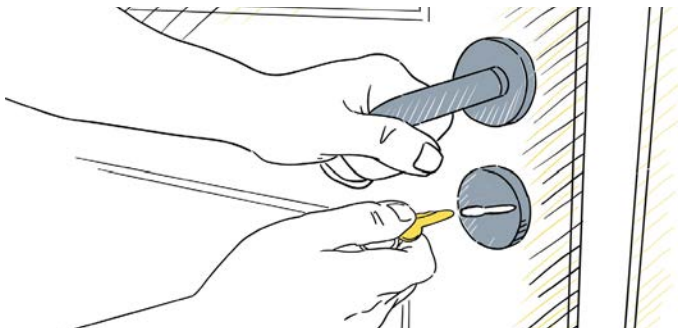


UMUTEKANO W'I MUHIRA

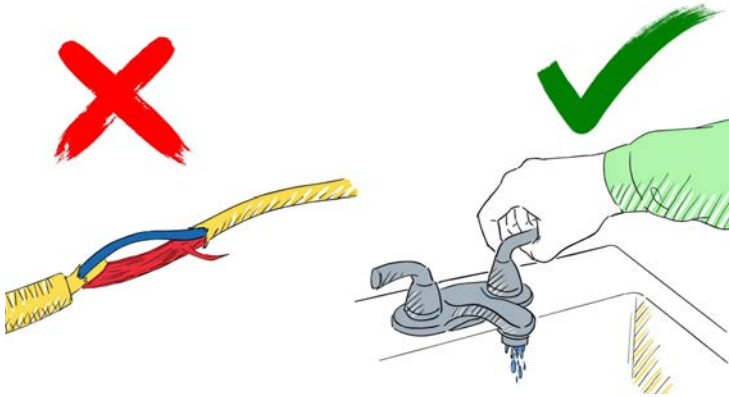
Kumenya kwicungira umutekano w'i Muhira ni ingenzi - kuri wowe, abo mubana, ndetse n'abaturanyi

IBY'IBANZE KU MUTEKANO W'I MUHIRA

Igihe wimukiye mu nzu nshya, fata umwanya uhure n'abaturanyi bawe ba bugufi ndetse n'abandi bantu batuye hafi aho. Iyo umenyeranye n'abaturanyi, birakorohera kumenya niba hari ikintu kitari mu buryo cyangwa se niba hari abantu bashya wowe utazi.



Kugira ngo urinde buri wese, funga inzugi zisohoka mu nzu buri gihe. Wikwemerera abantu utazi kwinjira iwawe. Funga neza amadirishya igihe uvuye i muhira. Niba uzamara igihe kinini utari i muhira, koresha uburyo bwo kuregera ku masaha amatara na televiziyo ku buryo byo ubwabyo byicana cyangwa bikizimya igihe ayo masaha ageze. Ibi bituma bigaragara nk'aho uri i muhira, bityo nti habe hagira abagerageza kukwinjirira mu nzu.



Mu gusozza, koresha kandi wite ku bikoresho byo mu rugo n'ibyo mu bwogero ukurikije amabwiriza. Urugero, ntugakoreshe insinga z'umuriro zangiritse kandi jya wibuka gufunga neza amazi yo mu bwogero mu gihe atarimo gukoreshwa.

KURWANYA INKONGI

Kugira ngo ubashe kurinda iwawe inkongi z'umuriro, sobanukirwa uko ukoresha kizimyamwoto y'iwawe kandi usobanukirwe n'uko uturehamyotsi dukora. Niba uri umukode, nyir'inzu ubamo agomba kuguha uturehamyotsi dukora neza ndetse na kizimyamwoto. *Ntukigere* uvana batiri mu karehamyotsi. Niba akarehamyotsi kawe gasonnye, hindura batiri yako.

Dore izindi nama zagufasha kurwanya inkongi:

- Tegura gahunda yo gusohoka mu nzu wowe n'umuryango igihe hateye inkongi kandi muyitoze kenshi. Ikindi, genzura uturehamyotsi twawe mu buryo buhoraho.
- Ntugasige amashyiga, utumashini dushyushya ibiryo, ifuru, cyangwa utumashi dushyushya mu nzu twimukanwa bicanye mu gihe ntawe uri hafi yabyo. Ntukagire ibikoresho wegereza utumashini dushyushya mu nzu.



- Ntukareke buji cyangwa imibavu bikomeza kwaka mu gihe utabyegereye
- Niba ufite imashini yumisha imyenda, jya usukura akayunguruzo kayo mu buryo buhoraho.



- Ntugasige imashini zimesa cyangwa izumisha imyenda zikora mu gihe utari i muhira.
- Bika ibikoresho bicanishwa umuriro n'ibibirita kure y'abana.



GUHAMAGARA KURI 9-1-1

Menya uko wahamagara kuri 9-1-1 usaba ubutabazi bwihuse mu gihe hari ikintu gishobora kwambura umuntu ubuzima kibaye no mu gihe ukeneye polisi byihutirwa, abazimya inkongi se, cyangwa ubufasha bwihutirwa bw'abaganga. Aha hari zimwe mu ngero z'igihe wahamagara kuri 9-1-1:

- Igihe utabasha kuzimya inkongi yadutse ukoresheje kizimyamwoto y'iwawe.
- Hari umuntu utazi urimo kugerageza kwinjira ku ngufu iwawe cyangwa arimo gutera ubwoba umuryango wawe.
- Iwawe hari ugize ikibazo cyo guhumeka, acitse intege byihuse atakaza ubwenge se kandi ntarimo kubasha kongera kubugarura, cyangwa yakoze impanuka ikomeye cyane.



Kubahiriza izi nama z'umutekano i muhira, byagufasha kubaho utuje kandi utekanye hamwe n'umuryango wawe.

Cultural Orientation Resource Exchange

For more information, visit Settle In at settlein.us.org.