



# ***MBESE***

# ***URITEGUYE?***

Wibyo ukeneye kumenya  
kugira ngo witegure ibiza n'ibi-  
reba ubutabazi  
bwihutirwa mu turere twa Cass  
na Clay?  
Kinyarwanda

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## **Ibikenerwa mu birebana n'amakuru**

Niba ukeneye ubufasha mu gihe ukeneye ubutabazi bwihutirwa, hamagara kuri 911. Izi aderesi zikurikira uzihawe kugira ngo uzifashishe mu gihe ufata ingamba zirebana n'ubutabazi bwihutirwa.

### **Imicungire y'ibikorwa by'ubutabazi bwihutirwa mu karere ka Cass Fargo:**

Cityoffargo.com/emergencies  
701-476-4068

### **Umukuru w'akarere ka Cass:**

Casscountynd.gov  
701-241-5800

### **Imicungire y'ibikorwa by'ubutabazi bwihutirwa mukarere ka Clay:**

Claycountymn.gov  
218-299-7357

### **Ishami rishinzwe ubuzima bw'abaturage rya Clay County:**

Claycountymn.gov  
218-299-5220

### **Umukuru wakarere ka Clay:**

Claycountynd.gov  
218-299-5151

**Dilworth:** Dilworthcitymn.com  
Ibirebana n'inkongi: 218-287-2313  
Polisi: 218-287-2666

**Fargo:** Cityoffargo.com  
Ibirebana n'inkongi: 701-241-1540  
Polisi: 701-241-1437

### **Fargo Cass Public Health:**

Fargocasspublichealth.com  
701-241-1360

**Moorhead:** Cityofmoorhead.com  
Ibirebana n'inkongi: 218-299-5434  
Polisi: 218-299-5120

**Imicungire y'ibikorwa by'ubutabazi bwihutirwa muri Moorhead :**  
701-299-5433

### **Fargo y'Iburengerazuba:**

Westfargo.org  
Ibirebana n'inkongi: 701-433-5380  
Polisi: 701-433-5500

### **Umuryango Utabara Imbabare w'Amerika:**

Redcross.org/local/nd  
701-364-1800

### **Amakuru yo muri Leta yose na Taransiferi:**

(Minnesota na Dakota y'Amajyaru-guru): Hamagara kuri 211

### **“Telefona mbere yo gucukura”:**

Minnesota na Dakota y'Amajyaru-guru: Hamagara 811

**Ikigo Kigenzura Ibirebana n'Uburozi:** 1-800-222-1222



## Imbuga Nkoranyambaga



Gukoresha imbuga nkoranyambaga byafashije amakuru yerekeye ibikorwa by'ubutabazi bwihutirwa akwirakwira hanze byihuse, kandi mu bantu benshi. Iyo habayeho icyiza, amakuru yasohotse mu muji/karere k'aho cyabereye yizerwa kurusha amakuru ava ahandi.

### **Imicungire y'ibikorwa by'Ubutabazi bwihutirwa muri**

#### **Cass-Fargo**

Facebook: Cass County Emergency Management (Imicungire y'ibikorwa by'ubutabazi bwihutirwa mu karere ka Cass)

#### **Umujyi wa Dilworth**

Facebook: City of Dilworth, Minnesota  
(umujyi wa Dilworth, Minnesota)  
Twitter: @cityofdilworth

#### **Umujyi wa Fargo**

Facebook: City of Fargo  
(Umujyi wa Fargo)  
Twitter: @cityoffargo

#### **Umujyi wa Moorhead**

Facebook: City of Moorhead (Umujyi wa Moorhead), Minnesota-City Government Page (Paji ya Guverinema y'umujyi wa Minnesota)  
Twitter: @cityofmoorhead

### **Umujyi wa Fargo y'Iburengerazuba**

Facebook: City of West Fargo-Government (Guverinema y'umujyi wa Fargo y'Iburengerazuba)  
Twitter: @CityofWestFargo

### **Imicungire y'ibikorwa by'Ubutabazi bwihutirwa mu karere ka Clay**

Facebook: Clay County Sheriff's Office (Ibiri by'Umukuru w'karere ka Clay)

### **Ishami rishinzwe ubuzima bw'abaturage rya Clay**

Facebook: Clay-Wilkin Partnership 4Health

### **Ishami rishinzwe ubuzima bw'abaturage rya Fargo Cass**

Facebook: Fargo Cass Public Health (Ishami rishinzwe ubuzima bw'abaturage rya Fargo Cass)  
Twitter: @FCPH

# CodeRED Inzinge iburira ITUKURA

Inzinge iburira ITUKURA ni sisitemu y’imenyesha yikoresha ishobora kugera ku bantu batuye aho hakoreshejwe ihamagara kuri telefoni, ubutumwa bugufi, na imeyiri.

Amaburira y’ Inzinge ITUKURA yoherezwa kubera impamvu zinyuranye harimo Ibiza bisanzwe, ibikorwa by’iterabwoba, gutoboka k’umuyoboro wa gazi, amazi yanduza indwara, imiti y’ubutabire yanduza ikirere, impuruza kubera abana babuze n’amamenyesha y’abaturage muri rusange. Inzinge iburira ITUKURA ifite kandi uburyo bwizewe bwo kuburira ubukana bw’ibiranga by’iteganyagihe ritangwa na Serivisi y’Igihugu y’Iteganyagihe.

Kugira ngo winjire muri sisitemu y’ Inzinge iburira ITUKURA, jya ku rubuga rwa [rrrdc.com/codered/](http://rrrdc.com/codered/) cyangwa uhamagare kuri 701-476-4068 niba utuye mu gace ka Cassy no kuri 701-299-5151 niba utuye mu gace ka Clay. Amakuru yawe azakoreshwa gusa ku bireba imenyesha ry’ Inzinge iburira ITUKURA.

