



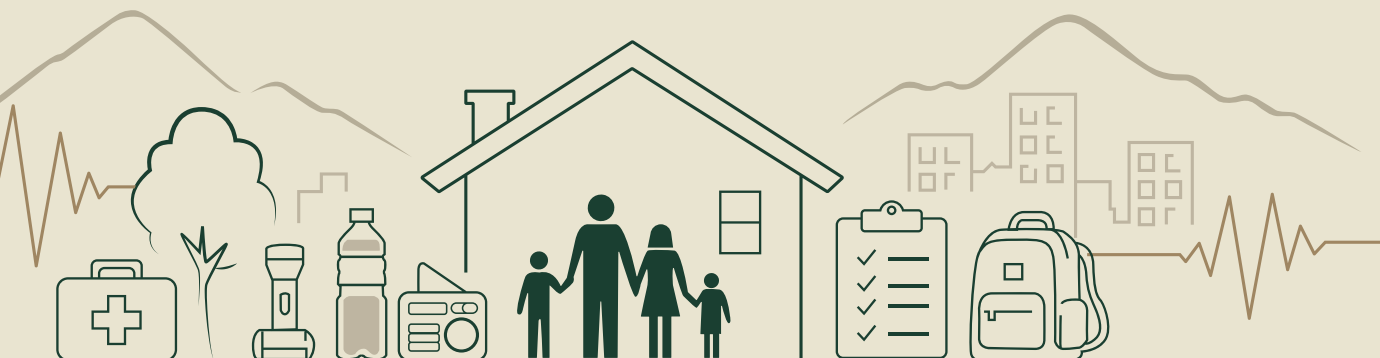
IKIGO CY'UBWAMI BW'AMAHORO N'UBUTABERA.

**Gahunda y'amahugurwa y'abasivili:
Imicungire y'ingaruka no kwitegura ibihe by'amage**

IMITINGITO

IGICE CYA 1

ICYICIRO CYA 3: NYUMA



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

Inyandiko ya 1 – 2026

IMFASHANYIGISHO KUBYEREKEYE IBIZA: IMITINGITO
IGICE CYA 1 · ICYICIRO CYA 3: NYUMA Y'UMITINGITO
Ku ruho, umuryango n'abaturage muri rusange

| Ihindurwa rya mbere · Nzeri 2026

IMITINGITO IGICE CYA 1 - ICYICIRO CYA 3: NYUMA © 2026 By'

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• IHINDURWA:

Ikigo cy'Ubwami bw'Amahoro n'Ubutabera.

• ICYEREKEYEZO:

Dr. José Benjamín Pérez Matos — Presidente

• ISUBIRAMO RYA TEKINIKI:

Olexandr Parkhomenko

Inzobere mu Micungire y'Ingaruka z'Ibiza

Injeniyeri w'Ibyuma bya Nucleaire

• DIZAYINE N'IBISHUSHANYO:

Ikipe y'aba Dizayina CRPJ

AHO BIGARUKIRA:

Iyi mfashanyigisho igenewe abantu n'imiryango bifuza kwitegura mu ngo
zabo no mu mibereho babamo.

Ifite intego zo kwigisha no gukumira. Ntabwo isimbura amabwiriza
y'inzego z'ibanze ashinzwe kurengera abasivili, amabwiriza y'inzego
zibifitiye ububasha, cyangwa isuzuma ry'umunyamwuga ubifitiye
ubushobozi. Buri muntu na buri muryango bagomba guhuza izi nama
n'imiturire yabo ndetse n'imibereho barimo.

Mu gihe cy'amage, buri gihe mukurikize amabwiriza y'inzego zibishinzwe
zo mu bihugu byanyu.

• GUKOPORORA:

Kwemererwa gukoporora iki gitabo cyose cyangwa igice cyacyo, mu gihe
bitagamije inyungu, kandi hagaragazwa inkomoko.



Ikigo cy'Ubwami bw'Amahoro n'Ubutabera

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IMITINGITO

IGICE CYA 1 | ICYICIRO CYA 3: NYUMA

Umutekano, isuzuma, kwimura abantu ahantu hatakanye, no gutangira gusana ibyangiritse.

