



ISUKU MURI AMERIKA

Muri Amerika, isuku ni ikintu cy'ingenzi kigize ubuzima bwa buri muni. Ushobora gusanga amahame agenga isuku muri Amerika atandukanye n'ay'ahandi hantu wabaye. Kugira isuku iboneye muri Amerika harimo gukomeza kugira isuku bwite yo ku mubiri, gukomeza kugira isuku mu rugo rwawe, no kubaha ahantu hahurira abantu benshi, harimo amakaritsiyiye no ku kazi.

ISUKU BWITE YO KU MUBIRI

Isuku bwite yo ku mubiri ni igikorwa cyo kwita ku mubiri n'imyambaro. Muri Amerika, bivuze kwiyuhagira cyangwa koga mu buryo buhoraho, kwisiga imibavu ihumura buri muni, koga mu mutwe no kwiyogoshesha, no kumesa imyenda inshuro nyinshi. Kwita ku isuku bwite yo ku mubiri bituma umuntu agira ubuzima bwiza, bikamurinda kwanduza indwara, kandi binashobora gutuma umubano afitanye n'abandi urushaho kuba mwiza. Kandi, isuku bwite yo ku mubiri ni ingenzi mu kubona no kuguma ku kazi.

GUKOMEZA KUGIRA ISUKU MU RUGO RWAVE

Impunzi zikuze zose—yaba abakuze cyangwa abato, abagore cyangwa abagabo—bagomba kugira uruhare mu gutuma urugo rugira isuku ndetse rukanatekana. Ba nyir'amazu biteze ko amazu agira isuku iboneye nka kimwe mu bigize amasezerano y'ubukode, kandi iyo kubahiriza amwe mu mabwiriza yo gufata inzu neza binaniranye bishobora gutuma wirukanwa. Ushobora gutuma inzu yawe ikomeza kumera neza ushyizeho gahunda ihoraho yo gusukura inzu, harimo kujugunya no kuvanaho imyanda mu buryo buboneye. Hamwe na hamwe, kubyaza imyanda mo ibindi bikoreho ni ngombwa nka kimwe mu bigize kuvanaho imyanda. Bikubiyemo gutandukanya ibikoreho byongera gukoreshwa nk'impapuro, purasitike, n'ibyuma ukabitandukanya n'indi myanda ufite kandi ukabijugunya mu bitebo by'imyanda byabugenewe.

Kugira urugo rufite isuku binarinda guterwa n'udusimba. Iyo ukoresha imiti ikoreshwa mu gusukura urugo rwawe, ni ngombwa ko ubika ukanajugunya iyo miti isukura mu buryo butekanye. Abana ntibagomba



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gukoresha imiti yifashishwa mu isukura kuko kubikoresha mu buryo butagenywe bishobora gutuma bahura n'ibibazo bikomeye. Imwe mu miti n'ibikoresho bikoreshwa mu rugo bishobora kuba ari bishya kuri wowe. Niba ufite ikibazo ku buryo bwo kuyikoresha, ushobora kubaza Ikigo gishinzwe gutuza impunzi mukorana.

KUBAHA AHANTU HAHURIRA ABANTU BENSHI



Byongeye ku byo gukomeza kugira isuku bwite no gukomeza kugira isuku mu rugo rwawe, kubaha ahantu hahurira abantu benshi ni kimwe mu by'ingenzi bigize umuco w'Amerika. Ahantu hahurira abantu benshi harimo amaduka, amashuri, amakaritsiyiye, ku Kigo gishinzwe gutuza impunzi n'ibindi biro bya leta, ku kazi, amamesero rusange, aho kuruhukira, n'ibinyabiziga bitwara abantu muri rusange. Hari amahame, amategeko, kandi rimwe na rimwe, n'amategeko yerekeye uburyo abantu bakoresha bakamwitwara bari aho hantu. Urugero: Ugomba kujugunya imyanda neza muri pubele. Rimwe na rimwe, kujugunya imyanda ahabonetse bihanwa n'amategeko kandi abarenga kuri ayo mategeko basabwa n'amategeko kwishyura amande. Gucira ahantu hari abantu benshi abenshi ntibabifata neza, kandi ntibyemewe kwihagarika ahantu hari abantu benshi.

Ufite inshingano zo kumenya amategeko agenga aho uherereye, leta, na Leta Zunze Ubumwe z'Amerika no kugira uruhare mu gutuma ahagukikije hagira isuku hakanasa neza kugira ngo hanogere abantu bose.