## Kuburira no guhozaho ijisho

**Guhoza ijisho** ku ishuheri bivuga ko ahantu muri hashobora kugwirirwa n’ishuheri. Iyo batangaje ko mugomba guhangaza, mukurikire amaradiyo n’amateraviziyo y’aho mutuye kugira ngo muhabwe amakuru arambuye cyangwa mujye ku rubuga rwa [www.weather.gov](http://www.weather.gov). Akira ubutumwa buburira ku ihindagurika ry’uburyo bw’igihe maze wirinde gukora urugendo rutari ngombwal.

**Ubutumwa buteguza** bwerekeye ishuheri buvuga ko ishuheri irimo ihutera ibasanga cyangwa yamaze kugera ahantu muri. Iyo ubutumwa buburira bwerekeye ishuheri butangajwe abahanga mu birebana n’umutekano bakugira inama yo kuguma mu nzu; ni ho hantu haruta ahandi wakwikingira.

Amahoni avugira hanze ateguza iyo hari **imiti y’ubutabire ikwira ikirere, ibihe by’ikirere bibi n’ibindi bikorwa bikenera ubutabazi bwihutirwa**. Iyo amahoni agonze, injira mu nzu ufungure televiziyo naradiyo by’aho utuye kugira ngo umenye icyago kikugarije icyo ari cyo n’uko wakwikingira.

**Ntugakeko ko nta kihutirwa gihari kubera ko ikirere gitamurutse**. Gusuzuma ko amahoni akora bikorwa ku wa gatatu wa mbere w’ukwezi saa saba z’amanywa muri Fargo, Dilworth n’i Moorhead. Umujyi wa Fargo y’Iburengerazuba basuzuma amahoni yabo ko avuga buri munsu saa sita z’amanywa.

# Rojisitiri y'ibikenewe bidasanze

## Akarere ka Cass

Ishami ryita kuri za serivisi z'ibikorwa by'ubutabazi bwihutirwa muri Dakota y'Amajyaruguru, hamwe n'ishyirahamwe ry'abaturage Bafashanya (First-Link), batunga rojisitiri ibafasha mu bikorwa by'ubutabazi bwihutirwa kugira ngo binogere abaturage bihabwa mu bihe by'ibiza mu guha abantu ba mbere bitaba amakuru bakeneye kugira ngo ufate ingamba zibereye mu gushakira igi-subizo ibiza.

Abaturage batuye aho bafite ubumuga, abantu bashaje, n'abandi bafite ibibazo bikomeye by'ubuzima, birwanaho mu buzima busanzwe, bashobora kugira ingorane mu bihe by'ibiza.

Iki kibazo kireba kandi ibindi bikenerwa n'abaturage bidasanze. Amakuru yose y'umuntu bwite ari mu bubiko bw'amakuru ni ibanga ryuzuye. Kugira ngo ubone amakuru arambuye yerekeye iyi serivisi cyangwa kugira ngo wiyandikishe hamagara FirstLink kuri 211 cyangwa ujye ku rubuga rwa interineti **nd.gov/ndsnr/**

## Akarere ka Clay

Amakuru yakusanyijwe muri rojisitiri akingiwe n'itegeko rigenga Imitwarire yoroheje no Kwirengera Ubwishingizi bw'Ubuzima (HIPAA) kandi agakoreshwa gusa mu gihe cy'igikorwa cy'ubutabazi cyihutirwa cyerekeye Ubuzima bw'Abaturage mu gace ka Clay n'abantu ba mbere bitabira.

Abaturage bagerwaho n'ibyo bibazo bagizwe n'abantu bakurikira, uretse ko atari bo gusa:

- Abafite ubumuga bw'imyitwarire, bwo mu mutwe, cyangwa bw'ingingo
- Ab'intege nke cyangwa bashaje
- Abatagira aho baba
- Abatazi icyongereza cyangwa abavuga gike
- Ababeshwaho n'imiti isanzwe cyangwa iva mu butabire
- Abana bato

Abantu bumva badashobora kugera cyangwa gukoresha bisanzwe mu mutekano uburyo bahabwa mu gihe cy'ikiza. Kugira ngo wiyandikishe hamagara mu ishami rishinzwe Ubuzima bw'Abaturage ryo mu gace kuri **218-299-5220**.

# Gushyiraho ingamba kandi ukazikurikiza

Mu kwitegura ibikorwa by'ubutabazi bwihutirwa, abantu, imiryango n'abacuruzi bashobora kugabanya ibintu byabo byahomba n'inkomere kandi bigatuma inzira yo kwisubiranya yoroha. Soma aka gatabo kugira ngo wimenyereze ibintu byateza ibyago n'igihombo uturere twa Cass na Clay duhuriyeho. Nuko rero, teganya ingamba zikunogeye zirimo:

**Ibyanzu wasohokeramo ibintu ibikomeye**—Shushanya uko inzu yawe ubamo cyangwa ucururizamo ikase maze ushyire ikimenyetso ku byanzu bibiri wasohokeramo ibintu bikomeye kuri buri cyumba.

**Umwanya muhuriramo**—Hitamo umwanya muhuriramo wagennye mbere kure y'inzu ubamo cyangwa ucururizamo;ntiwibagirwe inyamaswa.

**Itumanaho ritabaza byihutirwa**—

Abagize umuryango wawe cyangwa abakozi bawe ntibagomba kuba bari hamwe iyo ikiza gikubise, noneho teganyo uburyo buri wese azatuma ku wundi. Hitamo umuntu uri hanze y'umujyi mushobora gucishaho amakuru.

Genzura neza ko buri muntu afite amazina y'abantu agomba gutumaho, numero zabo za telefoni n'aderesi imeyiri zabo.

**Ubwishingizi n'izindi nyandiko z'ingenzi zibitswe**—Fata cyangwa uvugurure ubwishingizi bw'ibyo utunze, bwo kwivuzza n'ubw'ubuzima. Wongere usome politiki ikurikizwa iriho kugira ngo umenye niba ufite ubwishingizi buhagije buhuye n'ibyo ukeneye.