Iyo kunyeganyega gukomeye kw'umutingito birangiye, ntibisobanuye ko byanze bikunze ko ibyago by'amage biba birangiye. Hashobora kuba harangiritse inyubako, hakaba inkongi z'umuriro, imyuka ya gaz isohoka, insinga z'amashanyarazi zaguye hasi, ibirahure byamenetse, ibintu bidashikamye, serivisi z'ingenzi zahagaze ndetse n'abantu bakomeretse. Byongeye kandi, hashobora kubaho imitingito ikurikiraho, ishobora gutuma ibintu byongera kugwa cyangwa inyubako zari zarangiritse zikagwa. Ni yo mpamvu, mu minota ya mbere no mu masaha akurikira umutingito, ari ingenzi cyane kugira ubushishozi, kubanza gusuzuma ibikikije mbere yo kwimuka, no gukurikiza amabwiriza y'inzego zibishinzwe n'abatanga ubutabazi bw'ibanze.

Nyuma yo kunyeganyega:

Icyihutirwa kurusha ibindi ni: **UKURINDA UBUZIMA.**



GUSUZUMA-KWIRINDA- KWIMUKIRA AHANTU HATEKANYE BIBAYE NGOMBWA – GUKOMEZA KUMENYA AMAKURU.



3.1 NYUMA Y'UKO KUNYEGANYEGA BIRANGIYE

Iyo kunyeganyega birangiye, ntuhite wihutira kujya ku muryango usohoka. Reba vuba aho uri hose, maze urebe niba hari ibyago byihutirwa bikwegereye.

01 Witondere cyane:



Niba uri ahantu hatakanye kandi nta kaga gahari kari hafi, komeza utuze maze umenye inzira itekanye kurusha izindi mbere yo kuhava.

02 NIBA ARI NGOMBWA KWIMUKA UKAVA AHO URI:

genda utiruka	koresha inzira zikomeje kuba zitekanye;	ntukoreshe asanseri	irinde gusunikana no guteranira hamwe kw'abantu benshi;	fasha abakeneye ubufasha, ariko wirinde kwishyira mu kaga bitari ngombwa	gumana abana n'abandi bagize itsinda ryawe bari kumwe	jya ahantu hagenwe ho guteranira cyangwa ahantu abayobozi berekanye.	iyana ibikoreshe by'ubutabazi gusa niba biri hafi kandi ushobora kubifata utadindije kwimuka igihe ari ngombwa;
Umaze gusohoka hanze, jya kure y'inyubako zangiritse, ibice by'inyubako byo ku mpande z'inyuma, za balkoni, imisaya y'inyubako, inkuta, inkingi, insinga z'amashanyarazi n'ibindi bintu bishobora kugwa.				Ntugasubire mu nyubako yangiritse kugeza igihe abayobozi cyangwa inzobere zibifitiye ububasha zemeje ko kuyinjiramo byongera kuba bitekanye.			





3.2 WITEGURE IMITINGITO IKURIKIRA

Nyuma y'umutingito wabanje, hashobora kubaho indi mitingito ikurikiraho.

Imwe muri yo ishobora kuba ikomeye ku buryo ishobora gutuma ibintu bigwa cyangwa ikarushaho gukaza umurego w'ibyangiritse bisanzwe bihari.

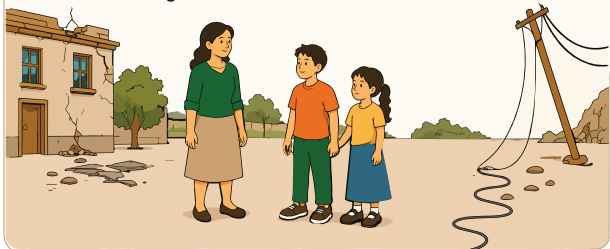
01 Niba hatangiye kongera kubaho kunyeganyega:



02



Niba usanzwe uri ahantu hafunguye kandi hatekanye, guma kure y'inyubako, inkingi, insinga, inkuta n'ibindi bintu bishobora kugwa.



