



UMUTEKANO W'AMAZI

IHUGURE

Ikigo gishinzwe ubugenzuzi bw'indwara (CDC) kivuga ko ari yo mpamvu nyamukuru mu gihugu cyose itera ibikomere n'impfu ku bana bari hagati y'umwaka 1 n'imyaka 4 y'amavuko. Buri muni muri Leta zunze ubumwe za Amerika, habaho impfu zitunguranye zigera kuri 11, aho ku mwaka ziba zibarirwa hafi mu mpfu 4,000. Muri Indiana, habayeho impfu 216 ziturutse ku kurohama kuva mu 2018 kugeza mu 2021.

Kugenzura

Abana bagomba guhora bagenzurwa mu gihe hari ikintu kirimo amazi hafi aho, n'ubwo umwana yaba azi koga. Kora ku buryo hahora hari umuntu wahita afata akaboko k'umwana, cyane cyane abana bari muni y'imyaka 5 y'amavuko.

Nta bikinisho bitari gukoresha

Ntuzigere usiga ibikinisho mu mazi, kuko abana bashobora kubikurikira. Ibikoresho bireremba bimeze nk'inyamaswa cyangwa ibikisho byiza nabyo bigomba kwirindwa mu gihe ufite abana bato.

Gukuraho amazi

Mara amazi mu bwogero, benywari, indobo cyangwa ikindi kintu gishobora gufatira amazi, maze ucyubike.

Pisine

Ibipfuka pisine n'impuruzi bisohobora kongera ubwirinzi. Reba mu bwogero bwo maze urebe niba butariho igihu.

Pisine rusange

Niba mufite pisine rusange, kora ku buryo haba hari imyenda y'ubwirinzi, ariko imyenda y'ubwirinzi ntisimbura abarera abana.

Hejuru ya pisine

Bika kure urwego, ibikoresho bihuza ahantu n'ibikinisho biri hejuru ya pisine. Abana b'inshuke baba bazi kurira kurusha uko wabitekereza.

Ibirangaza

Gabanya ibiranganza (telefone ngendanwa, ibikoresho bya elegitoronike, gusurana n'abandi).

Inzitiro n'imiryango

Musabe ko pisine rusange, ibizenga bifata amazi cyangwa ikindi kintu kirimo amazi bishyirwaho inzitiro n'imiryango ifungwa. Abantu bakuru ni bo bagomba kubika imfunguzo gusa. Bigomba kuba ari uruzitiro rufite impande 4 kandi byibura rufite feet 4 z'uburebure. Bariyeri igomba kuba yifunga kandi inafite umuryango utafungurwa n'abana. Ibikoresho byo kuri pisine bigomba kuba biri kure y'uruzitiro kugira ngo bitifashishwa buririraho.

Inyigisho zihabwa abana

Igisha abana ibyago biterwa n'amazi, akamaro k'imyenda y'ubwirinzi no kwibira mu mazi magufi. Igisha n'abana bakuru ibirebana n'ibyago biterwa no kuja mu migezi cyangwa ibiyaga batari kumwe n'ababagenzura cyangwa badafite imyenda y'ubwirinzi. Bibutse ibirebana no kwibira cyangwa gusimbukira mu bintu birimo amazi, cyane cyane niba batabasha kureba mu ndiba yayo. Imikino yo gukirana nayo si ibintu byo gukorera mu mazi.

Amazi yabaye urubura

Irindi urubura ruri ku biyaga, ibizenga, imigezi na pisine. Ntibyoroshye kumenya umubyimba w'urubura cyangwa uko aho ruri ruhamye. Kugwa mu rubura bishobora gutera kurohama, urupfu cyangwa ibindi bibazo by'ubuzima bikomeye nko guhura n'ubukonje bukabije.

Kwirinda ibisindisha

Kunywera ibisindisha hafi ya pisine bishobora kongera ibyago. Ubusinzi bushobora gutera ibibazo mu mitekerereze, kugira imyitwarire yakongera ibyago, gutakaza uburyo bwo guhuza ibintu ndetse n'igihe cyo gufatira ibyemezo.