**Ibikenewe byihariye**— Niba wowe cyangwa umuntu wawe wa hafi afite ubumuga cyangwa ibyo akeneye yihariye, shyiraho urusobe rw'abantu mu baturanyi, mu bagize umuryango, mu nshuti no mu bantu mukorana bashobora gutanga ubufasha mu gihe hakenewe igikorwa cy'ubutabazi bwihutirwa, kandi ubandike muri rojisitiri y'ibikenewe byihariye (reba ku rupapuro rwa 6).

**Genzura kandi uvugurure buri mwaka**—Kora igikorwa cyo kubungabunga urinda kononekara imashini itanga ubushyuhe mu nzu, icyuma gishyushya amazi, ipompo izamura mazutu n'imashini ishyushya mu nzu buri mwaka. Subiramo ingamba wafashe z'ibikorwa by'ubutabazi bwihutirwa kugira ngo umenye neza niba urutonde rw'abantu n'ibyanzu wasohokeramo ibintu bikomeye bikijyanye n'igihe. Genzura ipaki y'ibikoresho wateguye wakwifashisha mu gikorwa cy'ubutabazi bwihutirwa kugira ngo umenye neza niba ibikoresho bitaronekaye.

# Gufunga ipaki y'ibikoresho by'ubutabazi bwihutirwa

Ibiza bishobora kubaho mu gihe cyihuse kandi bitateguje. Egeranya ipaki y' ibikoresho byakozwe kugira ngo bigufashe guhangana n'ibibazo bikenera ubutabazi bwihutirwa.

## Ibintu ushyira mu ipaki yawe:

- Ipaki y'ibikoresho by'ubufasha bw'ibanze, imiti ya ngombwa n'igitanga ingufu cy'ingoboka zikoresha ibikoresho byo kwa muganga nk'itanki ibika umwuka wa ogisijene
- Radiyo ikoresha amabuye, isitimu, amabuye asaguka
- Ibiryo byo mu ikopo, urufunguzo rw'igikopo
- Amazi yo mu icupa (igereni 1 y'amazi kuri buri muntu mu minsi itatu)
- Imyenda ishyushya cyane harimo na butine,Udufubikantoki n'ingofero
- Umwenda utukura cyangwa w'ibara rikeye
- Radiyo y'iteganyagihe ya NOAA

Radiyo y'iteganyagihe ya NOAA itegura rubanda ko hari ibihe bikaze by'ikirere n'ibihe bisanzwe n'ibiterwa n'ibikorwa by'abantu bigateza ibyago n'igihombo kuva ku myuzure kugeza ku nkongi z'amashyamba no ku miti y'ubutabire yanduza umwuka. Amaradiyo y'iteganyagihe ya NOAA agurirwa mu maduka bacururizamo ibyuma,za mare n'ibikore-sho by'ubuhinzi, no kuri interineti.

Tekereza gufunga ipaki igenewe imodoka yawe,ubwato bwawe n' imodoka yo kujyana umuryango gutembera cyangwa y'ingando. Hejuru y'ibintu biri ku rutonde , **ipaki yagenewe imodoka igomba kuba irimwo:**

- Akazimya umuriro.
- Amakabure n'ikamba.
- Busore n'ikarita y'umuhanda.
- Igitiyu.
- Ipaki ifunzemo ibikoresho byifashishwa mu guhoma ipine n'ipompo yo guhagisha.
- Igitambaro cy'ingoboka cyo kumisha. Urumuri rwo kwereka abandi ko wagize ikiba zo ku modoka.
- Ipaki ntoya y'ibikoresho.  
Ahajya umwanda w'injangwe cyangwa umucanga wo kumena mu bunyereri uku rure ipine



Ukeneye amakuru arambuye yerekeye gufunga ipaki y'ubutabazi, bariza mu ishami ry'Umuryango Utabara Imbabare w'Amerika rya Minn-kota kuri numero 701-364-1800.



# Inyamaswa zo mu rugo mu gihe cy'ikiza

Niba uhungishije abawe n'ibyawe, uburyo bwo gukingira inyamaswa ziba mu rugo ni ukuzihungisha na zo. Gusiga inyamaswa ziba mu rugo, niyo wazishyira ahantu hafite umutekano, birashoboka ko zahakomerekerera, zikabura cyangwa hakaba ibindi bibi.



## Shyira inyamaswa zo mu rugo ahantu hatekanye

Hazubakwa utuzu tw'inyamaswa mu gihe cy'ibiza. Amakuru y'aho zihereye azasakaswa anyujijwe mu nzira zisanzwe cyangwa ku mbuga nkoranyambaga. Inyamaswa zifasha abantu bafite ubumuga ni zo zonyine zemererwa mu bwugamo bw'Umuryango Utabara imbabare.

Kora urutonde rw'ahantu “huzura n'inyamaswa”, ruriho na nimeru za telefoni. Baza niba amabwiriza yo “gukumira inyamaswa” mu mahoteri no mu macumbi cyangwa mu nzu zikodeshwa adakurwaho mu gihe habaye ibibazo bikenera ubutabazi bwihutirwa.

- Baza abantu bo mu muryango wawe, inshuti n'abandi hanze y'ahantu habaye ibibazo niba bacumbikira inyamaswa utunze mu rugo mu mazu yabo.
- Injiza inyamaswa utunze mu nzu iyo ibibazo bikenera ubutabazi bwihuta bibayeho kugira ngo utazagombera kuzishakisha mu gihe ugomba kwihutira kuva aho hantu.
- Reba neza ko imbwa n'injangwe zose zambaye urunigi rw'ikirango mu ijosi kandi rufashe neza, n'amakuru ayiranga yanditseho ajyanye n'igihe.