Ntukinjire mu nyubako zangiritse mu gihe nta mpamvu ikomeye ibiguteye.



Inyubako yagumye ihagaze nyuma y'umutingito wabanje ishobora kuba yarangiritse ku buryo ibyangiritse bitagaragara byoroshye n'amaso.



3.3 ABANA NYUMA Y'UMUTINGITO

Abana bakeneye kurindwa ku mubiri, kugenzurwa no guhabwa ubufasha bubafasha gutuza mu marangamutima

01 Iyo kunyeganyega birangiye:



reba vuba niba bafite ibikomere bigaragara;



bagumane hafi y'umuntu mukuru ubashinzwe;



ntukemere ko bagenda bonyine ahari imyanda y'inyubako zasenyutse, ibirahure bimenetse, insinga cyangwa ibindi byago;



niba bishoboka, bakoreshe inkweto zifunze kandi zikomeye;



Mu gihe cyo kwimuka mu butabazi, mujye mubafata ukuboko cyangwa mubafashe mu buryo bukwiye, mukurikije imyaka yabo n'imiterere y'aho hantu.



Ntimukemere ko basubira inyuma kuja gushaka ibikinisho, amatungo cyangwa ibindi bintu.



Mubagumishe kure y'inyubako zangiritse n'ibikorwa byo gutabara.



Basobanurire mu magambo yoroshye icyo bagomba gukora.

02

USHOBORA GUKOresha AMABWIRIZA NKA:



"Gumana nanjye".

"Tugendane".

"Ntugire icyo ukoraho kiri hasi".

"Niba umutingito wongeye kubaho, turongera twirinde".



Irinde gutanga amakuru ateza ubwoba cyangwa gushyira abana bitari ngombwa mu mashusho cyangwa ibihe bishobora kongera umubabaro n'ubwoba bafite.



Igihe bishoboka, bahe ibikorwa byoroshye kandi bitekanye bibafasha gutuza no kumva ko bari kumwe n'abandi.





3.4 KWIMUKA HAMWE N'AMATUNGO

Nyuma y'umutingito, shaka amatungo yawe igihe ushobora kubikora utishyize mu kaga.

Mbere yo gufungura imiryango ijya hanze, shyira itungo mu buryo bwo kurigenzura kugira ngo ugabanye ibyago byo guhunga.

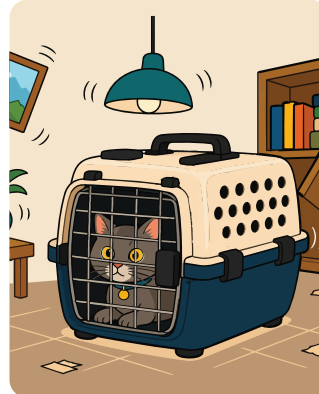
01 Bitewe n'uko bikwiye:



shyira imbwa umugozi wo kuyobora n'umukandara wo kuyifata.



Utilice bozal solamente cuando el animal lo requiera y esté habituado a utilizarlo. koresha umunwa w'imbwa (muselière) gusa iyo itungo ribikeneye.



shyira injangwe n'andi matungo mato mu gasanduku kabugenewe ko kuyatwaramo.

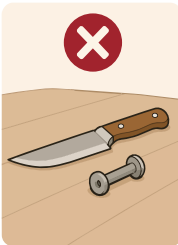


gumana amatungo yawe ayobowe kandi agenwe neza mu gihe cyose cyo kwimuka.

02 Ntukemere ko amatungo agenda yisanzuye ahantu hashobora kuba hari:



ibirahure bimenetse



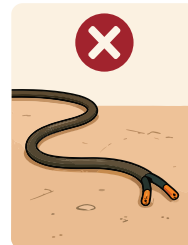
ibintu bikomeretsa cyangwa bikata;



imyanda y'inyubako zasenyutse



ibintu cyangwa imiti byamenetse;



insinga z'amashyamba;



ahantu hashyushye cyane;



ibindi byago.



Aho guteranira, guma ugenzura itungo urifashe ku muguzi cyangwa ku mukandara waryo, cyangwa urigumane mu gasanduku kabugenewe kuritwaramo.