IHUGURE (BIRAKOMEZA)

Ubushyuye

Ibyuma bishyushya amazi yo mu rugo ntibigomba gushyirwa ku gipimo kirenze 120° Fahrenheit. Ababyeyi n'abarera abana bashobora kongera ibikoresho bituma hadafunguka kugira ngo bakore ku buryo amazi ashushye aba atekanye ku bana.

Umutekano w'abana b'ibitambambuga

Ugomba kuguma ufunze umusarani mu gihe hari abana b'ibitambambuga

Ni Itegeko

Amategeko ya Indiana avuga ko abana bari muni y'imyaka 13 bagomba kwambara imyenda y'ubwirinzi yemewe na Leta zunze ubumwe za Amerika mu gihe bari mu bwato. Imyenda y'ubwirinzi ntisimbura kuba abantu bakuru bagomba kubagenzura.

Amasomo yo koga

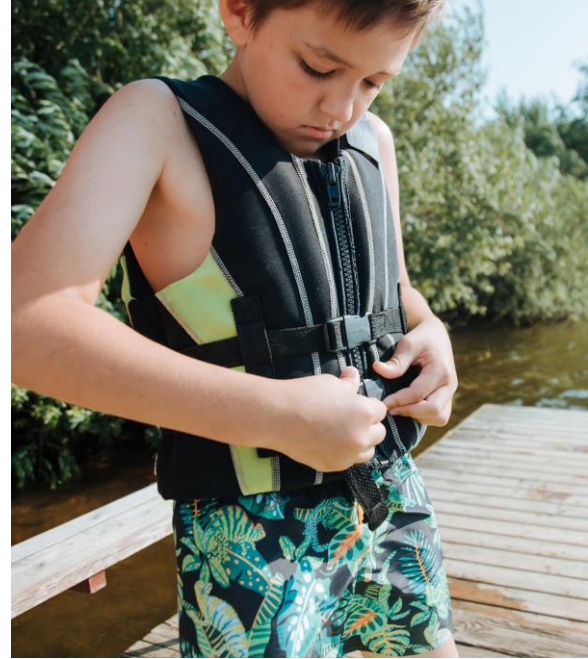
Jyana umwana wawe nawe ubwawe kwiga amasomo yo koga. Amasomo yo koga ni ingenzi cyane kugira ngo hakumirwe impfu ziterwa no kurohama.

Inyigisho z'ubutabazi

Menya ubutabazi bwa CPR kandi ugumisha ibikoresho by'ubutabazi, telefone na numero z'ubutabazi bwihutirwa hafi ya pisine bwose.

Abarera abana n'umuryango

Hugura buri wese wita ku bana bawe ibirebana n'umutekano w'amazi. Genzura inyubako kandi ubabaze ikibazo cyabaho mu gihe umwana wawe yakwegera amazi.



TEGURA GAHUNDA

Twese dukunda amazi, kandi ashobora kudutera ibyishimo bidasanzwe, ariko yanadutera ibyago bikomeye. Gutegura byoroheje byadufasha gukora ku buryo abantu bose baba batekanye.

PCAIN.ORG

ABO TURI BO

Prevent Child Abuse Indiana yiyemeje gukumira ihohoterwa rikorerwa abana no kutabitaho. Mu kubikora, bituma tugira Indiana ahantu harushijeho gutekana, habereye abana bacu.



AMAKURU N'IMFASHANYIGISHO

Ku bindi bisobanuro byo gukumira no kurera ndetse n'imfashanyigisho, wasura urubuga rwacu cyangwa ugahamagara **1.800.CHILDREN** (1.800.244.5373)



KUGARAGAZA IHOHOTERWA RIKORERWA ABANA

Kugira ngo ugaragaze amakuru yerekeye ihohoterwa rikorerwa abana no kutabitaho, wahamagara **1.800.800.5556**



SHYIGIKIRA IBIKORWA BYACU

Shyigikira ibikorwa byacu muri Leta yose kugira ngo hakumirwe ihohoterwa rikorerwa abana no kutabitaho ugura Kids First License Plate. Sura BMV ikwegereye cyangwa www.in.gov/dcs/2456.htm ku bindi bisobanuro.

DUFATANYIJE, KUBIKUMIRA BYASHOBOKA.