**Inyoni n'imvu zororwa** zishobora gushyirwa mu cyo bazitwaramo gifite umutekano. Zihe ibimanyu by'imbutu zihereye n'imbutu zifitemo amazi menshi. Fata ifoto iyiranga na bande yo ku kaguru. Itwaze impapuro nyinshi z'isuku kugira ngo ukusanye umusarani wazo uri hagati mu kadandi.

**Inzoka** zishobora gutwarwa mu dufuko tw'imiseho ariko zigomba gushyirwa mu kazu gafite umutekano mwinshi iyo uzigejeje aho wazihungishirije. Fata igisorori kinini hamwe n'ipamba ryo gushyushya.

**Utunyamaswa duto twonsa** (imbeba z'ikizungu, ingugunnyi, n'utundi.) zishobora gutwarwamu kintu bazitwaramo gifite umutekano. Fata ibiryamirwa, udusorori tw'ibiryo n'amacupa y'amazi.

# Ubwugamo bikingamo Ibiza byateye

Rimwe mu mabwiriza ushobora guhabwa iyo mu kirere harekuriwe ibintu bishobora guteza ibyago ni ukujya” mu bwugamo bikingamo Ibiza byateye”. Uku kwikengera kuba kugamije gutuma ukomeza kuguma mu mutekano ukaguma mu nzu imbere. (Ibi bitandukanye no mu bwugamo rusange bahungishirizamo abantu nko mu ishuri cyangwa ahandi hantu.) **Ubwugamo bikingamo Ibiza byateye ni icyumba cy'imbere bahitamo kidafite idirishya cyangwa gifite amadirishya make maze bakagihungiramo.** Ntibivuga kudanangira inzu yose cyangwa inzu yose y' ibiro byawe.

Ushobora gukenera Ubwugamo bikingamo Ibiza byateye mu gihe hari ibihumanya bituruka ku miti y'ubutabire, y'ibinyabuzima cyangwa imirasire na yo ihumanya irekuriwe mu bidukikije by'aho utuye. Iyo ibyo bibaye, abayobozi b'inzego z'ibanze batanga amakuru kuri televiziyo no ku maradiyo agufasha kwikingira wowe ubwawe n'umuryango wawe. Nti-mufunge radiyo cyangwa televiziyo haba ku kazi cyangwa mu rugo kuko bishobora kubaburira vuba imiterere y'ibyago bishobora kubagwirira bikabateza igihombo.

## Menya uko biking mu bwugamo Ibiza byateye

- Funga kandi ushyiremo kare ku madirishya yose n'imiryango yo hanze.
- Niba bakubwiye kwikengera kuko hari ibishobora guturika, funga amadirishya n'ibiyakingira, n'amarido yombi.
- Zimya vantirateri, kimwe n' icyuma gishyushya mu nzu n'ikizana umwuka mwiza.
- Zimya umuriro wo mu mashyiga ushyushya mu nzu.
- Fata ipaki y'ibikoresho wifashisha mu butabazi bwihutirwa na radiyo.
- Jya mu cyumba cy'imbere **kidafite** amadirishya kiri hejuru. Jyanayo n'inyamaswa utunze mu rugo.
- Koresha izola na shitingi (ikomeye kurusha twa dushashi bahambiramo ibyo kurya) udanangire imitutu yose yo ku rugi n'imyenge yose iri mu nkuta z'icyumba.
- Komeza ukurikire radiyo na televiziyo kugeza igihe batangarije ko ibintu byongeye kuba amahoro.

# Guhungisha abantu hamwe n’ubwugamo rusange

Abayobozi bo mu nzego z’ibanze batanga itegeko ryo guhungisha abantu iyo iki-za kibugarije. Kurikira ibitangazwa kuri radiyo na televiziyo iyo havutse ibibazo bikenera ubutabazi bwihutirwa. Iyo abayobozi bo mu nzego z’ibanze bagusabye guhunga, hita ubikora!

## **Niba usigaranye igihe cyo guhunga cyonyine, shikuza ibi bikurikira:**

- Imiti–urupapuro rw’imiti bakwandikiye, udukoresho upimisha diyabete, n’ibindi.
- Amadarubindi cyangwa uturahure bomeka ku maso n’umuti usukura amaso
- Ipaki y’ibikoresho byifashishwa mu butabazi bwihutirwa
- Imyambaro n’ibiryamirwa
- Imfunguzo z’imodoka

## **Iyo abayobozi b’inzego zibanze batarabagira inama yo guhunga, dore intambwe usabwa gutera kugira ngo urinde inzu yawe mbere yo guhunga:**

- Kata amashanyarazi kuri fizibure nkuru cyangwa ku gikata umuriro maze ufungire n’amazi kuri konteri nini .
- Rekeraho gazi isanzwe ifunguye keretse abayobozi b’inzego z’ibanze babitegetse ukundi.
- Niba hitezwe umuyaga mwinshi, pfuka hanze ku madirishya.
- Iyo hitezwe umwuzure, utekereze gukoresha imifuka irimo umucangakugira ngo ubambire amazi.
- Ntusige impapuro zawe za ngombwa–uruhushya rwo gutwara imodoka, ikarita yo mu bwiteganyirize bw’abakozi, amasezerano y’ubwishingizi, icyemezo cy’amavuko n’icyo gushyingirwa, impapuro z’imigabane, impapuro z’iragi, n’ibindi.

Ubwugamo rusange bushobora gufungurwa mu bihe by’ubutabazi bwihutirwa cyangwa mu bihe by’ibiza. Ibinyamakuru byandikirwa mu gace ubamo bizatanzaga aho ubwo bwugamo buherereye.

Akenshi muri ubwo bwugamo muhabwa ibintu by’ubutabazi byihutirwa nk’amafunguro, ibitanda n’ibiringiti. Menya neza ko inyamaswa zo mu rugo (uretse izifashishwa mu kazi) akenshi ntibazemerera mu bwugamo rusange ku mpamvu zo gukingira ubuzima bw’abantu.