Urusaku, intabaza, abantu, andi matungo n'imitingito ikurikiraho bishobora gutuma amatungo yitwara mu buryo butateganyijwe, ndetse n'ayo ubusanzwe aba atuje.



Ntugasubire mu nyubako idatekanye cyangwa ishobora guteza akaga, ugamije gusa gushaka itungo.



Iyo imiterere y'aho hantu ituma ushobora kurishaka utishyize mu kaga gakomeye, bikore witonze.





3.5 KUVA AHANTU HABA ABANTU BENSHI

Iyo umutingito umaze guhagarara mu kigo cy'ubucuruzi, mu isoko rinini, muri sinema, mu nzu y'imyidagaduro, kuri sitade, mu rusengero, ku ishuri, kuri sitasiyo, muri salle cyangwa ahandi hantu hari abantu benshi, irinde kwihutira kwivanga mu kivunge cy'abantu.

Kurikiza amabwiriza y'abakozi bashinzwe aho hantu, abashinzwe ubutabazi, inzego z'ubutabazi cyangwa abayobozi.

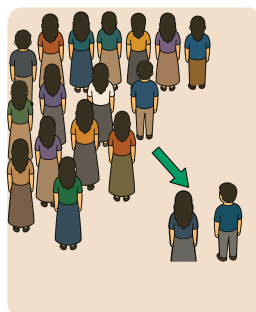
01 Mu gihe cyo kwimuka:



02 NIBA URI MU MBAGA Y'ABANTU BEGERANYE CYANE:



Irinde kurwanya mu buryo butaziguye icyerekezo abantu barimo kuganamo.



Niba bishoboka, gerageza kwimuka buhoro buhoro ahantu hatari abantu benshi.



Gumana amaboko ahinnye imbere y'umubiri kugira ngo ubone umwanya wo guhumeka.



Komeza kuringaniza umubiri kandi wirinde kugenda cyangwa gukora ibintu mu buryo butunguranye.



Nugwa kandi ntubashe guhita uhaguruka, rinda umutwe n'ijosi, kandi gerageza kuryama ku ruhande cyangwa kwishyira mu mwanya ukomatanze kugeza ushoboye kongera guhaguruka.



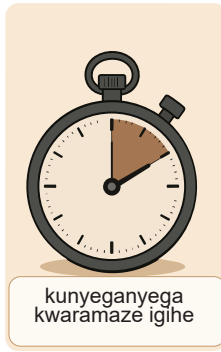
3.6 NIBA HABAHO INGARUKA Z'UMWUZURE WA TSUNAMI

Umuringito ubaye mu gace kari ku nkombe z'inyanja ushobora gutera umwuzure wa tsunami.

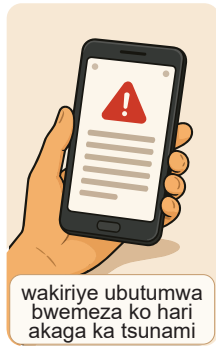
01 Niba uri hafi y'inkombe kandi...:



umuringito wari ukomeye



kunyeganyega kwaramaze igihe



wakiriye ubutumwa bwemeza ko hari akaga ka tsunami



ubona amazi y'inyanja asubiye inyuma cyangwa yazamutse mu buryo budasanzwe



wumva urusaku rudasanzwe ruturutse ku nyanja



cyangwa abayobozi bategetse ko abantu bimuka

HITA UHUNGA UVE KU NKOMBE Z'INYANJA!



Ntugereze byanze bikunze ko habanza gutangwa ubutumwa bwemewe n'ubuyobozi niba hari ibimenyetso kamere bigaragara by'uko hashobora kuba tsunami.



Jya imbere mu gihugu cyangwa ujye ahantu hirengeye, unyuze mu nzira zateganyijwe kandi zashyizweho ibimenyetso zo kwimuka.



Niba bidashoboka kugera ahantu hirengeye, koresha inyubako ubuyobozi bwagaragaje cyangwa bwemeje ko ikwiriye gukoreshwa mu kwimuka ujya mu nyubako ndende, maze ujye ku rwego rw'inyubako rwerekanwe.



