO

Gusuzumisha urwinjiriro rw'igitereko birasanzwe. Mu gusuzuma umuganga canke umuforoma akoresha uburoso butoyi case kugira akure muri urwo rwinjiriro ivyo aza gupima. N'aho ukwo kwipimisha gutera ubuyega, kurafasha gusuzuma indwara ya kanseri yo mu gitereko ishobora kwaduka. Abakenyezi bose barenza imyaka 18 bategerezwa kugirisha ico gipimo rimwe mu mwaka. Iyo umukenyezi yatanguye kugira amabanga mpuza bitsina imbere y'imyaka 18, ategerezwa kugirisha ico gipimo rimwe mu mwaka.

Iyo rero uriko uripimisha, usabwa gukura impuzo zose zo hepfo n'ukuryama ugaramye ku meza. Ibirenge vyawe urabiduzura. Umuganga canke umuforoma yicara hagati y'amaguru yawe afise umuco (ikimuri) n'ibikoresho akoresha mu gupima.

Urashobora gusaba ko haza uwundi mu foroma aza kugusanga mu cumba. Umuganga canke umuforoma araraba mubihimba vy'irondeka vyawe, akijinza intoke imbere ngo yumvirize, agaca rero akorasha ico gipimo. Ivyo ni nkenerwa kugira bamenye ko igisabo n'urwinjiriro bw'igitereko vyawe bitarwaye.

Kugira ico gipimo kigende neza, inyishu ivuyemwo ari yo koko, imisi itatu imbere yo kwipimisha, wirinde:

- Kwoza igisabo
- Gukoresha ipampa (bakoresha mu gihe co kuja mu kwezi)
- Gukoresha amavuta basiga mu gisabo
- Imiti bafata bacishije mu mifutu canke mu gisaba
- Abaganga benshi bavuga batugira inama bavuga ati abapfasoni nti bokoze igisabo

cyabo. Umubiri w'apfasoni uriyuhagira wonyine. Uwuhagiye bishobora guterira mwo ko uwandura izindi ndwara. Kwoza igisabo cyawe ntabwe bikubuza gutwara inda.

- Gukoresha imiti yo gupompa mu gisabo canke ifu (poudre)
- Kurangura amabanga mpuza bitsina

GUPIMISHA (GUSUNZUMISHA) AMABERE

Udushunduri mu mabere y'umukenyezi dushobora kuba ikimenyetso c'irndwara ikomeye yobangamira ubuzima bwiwe. Umukenyezi ategerezwa gupimwa amabere n'umuganga canke umuforma igihe agihe agiye ku gipimo ca rimwe mu mwaka. Amabere yiwe bayapima udushunduri, uguhumberana, canke gutukuriza. Umukenyezi wese yokwisuzuma amabere yiwe kugira arabe ko ata dushunduri turimwo, ata guhumberana canke gutukuriza, ko ata mazi ava mu moko canke ko ata bindi bimenyetso atahorana vyadutse, akabigira ku kwezi ku kwezi. Udushunduri tumwe turasanzwe, ariko ni vyiza gupimwa na muganga canke umuforma kugira ngo asuzume udushunduri dushasha canke kuvyimba kudasanzwe mu mabere.

Ni nkenerwa gusuzuma amabere yawe rimwe mu kwezi kugirango umenye ingene amabere yawe asanzwe ameze n'ukuraba ko atacahindutse.

GUSUZUMISHA AMABERE IMISHWARARA (X)

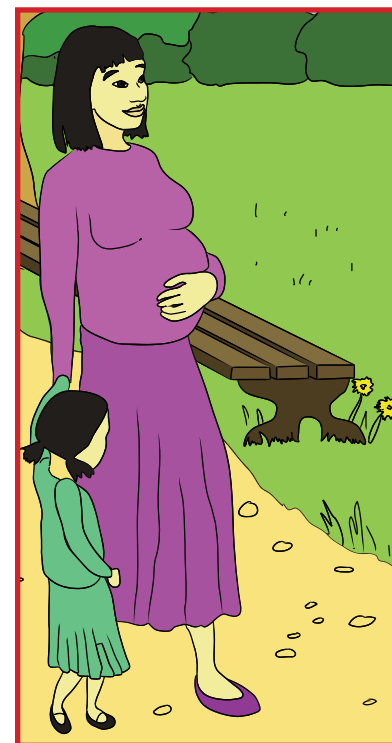
Iryo suzuma rikoreswa imishwarara X, kugira basuzume indwara ya kanseri. Abakenyezi barenza imyaka 40, bategerezwa gukora iryo sunzuma rimwe mu mwaka canke mu myaka ibiri. Mugusuzuma muganga canke umuforoma ashira ibere ryawe hagati

y'udusahane tubiri (raba igicapo ca 3). Imashini rero ica yugara. Kugira ironke igicapo ciza c'ibere ryawe. Ushobora kugira ubuyega mugabo iro suzuma rimara hafi umunuta umwe gusa. Gusuzuma amabere bisanzwe canke hakoreshejwe imishwarara ni ngobwa kugira babone hakiri kare indwara ya kanseri y'ibere.

