GAHUNDA YANJYE

Mu gihe imiryango yatandukanye iyo habaye ikibazo cyihutirwa:

Gahunda igomba kuba yarateganyijwe mbere:

- Ujya uherekeza abana bato;

  _____

- Ujya ufasha abantu bageze mu zabukuru;

  _____

- Ujya ufasha abantu bafite ubumuga;

  _____

- uburyo amatungo azimurwa nta gutinda kugenda;

  _____

- Ni iyihe nzira nyamukuru;

  _____

- Ni iyihe nzira y'ubundi buryo;

  _____

- Ni hehe ahantu ho guhurira;

  _____

- Ninde muntu wo hanze ugomba kuvugishwaho mu gihe cy'amage;

  _____

- Ni iki buri wese mu bagize umuryango azakora mu gihe umuryango waba watandukanye.

  _____

Amakuru yo guhamagara agomba kandi kubikwa mu nyandiko.



IGIKAPU

Igikapu kigomba kuba ahantu byoroshye kukigeraho kandi hazwi na bose, byaba byiza kiri hafi y'inzira isanzwe yo gusohokamo, ariko ntikiyibangamire.

Shyiramo, ukurikije ibyo buri muryango ukeneye:

- amazi meza ;
- ibiribwa bitangirika kandi byoroshye kurya;
- igikoresho cyo gufungura amabati gikoresha intoki, igihe bikenewe;
- imiti y'ingenzi umuntu akenera ku giti cye;
- agasanduku k'ubutabazi bw'ibanze;
- itoroshi;
- bateri z'inyongera;
- radiyo nto ikoresha bateri kandi itwarwa mu intoki;
- ifirimbi;
- batiri yo hanze yuzuye umuriro;
- insinga zo gusharijaho;
- ibikoresho by'ibanze by'isuku;
- udupfukamunwa
- dukwiye ku hantu hari umukungugu;
- uturindantoki;
- igitambaro kirinda ubushyuhe cyangwa umwambaro woroshye;
- amafaranga y'ingoboka mu noti z'amafaranga make;
- kopi z'inyandiko z'ingenzi zirinzwe;
- urutonde rwanditse rwa nimero za telefoni z'ingenzi mu gihe cyihutirwa;
- imfunguzo zikenewe;
- ibikoresho byihariye by'abana, abantu bageze mu zabukuru, abantu bafite ubumuga n'amatungo.

Buri gihe genzura:

- famatariki yo kurangiriraho;
- imiterere ya bateri;
- umuriro uri muri za batiri zo hanze;
- imiti;
- ibiribwa;
- amazi;
- impinduka mu nimero za telefoni, inyandiko n'ibikenewe by'umuryango.

Igikapu kigomba koroshya gusohoka, ntabwo ari ukubibangamira.





IKIGO CY'UBWAMI BW'AMAHORO N'UBUTABERA.

Gahunda yo Guhugura Abaturage: Gucunga Impanuka n'Imyiteguro yo Guhangana n'Ibyago

TSUNAMI

Igice cya 2

Mbere, mu gihe, na nyuma



Inyandiko yo kwigisha igenewe abaturage muri rusange bo muri Amerika y'Epfo no muri Leta Zunze Ubumwe za Amerika

Inyandiko ya 1 – 2026

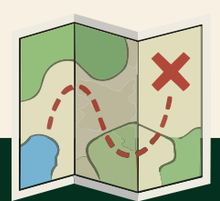
Icyiciro cya 1:

MBERE

Imyiteguro ibanziriza ni kimwe mu bikoresho bifatika cyane mu kurinda ubuzima bw'abantu mu gihe cya tsunami.



- **MENYA AGACE KAWE K'INGORANE**
  Menya, mbere y'uko habaho ubutabazi, niba utuye, ukorera, wiga cyangwa umara igihe mu gace gashobora kwibasirwa na tsunami.
- **MENYA INZIRA YAWE**
  Menya uko wagera n'amaguru ahantu hizewe kandi ugire n'indi nzira y'inyongera.
- **TEGANYA KUHAVA N'AMAGURU**
  Imodoka ishobora gufatirwa mu nzira kandi ikabangamira iyimuka ry'abantu.
- **TEGURIRA UMURYANGO WOSE**
  Abana, abantu bakuze, abantu bafite ubumuga n'abashinzwe amatungo bagomba kumenya gahunda.
- **ITOZE**
  Inzira izwi kandi yageragejwe ikoreshwa vuba kandi mu mutekano wisumbuye.



Kwitegura mbere bituma ubika iminota, **kandi buri munota ushobora kurokora ubuzima.**

Icyiciro cya 2:

MU GIHE URI KUBA

Mu gihe cy'ikibazo cya tsunami, igihe cyo kugera ahantu hatekanye gishobora kuba gito cyane.



- **IRINDE UMUTINGITO**
  Niba umutingito ukiri kuba, banza wirinde kunyeganyezwa. Sohoka ukimara kubona ko ushobora kugenda mu mutekano.
- **MENYE IBIMENYETSO BYA KAMERE**
  Umutingito ukomeye cyangwa umaze igihe, izamuka cyangwa igabanuka ritunguranye kandi ridasanzwe ry'amazi yo mu nyanja, cyangwa urusaku rukomeye ruturuka mu nyanja, bishobora kuba ibimenyetso bisanzwe by'umuburo.
- **Ntutegereze, sohoka ako kanya.**
- **Guma ahantu hizewe.**
- **Umuhengeri wa mbere ushobora kutaba ari wo munini kurusha indi.**
- **Jya kure y'inkombe.**
- **Fasha utabaye undi ikindi kibazo.**
- **Jya ahantu harehare cyangwa ujye imbere mu gihugu.**



Mu gihe cya tsunami, **buri munota ushobora kuba**

Icyiciro cya 3:

NYUMA

Amazi amaze gusubira inyuma ntibisobanura ko akaga karangiye.



- **KOMEZA KUMENYA AMAKURU**
  Nyuma y'ibyabaye, komeza gukurikirana amatangazo y'inzego zibifitiye ububasha.
- **WUBAHA AHANTU HAFITE IMIPAKA Y'UKWINJIRAMO**
  Nubwo inzego zibifitiye ububasha zaba zatangaje ko nta yindi mihengeri y'inyongera itegerejwe, ahantu hamwe hashobora gukomeza kuba hateje akaga gakomeye.
- **RINDA UBUZIMA BWAWE**
  Iyo amaherezo byemejwe ko kwinjira byemewe kandi ibikorwa byo gusana bitangiye, koresha ubwirinzi bukwiye hakurikijwe ibyago bihari.
- **FASHA MU BURYO BUTEGUWE.**
  Ubufatanye bw'abaturage ni ingenzi cyane nyuma y'ibiza, ariko bugomba gutegurwa neza.
- **Irinde amazi yanduye n'inyubako zangiritse.**



Intego si ukugaruka vuba bishoboka, ahubwo ni ukugaruka igihe ari bwo buryo bwizewe.