# Inkuba n'imvura zivanze n'imiyaga n'inkuba

**Niba wumvise inkuba ikubise , ni ukuvuga ko uri hafi y'aho umuyaga ukomeye uri kandi ko ishobora kugukubita.** Hita ujya mu bwugamo butekanye, kandi ukurikire ibitangazwa ku maradiyo na televiziyo byo mu karere maze ukurikirane amakuru n'amabwiriza. Reba neza ko radiyo ya NOAA y'iteganyagihe ifunguye.

Iyo umuyaga ukomeye uhuterera hafi y'aho uri, comokora za apareyi n'icyuma gikonjesha kikanashyushya mu nzu. Irinde gukoresha telefoni cyangwa apareyi iyo ari yo yose icomekwa, kandi ntujye mu bwiuhagiriro koga.

**Niba uri mu ishyamba, shaka ubwugamo munsi y'ibiti bigufi.** Niba urimo **ugashya cyangwa woga**, va mu mazi ujye ku nkombe uhite ushaka ubwugamo!

**Niba utabashije kubona ubwugamo**, jya ahantu hatari ubutumburuke burebure, ahantu hatari ikintu kure y'ibiti, inkingi zishinze cyangwa ibintu bikoze mu cyuma. Ca bugufi ku butaka bwitwe, maze ushyire ibiganza byawe ku mavi umutwe wawe uwushyire hagati y'amavi. **Ntugaramye ku butaka!**

Inkubiri y'umuyaga nimara guhita, irinde kwegera aho iyo nkubiri y'umuyaga yangije ibintu. Kurikirana amaradiyo na televiziyo byo mu karere kugira ngo wumve amakuru n'amabwiriza atangaza.

**Niba hari umuntu wakubiswe n'inkuba**, nta mashanyarazi aba amurimo ashobora gukorwaho umuntu umukozeho ntacyo aba. Telefona kuri 911 kandi umuhe ubufasha bw'ibanze.

Kumenya ubufasha fatizo bw'ibanze bishobora kugira akamaro, ubwo rero usabwe guhita utangira kubwiga. Amasomo yo kwiga gutanga ubufasha bw'ibanze atangwa kuri:

[Redcross.org/local/nd](http://Redcross.org/local/nd) cyangwa ugaterefona numero 800-252-6746

[Fmambulance.com/cpr](http://Fmambulance.com/cpr) cyangwa ugaterefona numero 701-364-1750



Niba ushobora kumva aho inkuba ikubise , ni ukuvuga inkubiri y'umuyaga yegereje ko bityo kandi ushobora kukubitwa n'inkuba.

# Serwakira

Hitamo ahantu abagize umuryango wawe bashobora gukoranira mu gihe serwakira iza itumbereye aho muri. Ibyiza ni ukujya mu nyubakwa ziri mu nsi y'ubutaka; niba ntayo mufite, hitamo ikirongozi, ubwogero cyangwa akabati k'imyenda mu nzu ahaciye bugufi kuruta ahandi.

**Niba uri hanze,** iruka ujye munyubakwa iri muni y'ubutaka cyangwa iruhande rw'inzu ikomeye cyangwa urambarare mu muferege cyangwa ahantu hitse.

**Niba uri mu modoka cyangwa mu nzu,** hita usohoka maze ugane ahantu hari umutekano.

Nyuma serwakira imaze guhitana, itondere insinga z'amashyamba zaguye kandi witarure ahari ibintu byononekaye. Kurikira amaradiyo na televiziyo z'aho utuye kugira ngo ukurikire amakuru n'amabwiriza batangaza.



Niba udafite inzu yo muni y'ubutaka, ubwogero buri muni ahantu hitse mu nzu yawe ni ahantu heza umuntu yabona ubwugamo umuntu yahungiramo mu gihe cya serwakira. Wibuke kugendana radiyo yawe y'iteganyagihe mu bwugamo bwawe bw'agateganyo.

## Insinga z'amashyamba zaguye

Nukubitana n'urusinga rw'amashyamba rwaguye, hita uva aho hantu maze uhamagare 911 wake ubufasha.

**Niba uri mu modoka ikakubwaho n'urusinga rw'amashyamba,** tegerereza mu modoka imbere kugeza igihe ubufasha bukugereye. Niba ugomba kuva mu modoka uhunga inkongi cyangwa igikomere cyashyira ubuzima bwawe mu kaga:

- Simbuka uve mu modoka, ugwe uhagaze ku maguru abiri.
- Ntufate urugi mu gihe usimbuka.
- Ukigera ku butaka, itarure—ntiwiruke.

# Ubushyuhe bukaze

Ibyago duhura na byo mu gihe cy'ubushyuhe bwinshi burimo:

**Ibinya biterwa n'ubushyuhe:** Ubu ni ububabare bwo mu mitsi no mu nyama bitewe no gukoresha imbaraga nyinshi. Hari ibimenyetso umubiri utanga hakiri kare byerekana ko umubiri ufite ikibazo cy'ubushyuhe.

**Umunaniro uturuka ku bushyuhe:** Ibi biba iyo umuntu akora imyitozo iremer-eye cyangwa akora cyane mu bushyuhe, ahantu haheherereye aho umubiri ubira amazi ukava ibyuya byinshi. Kugenda kw'amaraso mu mubiri biriyongera, bigatera kugabanuka kw'amaraso mu bice by'umubiri by'ingenzi. Ibyo bivamo ikin-tu gisa n'umutingito [shock]. Iyo uwagize icyo kibazo adasuzumwe ngo avurwe, ashobora kuremba kubera iyo stroke itewe n'ubushyuhe.

**Guhagarara gukora k'urungo biturutse ku bushyuhe:** Guhagarara gukora k'urungo biturutse ku bushyuhe bishyira ubuzima mu kaga. Sisitemu igenzura ubuzima bw'uwapashwe, ari yo itera kubira ibyuya kugiran go ihoze umubiri ihagarara gukora. Umuriro wo mu mubiri ushobora kuzamuka hejuru ku buryo byangiza ubwonko bikaviramo umuntu gupfa niba umuburiro utagabanutse vuba.