Kumesa

Imyenda isa neza ni kimwe mu by'ingenzi bigize isuku bwite yo ku mubiri. Aparitoma nyinshi cyangwa amazu menshi agerekeranye aba afite ibyumba byo kumeseramo bigenewe abayatuyemo. Hari n'ibikorwa by'ubucuruzi, byitwa amamesero rusange, ushobora gukoresha mu kumesa imyenda yawe igihe aho utuye hadafite ibyumba byo kumeseramo. Ibyumba byo kumeseramo n'amamesero rusange bifite amamashini yo kumesa n'ayo kumutsa imyenda ugomba kwishyura kugira ngo uyakoreshe ukayishyura ukoresheje ibiceri cyangwa ikarita iriho amafaranga. Unagomba kwizanira isabune y'amazi yo kumeshesha igurwa mu maduka acuruza ibikoresho bitandukanye. Gukoresha ibyumba byo kumeseramo n'amamesero rusange ni bwo buryo buboneye bwo gutuma imyenda yawe igira isuku, ariko unagomba kwiga uburyo bwo gukoresha neza ayo mamashini no gushyira amafaranga yo kumeshesha mu ngenzo y'imari yawe ya buri kwezi.

Kugira isuku muri Amerika

- Kwambara imyenda imeshe.
- Koza amenyo yawe inshuro ebyiri ku munsu.
- Koza no guca inzara ku buryo buhoraho.
- Kogosha ubwanwa ku buryo buhoraho.
- Kwitera umubavu uhumura buri munsu.
- Koga cyangwa kwiyuhagira ukoresheje isabune ku buryo buhoraho.
- Kumesa mu mutwe no kogosha imisatsi ku buryo buhoraho.
- Gukaraba intoki igihe zisa nabi, umaze kuva mu musarani, na mbere na nyuma yo kurya.
- Pfuka umunwa wawe igihe ukoroye kugira ngo wirinde gukwirakizwa mikorobe.
- Iyo urwaye ibicurane, ukoresha agatambaro, ntukoresha intoki zawe cyangwa amaboko y'ishati cyangwa y'umupira wawe.
- Birabujijwe gucira ahari abantu benshi.
- Birabujijwe kwihagarika ahantu hari abantu benshi.
- Ugomba gukurikiza amabwiriza agenga imyambarire mu kazi.

Gukomeza kugira isuku mu rugo rwawe

- Ugomba gutwikira no gukonjesha ibiribwa byangirika. Gusiga ibiribwa bidatwikiye bishobora gukurura udusimba n'imbeba.
- Shyira imyanda yose muri pubele, irimo ishashi. Pubele zuzuye zigomba gushyirwa muri pubele nini cyangwa ahajugunywa imyanda habugenewe.
- Ibikoresho bishobora kubyzwamo ibindi bigomba guhanagurwa maze bigashyirwa mu bitebo by'imyanda byabugenewe.
- Birabujijwe gushyira ibishishwa by'amagi, amagufa, cyangwa ibishishwa by'imbutu cyangwa imboga mu gihombo cya ravabo cyangwa ahanyura amazi yanduye.
- Birabujijwe gushyira ibintu, nk'imisatsi, mu gihombo cy'ubwogero, benywari, cyangwa cy'umusarani.
- Urupapuro rw'isuku gusa nirwo rugomba kumanukana n'amazi amanura umwanda mu musarani.
- Iyo uri koga, ugomba gutuma amazi aguma mu bwogero cyangwa benywari ufunga neza inzugi zo mu bwogero yangwa ushyira ibice byo hasi bya rido yo mu bwogero muri benywari. Kandi ugomba gukoresha tapi zo mu bwogero inyuma ya benywari cyangwa ubwogero. Ibizenga by'amazi bishobora kwangiza hasi.
- Sukura buri cyumba kiri mu rugo rwawe ku buryo buhoraho: hungura ivumbi ku bikoresho byo mu nzu, oza amadirishya, hanagura kontwari n'ahandi hantu hagaragara ukoresheje imiti yica udukoko ikoresheya mu gusukura, kubura, koresha imashini ivanaho imyanda, kandi unakorope mu nzu, nk'uko biboneye.
- Mesa amashuka, imyenda y'imisego, n'ibindi biryamirwa, n'amasume ku buryo buhoraho.

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