GUSUZUMISHA IMBANYI

Bifasha ko zo kwibaruka umwana akomeye, afise amagara meza. Umekenyezi wese yibungenze ategerezwa gupimwa hakiri kare kandi kenshi. Ni ngombwa kandi ngo ukurikize ibisabwa na muganga bikaba ari:

- Gufura ivyamwa n'imboga nyinshi
- Kwirinda kunywa itabi, inzoga n'urumogi
- Kubandanya ukora udukorwa twa misi yose; imyimenyerezo yoroshe ni myiza



Iyo ushikiwe n'ikimenyetso nakimwe mur'ivyo tudondaguye kandi kigasa nigikaze cane, utegerezwa kubibwira muganga.

NI RYARI WOKWIRUKIRA MUGANGA?

Utegerezwa kuja kuraba muganga iyo washikiwe n'ibi bikwirikira:

- Ihinduka ryagiturumbuka rishika mugihe uri mubutinyanka atagituma cumvikana -- nko kugira umwitwarariko urengeye, kugwara, gutakaza canke kwunguka ibiro.
- Kuva amaraso arengeje urugero kurenga imisi indwi
- Kuva amaraso hagati yikiranga misi co gusubira mubutinyanka
- Ububabare bwo munda burengeje urugero burenze iminsi ibiri
- Wiyumviriyeko woba wasamye
- Iyo mugitereko havamwo ibintu bisa n'umuhondo, icatsi kibisi, umunyota, vyera nk'amata canke birenduka, bimeze nk'ifuro, canke binuka nabi cane.

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Fax: 202 • 347 • 3418

www.refugees.org

Niwakenera ayandi makuru yerekeye amagara y'abakenyezi, koresha bwaburyo bwa ordinateri, urabe ahakurikira:

www.womenshealth.gov

www.4women.gov

www.omh.gov

www.girlshealth.gov

www.youngwomenshealth.org

www.girlhealth.org

CDC National STD Hotline

1-800-227-8922

24 hours a day, 7 days a week

CDC National AIDS Hotline

1-800-342-AIDS (1-800-342-2437)

24 hours a day, 7 days a week

National Women's Health Center

1-800-994-9662

The U.S. Department of Health and Human Services



Amakuru ari muri aka gatabo yandi akurikije amakuru yanditse na :

The American Academy of Pediatrics: Puberty Information for Boys and Girls

The U.S. Department of Health and Human Services Office of Women's Health

Advocates for Youth

Infashanyo y'amahera yo kwandika aka gatabo yatanze na Department of Health and Human Services Office of Refugee Resettlement



Photo credit: Rose McNulty

Ico umkentezi wese ategerezwa kumenya ku vyerekeye umbiri wiwe

(Women's Body - Kirundi)



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UBUYABAGA

Ubuyabaga n'igihe umubiri uhinduka ukava mu mubwana ugahinduka uwabakuze. Mubisanzwe, ubuyabaga butangura kwibonekeza ku bakobwa no ku bahungu hagati y'imyaka icenda na cumi n'itatu.

Muri iyo myaka y'ubuyabaga, abakobwa batangura kumera amabere; bakaguka mu rukenyerero, bagatangura n'ukumera ubwoya ku gisabo (inzya), mu kwaha, hamwe no kumaguru. Muri ico gihe, abakobwa batangura kuja mubutinyanka (arivyo kandi bita kuja mu kwezi). Ivyo vyose bihinduka ku mwigeme birasanzwe kandi biratanga amagara meza bikongera bigafasha umwigeme kuja murugero rw'abagore.

IKIRANGAMISI CO GUSUBIRA M'UBUTINYANKA

Abakobwa benshi batangura kuja mubutinyanka hagati y'imyaka 9 na 16. Kuja mu butinyanka ntibisigura yuko uca uheba gukora imirimo isanzwe, nk'ukwoga muri pisine, kwiruka, gukora canke n'ibindi bikorwa bisaba inguvu. Kuguma ukora udukorwa birashobora gufasha kugabanya ubuyega buterwa n'ukuba uri m'ubutinyanka.