**Niba hari igihe cy'ubushyuhe bwinshi giteganije cyangwa se niba hari ubushyuhe bwinshi...**

- **Gabanya umuvuduko.** Wirinde igikorwa gitwara imbaraga nyinshi.
- **Guma mu nzu** igihe ki.rekire gishoboka
- **Ambara** imyenda itaremereye, idatitse amabara cyane.
- **Nywa** amazi menshi kenshi kandi buri gihe.
- **Rya** biryo bike kandi urye buri gihe.
- **Irinde** gufata ibinini keretse ubitegetswe na muganga.

Niba udafite icyuma gikonjesha mu nzu, gumana n'inshuti cyangwa n'umuryan-go, cyangwa ujye ahateganyijwe guhurirwa n'imbaga nk'ibigo abaturage bako-raniramo, insengero, n'amasoko.

**Nturekere inyamaswa worora hanze mu bushyuhe bukabije utazishyize mu gicucu cyangwa ngo uzihe amazi!**

# Imiyaga ikaze y'itumba n'ubukonje bukabije

Mbere y'uko habaho imiyaga ikaze, shaka ibindi biringiti kandi urebe neza ko buri muntu mu bagize umuryango wawe afite ikoti ryo kwifubika, udufubikantoki cyangwa imfubikabiganza, ingofero ishyuha, inkweto zitinjirwamo n'amazi.

**Mu gihe cy'umuyaga ukaze, irinde kujya hanze. Niba bibaye ngombwa ko ugenda** ambara imyenda yoroshye uyigerekeranyije—ibi bituma ushyuha kurusha igihe wambaye urukote rumwe ruremereye. Pfuka umunwa wawe kugira ngo urengere ibihaha ubirinde imbeho n'utuvungukira tw'ibintu twakwinjira mo.

Wagombye **kwirinda kugenda mu modoka** mu muyaga ukaze, ariko **niba bibaye ngombwa ko ugenda:**

- Itwaze ipaki y'ibikoresho by'ubutabazi mu modoka yawe.
- Mu modoka yawe lisansi ihore yuzuye.
- Reba umuntu umenyesha aho ugiye, umuhanda unyura n'igihe uteganya kuba wagezeyo.

## **Niba imodoka yakwamye...**

- Guma mu modoka. Ntugerageze kuyisohokamo ngo ujye gushakisha
- ubwugamo butekanye.
- Hambira agatambaro k'amabara (bibaye byiza gatukura) ku rusinga rwa
- radiyo y'imodoka kugira abatabazi bakubone.
- Atsa imodoka ufungure akuma gashyushya mu modoka iminota 10 muri buri saha.
- Fungura idirishya rimwe (ritareba mu muyaga) ku buryo bworoheje kugira ngo akuka kinjire.
- Atsa itara ryo hejuru rya kizunguzungu niba moteri yaka kugira ngo
- bakubone.
- Mu gihe wicaye nyeganyeza amaguru n'amaboko kugira ngo amaraso
- atembere kandi ukomeze ushyuhe.

Mu gihe wigizayo urubura n'igitiyo umuyaga ukazee umaze guhita, witonde nti-winanize. Umurimo utwara imbaraga nyinshi mu gihe cy'imbeho ushobora gutuma umutima wawe ukora cyane.

# Kwirinda Inkongi

Imiriro y'ishyamba akenshi itangira kuburyo butagaragara kandi igasakara bwangu, igakongeza ibihuru, ibiti n'amazu. Abantu nibo nyirabayazana y'imiriro myinshi y'ishyamba.

Gabanya ibyago byo kuba hari imiriro y'ishyamba yakongezwa mu gace utuyemo:

- wemera gukurikiza amategeko ariho abuza gutwika.
- terefona kuri 911 kugira ngo umenyeshye aho ubwatsi bwatwitswe cyangwa ubundi bwoko bw'i.miriro icanwa ahandi hatari mu rugo.
- kwigisha abana kwirinda inkongi no kwigiza kure aho abana batagera imyambi n'ibibiriti .

Kora ishusho y'uko inzu uzubaka izaba ikase n'impande zayo uzirikana kwirinda inkongi. Hitamo ibikoresho n'ibimera bikingira inkongi aho guhitamo ibiyongerera ubukana. Koresha ibikoresho bishya bigoranye cyangwa se bidashya ku isakaro no ku mpande z'inubako yawe.

Tera ibyatsi n'ibiti bidapfa gushya. Siga kanya kangana na 9m (30 feet)- kugeza kuri 15 m (50 feet)-kazengurutse inzu kugira ngo uyirinde gushya ukubura amababi n'amashami. Kuraho ibimera byose bikunda gushya. Kuraho amashami y'ibiti asatira igisenge cy'inzu. Saba sosiyete itanga amashanyarazi kwigizayo amashami y'ibiti asatira insinga z'amashanyarazi. Kuraho ibimera birandaranda ku nkuta z'inzu yawe kandi buri gihe ujye ukata ibyatsi by'ubusitani.

Siga akanya ka 3m (10 feet)- kazengurutse itanki ubikamo gazi n'ibyokezo. Shyira inkwi zo gucana byibuze ahantu hirengeye kuri 30m (100 feet)- z'inzu yawe cyangwa inzu y'ubucuruzi. Shyira ivomo ritunganye hirya y'inzu.Tunga umupira muremure wo kuhiza ubusitani ushobora kugera ahantu hose mu rugo.Shyira imiferege y'amazi ku mpande ebyiri z'inzu.

**Kurinda inzu inkongi** bitangirira mu gushyiraho **impuruza yiyivuzako iyo umwotsi ucumbye** hanze ya buri cyumba cy'uburyamo kandi kuri buri etaje.Niba abantu bawe baryama inzugi zikinze,shyira ihoni ryivuzako iyo umwotsi ucumbye mu byumba by'uburyamo.

**Suzuma** ko impuruza zivuzako iyo umwotsi ucumbye akora rimwe mu kwezi kandi **usimbure** bateri akoresha byibuze rimwe mu mwaka.Simbura ayo mahoni rimwe mu myaka 10.

**Tunga ikizimyamuriro kimwe cyangwa byinshi** mu nzu yawe. Vugana n'ishami rishinzwe kurinda inkongi kugira ngo bakugire inama y'ibikora neza kurusha ibindi. So-ma ku rupapuro rwa 3 numero ya telefoni y'ishami rishinzwe kurinda inkongi.

**Kwigisha abana kwirinda inkongi: [Sparky.org](http://Sparky.org)**



# Ibura ry'umuriro w'amashanyarazi

## Igihe cy'imbere y' Ibura ry'umuriro w'amashanyarazi...

- Niba umuryango w'inzu ubikamo imodoka ukoreshwa n'amashanyarazi,menya aho serire bafunguza intoki iherereye kandi wige uburyo bayikoresha.
- Rezerivuware y'imodoka yawe ijye ihoramo lisansi byibuze kugera mu cyakabiri; ipompo zo ku masitasiyo zikoresha amashanyarazi iyo zitanga lisansi.
- Ujye uhorana hafi bateri y'ingoboka ku bakoresha intebe z'abafite ubumuga zikoresha bateri.



Tunga radiyo ikoresha amabuye kugira ngo wumve amatangazo y'iteganyagihe n'amakuru yerekeye ibura ry'umuriro.

## Mu gihe umuriro w'amashanyarazi wagiye...

- Itoroshi uyikoresha gusa mu butabazi bwihutirwa—ntukigere ukoresha za buji kuko zakongera ibyago byo kuba inzu yashya igakongoka.
- Telefoni nyinshi z'inziramuguzi zikunze kudakora iyo umuriro w'amashanyarazi ugiye, bityo rero wiyemeze gutunga telefoni isanzwe yo mu nzu. Telefoni ngendanwa ntizikora uko bikwiye iyo nta muriro w'amashanyarazi uhari kuko insobemiyoboro za telefoni ngendanwa zibura umuriro ku minara isakaza amajwi mu gihe uhamagara.
- Funga ibikoresho byawe bikoreshwa n'umuriro w'amashanyarazi wakoreshaga mu gihe umuriro w'amashanyarazi ugiye. Siga itara rimwe ricanye kugira ngo uze kumenya igihe umuriro w'amashanyarazi ugarukira.
- Irinde gufungura firigo na firizeri. Imiti myinshi ikenera kubikwa muri firigo ishobora kugumana ubukonje amasaha menshi muri firigo ifunze.
- Ntucane moteri itanga umuriro mu nzu imbere cyangwa aho ubika imodoka cyangwa se ngo uyicomeke kuri sisitemu y'amashanyarazi usanganywe. Niba ukoresha moteri itanga umuriro comeka icyo ushaka gukoreshaho umuriro ku muguzi wa moteri.
- Kurikira radiyo wumve amakuru agezweho.

## Ubutabazi bwihutirwa ku bibazo biturutse kuri gazi icanwa

Ushobora kunganira ikumira ry'ibibazo biturutse kuri gazi uhamagaye serivisi ishinze gushomba aho ikibazo giherereye (kuri numero 811 muri Dakota y'Amajyaruguru na Minnesota) mbere yo gucukura iwawe. Ibi bizagufasha kwirinda gukomeretsa imiyoboro ya gazi.

**Mu gihe umwuka wa gazi uguhumuriye hanze**, itarure aho hantu kugera ubwo ugeze aho utacyumva umwuka wayo kandi uhamagare numero 911. Ntugaruke aho hantu kugera ubwo abayobozi bavuze ko ibintu ari amahoro bakabikwemerera.

**Iyo wumvise umwuka wa gazi mu nzu**, hita usohoka, usage ufunguye inzugi kugira ngo bitumen mu nzu haza umwuka mwiza. Ntiwatse ikibiriti, apareyi zikoresha umuriro cyangwa amatelefoni (telefoni ngendanwa cyangwa telefoni yo mu nzu) mu nzu cyangwa mu nyubako irimo uwo mwuka. Zimya amasegereti kandi nturase imyambi. Itarure inzu yawe wigire hirya ujye ahantu hatekanye kandi uterefone kuri numero 911. Ntugaruke aho hantu kugera ubwo abayobozi babishinze bavuze ko ibintu ari amahoro bakabikwemerera.

## Imyuzure no kurengerwa n'amazi bitunguranye

Ubu ni igihe cyo gusuzuma ibyago byo kugwirirwa n'umwuzure byugarije aho utuye. Niba utazi neza ko uba mu kibaya cyibasirwa n'imyuzure, baza abayobozi b'inzego z'ibanze. Niba uba kibaya cyibasirwa n'imyuzure, gura ubwishingizi bw'imyuzure.

Iyo **iteguza ko hazaba umwuzure** itangajwe, imurira intebe, ameza, utubati n'ibitanda kimwe n'ibikoresho bifite agaciro hejuru muri etaji y'inzu yawe. Itegere kuba wahungisha ibyawe n'abawe.

Iyo **itangazo rikuburira ko hari umwuzure** ritanzwe, kurikira amaradiyo na televiziyo byo muri ako gace wumve amakuru n'amabwiriza.

Iyo **itangazo rikuburira ko hari umwuzure utunguranye** ritanzwe, imukira hejuru ku gasozi kure y'imigezi, inzuzi, utugezi na za ruhurura.

**Ntutware imodoka ngo uyegereze ingomero.** Iyo imodoka yawe ikwamiye mu mazi arimo azamuka, hita uyita aho wurire ujye hejuru ku gasozi. Mu gihe cy'itangazo rikuburira ko hari umwuzure utunguranye, ntutware imodoka ngo uyegereze ingomero cyangwa ngo ugerageze kuyimanura mu muhanda warengewe n'amazi. Gusuzugura ukeka ko amazi agarukira bugufi bishobora kuviramo umuntu ikosa rimuhitana.