IKIRANGA MISI C'UBUTINYANKA KIVUGA IKI?

Iyo abakobwa batanguye ikiringo c'ukwezi co kuja mubutinyanka, udusaho tw'imbuto (amagi) z'umugore tuba hejuru y'igitereko turarekura irigi rimwe kira kwezi. Iyo imbuto z'umugabo zihuye n'iryo rigi bikanywangana, iryo rigi rica rikuramwo umwana. Buri kwezi umubiri w'umugore uritegurira kwakira irigi ryanywanganye n'imbuto z'umugabo mu gukora urubu rw'ikivangatare c'uduhimba tunzinya tw'umubiri tuvanze n'amaraso hagati mugitereko. Iyo rya rigi ribuze imbuto z'umugabo binywangatirana, igitereko gica gisohora cakivangatirane. N'ivyo baca bita kuja m'ubutinyanka.

UBUTINYANKA BUMARA IGIHE KINGANA GUTE?

Kenshi na kenshi ubutinyanka bumara hagati y'imisi 3 na 7. Mubisanzwe gusubira kuja mubutinyanka bimara ibiringo biri hagati y'indwi 3 na 5. Umukobwa amaze gushika mubuyabaga canke umukobwa akiri muto, arashobora gusimba ikiringo (ukwezi) co gusubira m'ubutinyanka, ariko haciye igihe umubiri urashobora kwihindura agaheza agakurikiza neza ibiringo vyogusubira m'ubutinyanka utasimba ukwezi na kumwe.

WOKWIFATA GUTE IYO URI MUBUTINYANKA?

Uzotegerezwa gukoresha imibindo mugihe uri m'ubutinyanka kugirango wirinde kwanduza amaraso impuzu wambaye. Abagore bamwe babindisha za cotex canke za tampax.

Urashobora gukoresha ivyo ushaka vyose mukubinda amaraso iyo uri mubutinyanka, ariko ivyo ukoresha vyose uririnda gukoresha ibikoresho bifise akamoto kubera bishobora kugutera indwara. Imibindo y'ubwoko bwa cotex bayambara hagati mw'ikareso. Cotex irafise akarongo k'uburembo kamata kw'ikaleso kugira cotex ntihave ikoroka. Cotex itegerezwa guhindurwa kenshi kugira ntihave yuzura ngo ivirirane, igutere ubuyega canke ngo inuke. Iyo hashushe birakenerwako uhindura cotex igihe cose uvuye gukoresha akazu kasugumwe. Ugize ivyo vyose, bizogufasha kumva umerewe neza kandi ugume wumutse.

Imibindo y'ubwoko bwa tampax nayo bayinjiza hagati mu gisabo. Cokimwe na cotex, tampax zitegerezwa guhindurwa kenshi, nimiburiburi uko amasaha 4 gushika kuri 6 aheze. Ibihimba vy'irondeka vy'abagore biremwe ukuntu vyiyozza ubwavyo vyonyene. Ninaco gituma udategerezwa gupompa ibintu

ivyarivyo vyose vyokwoza mugisabo (igihimba c'irondeka c'abagore) iyo uvuye mubutinyanka. Uburyo bwokoza mugisabo ukoresheje imiti bufise ingaruka mbi kubera bushobora kugutera indwara.

N'IBIKI BISHOBORA GUSHIKA MU GIHE URI MUBUTINYANKA?

Abapfasoni bamwe barava amaraso menshi kurusha abandi. Ivyo n'ibisanzwe. Umupfasoni wese ateye uko yishangije. Uri mubutinyanka ntuzova amaraso arenze urugero. Uzotakaza mililitiro z'amaraso ziri hagati ya mirongo itatu na mirongo icenda kira kwezi. Ayo maraso ntiyorenga nk'agacupa gatonya k'amavuta. Ariko niwava amaraso menshi cane, uzotegerezwa kubibwira muganga.

Abapfasoni bamwe bamwe baramererwa nabi imbere y'uko baja m'ubutinyanka, bari m'ubutinyanka canke bavuye m'ubutinyanka. Ingorane zibashikira ni nkizi:

- Kuribwa
- Kwuzura inda
- Kwumva uburuhe
- Kumeneka umutwe
- Kubabara mu mugongo
- Kurakara (gushavura)
- Kuvyimba amabere