## Ubutabazi bwihutirwa ku bibazo byatewe n’imiti y’ubutabire

Mu bihe bimwe na bimwe, imiti y’ubutabire isanzwe ubundi itekanye ishobora guhinduka uburozi cyangwa igahumanya ubuzima bwawe. Ubutabazi bw’ingenzi bwihutirwa ku bibazo byatewe n’ubutabire ni impanuka yo kurekurira umwuka uhumanya ukomoka ku miti y’ubutabire mu bidukikije aho utuye. Izo mpanuka zishobora kubera munsu y’ubutaka, ku mihanda ya za gari ya moshi cyangwa imihanda minini, no mu nganda. Zishobora kuba intandaro y’inkongi cyangwa ibintu bigaturika, cyangwa ukaba ntacyo wabonye cyangwa ngo umwuka uguhumirire.

### Ushobora kugerwaho n’ibibazo byatewe n’ubutabire :

- uhumetse umwuka uva ku miti y’ubutabirel.
- umize ibiryo, amazi, cyangwa imiti ihumanye.
- ukoze ku miti y’ubutabire, cyangwa ugize aho uhurira n’imyenda cyangwa ibindi bintu byakoze ku miti y’ubutabire.

**Iyo uri hanze mu gihe umwuka uhumanya wica warekuwe**, guma inyuma y’aho uturuka uve mu cyerekezo cyawo.

Abantu benshi bakeka ko imiti y’ubutabire ari imiti ikoreshwa mu nganda gusa. Nyamara imiti y’ubutabire uyisanga ahantu hose—mu bikoni byacu, mu mazu kwa muganga, mu mazu yo munsu y’ubutaka n’amazu abikwamo imodoka. **Ibibazo byihutirwa biterwa n’imiti y’ubutabire bikunze kubaho n’iby’abana banywa imiti rwihishwa.** Bikunze kubaho, amavuta yo kwisiga, imiti yifashishwa mu isuku cyangwa indi miti y’ubutabire ikoreshwa mu rugo aho abana batareba cyangwa badashyikira. Iyo umwana ariye cyangwa anyoye ibintu bitaribwa, Shakisha ibikopo n’ibindi ubikamo ujye kuri telefoni. Hamagara ku Kigo gikurikirana ibirebana n’uburozi cyangwa kuri 911 maze ukurikize witonze amabwiriza uhabwa.

### Ibyo ugomba kwitondera ku birebana n’imiti mu rugo

- Irinde kuvangavanga imiti y’ubutabire ukoresha mu rugo.
- Jya iteka ubanza gusoma amabwiriza mbere yo gukoresha umuti mushya.
- Ntukajye na rimwe unywa itabi urimo ukoresha imiti y’ubutabire mu rugo.
- Hita usukura ahantu hamenetse umuti w’ubutabire, kingira amaso yawe n’uruhu rwawe.
- Jugunya imiti ahabugenewe kugira ngo urengere ibidukikije n’ubuzima bw’ibibamo.



**Public Health**  
Prevent. Promote. Protect.

## Ubutabazi bwihutirwa ku bibazo bireba ubuzima bw'abaturage

Ubutabazi bwihutirwa ku bibazo bireba ubuzima bw'abaturage birimo kwaduka kw'icyorezo, ubutabazi bwihutirwa ku bibazo bikomoka ku ibinyabuzima, ibibazo bitewe n'imiti y'ubutabire n'ibiza bisanzwe. Ibigo Bigenzura kandi Bikarinda abantu Ibyorezo bigushishikariza gutegura ipaki y'ibikoresho by'ubutabazi bwihutirwa ku bibazo byose byashyira ubuzima mu kaga ushobora gukoresha habaye ikiza icyo ari cyo cyose.

**Iterabwoba rikoresha imiti ihumanya** risobanura kurekurira mu bantu za virusi, bagiteri cyangwa indi migera (bita “abarinzi”) bikoreshwa mu gutera indwara kwica abantu, inyamaswa cyangwa ibimera. Imigera y'ibinyabuzima ishobora kunyanyagizwa mu mwuka, mu mazi cyangwa mu biribwa. Abakora iterabwoba bashobora gukoresha imigera y'ibinyabuzima kuko kuyitahura bigorana cyane kandi ikaba ifata amasaha cyangwa cy'iminsi myinshi mbere yo gutera indwara. Imigera, nka virusi itera indwara y'ubushita, ikwirakwira iva ku muntu ijya ku wundi, nka anthrax, si uko ikwirakwira. Abashinzwe ubuzima bw'abaturage muri Fargo Cass Public Health no mu karere ka Clay bafashe ingamba zo gutanga imiti no gutanga inkingo ku baturage muri rusange mu gihe cy'ubutabazi bwihutirwa bugoboka ubuzima bw'abaturage. Ahantu batangira imiti ku bantu benshi icyarimwe hatangazwa ku mugaragaro mu gihe hakenewe kugoboka abaturage byihutirwa.

### **Gufata ingamba zirebana n'icyorezo**

Abaturage ba Cass-Clay b'Abafatanyabikorwa mu birebana n'ubuzima bashyizeho ingamba zaba igisubizo mu gihe hashobora kwaduka indwara nk'icyorezo cya Giripe [pandemic influenza] cyangwa Ebola. Iryo tsinda rigizwe n'abahagarariye abandi bakomoka mu turere twa Cass na Clay, ibigo bya leta byita ku buzima, ibitaro, abakora mu nzu zita ku barwayi, ibigo bya za kaminuza, abakora mu nzu babungabunga ubuzima bwa rubanda n'amavuriro. Mu gihe cy'ubutabazi bwihutirwa mu kugoboka ubuzima bw'abaturage, hashyirwaho amavuriro kugira ngo akingire abaturage cyangwa abahe imiti.