Ntishyirireho ku giti cyawe intera cyangwa ubuhagarike bw'ahantu nk'aho ari byo byizewe hose. Uturere tugenewe kwimukirwamo dutandukana bitewe n'imiterere y'ubutaka, imiterere y'inkombe n'imigambi yashyizweho kuri buri hantu



Ntugasubire ku nkombe nyuma y'umuhengeri wa mbere. Tsunami ishobora kuba igizwe n'imihengeri myinshi, ishobora gutandukanywa n'ibihe birebire.



Guma ahantu hizewe kugeza igihe abayobozi batangariye ku mugaragaro ko akaga karangiye.





3.7 ABANTU BAGWIRIWE N'IBIKUTA BY'INYUBAKO

01 NIBA UGWIRIWE N'IBYANGIRITSE:

✓
Gumana ituze uko
ushoboye kose;

✗
Irinde kugenda
cyangwa gukora ku
bintu ibintu bitari
ngombwa bishobora
kwimura ibyasenyutse
by'inyubako
bitarajegajega.

✓
Rinda izuru n'umunwa
umukungugu
ukoresheje
agapfukamunwa; niba
ugafite, koresha
umwambaro.

✗
Ntucane imisumari,
amatara yaka, buji
cyangwa undi muriro
uwo ari wo wose.

✗
Ntukore ku bikoreho
cyangwa insinga
z'amashyamba.



✓
Koresha ifirimbi niba
uyifite.

✓
Kubita buri gihe
umuyoboro, urukuta
cyangwa ikindi kintu
gishobora gutwara
amajwi.

✓
Taka gusa igihe bibaye
ngombwa kugira ngo
uhamagare
abagutabara, kandi
ugerageze kubika
ingufu.

✓
Koresha telefoni usabe
ubufasha cyangwa
utange amakuru y'aho
uri niba ufite umurongo
kandi ubishoboye
(wibuke kubika
umuriro wa batiri uko
bishoboka kose).

✓
Niba bishoboka,
menyesha umubare
w'abantu baguye mu
byago batabasha
gusohoka n'akaga ako
ari ko kose ushobora
kubona.



Ntugerageze kwimura ibintu
biremerye cyangwa ibice
by'inyubako, niba kubyimura
bishobora gutuma
ibyasenyutse byimuka.

Niba wakomeretse, gerageza
guhagarika kuva kw'amaraso
ahagerwaho ukoresheje
gukandira ku gikomere, igihe
ubishoboye.



Komeza witeguye ko
hashobora kubaho imitingito
yisubiramo.



3.8 GUFASHA ABANTU BAGUYE MU KAGA

Abantu ba mbere bagera ku muntu wakomeretse nyuma y'umutingito bashobora kuba abo mu muryango we, abaturanyi, abahisi n'abagenzi cyangwa abandi bagize umuryango mugari. Ariko kandi, gutabara umuntu utabanje gusuzuma ibyago bihari bishobora gutuma habaho abandi bahitanwa n'ibyo byago.

Mbere yo kugerageza gutabara:

ITEGEREZE – SUZUMA – NTUBE UNDI MUNTU WATEZA AKAGA



Ntukinjire mu nyubako yangiritse bikomeye, iri mu kaga ko guseniyuka, irimo inkongi y'umuriro, ifite imyuka ya gaze isohoka, insinga z'amashyamba zikiriho umuriro cyangwa ibindi byago bikomeye.



01 Niba umuntu wafatiwe mu matongo agaragara:



Ganira na we;



Shakisha uko wabimenya, uko bishoboka, niba akiri maso kandi niba yakomeretse;



Hita ubimenyesha serivisi z'ubutabazi;



Tanga neza ahantu aherereye;



Komeza kuvugana na we;



Mufashe gutuza;



Mubwire kwirinda kunyeganyega bitari ngombwa;



Kuraho gusa ibintu bito, bitaremereye kandi bigaragara ko nta kaga biteza, igihe bibaye ngombwa kugira ngo ubashe kumufasha;



Ntukureho ibintu bishyigikira ibice by'inyubako;



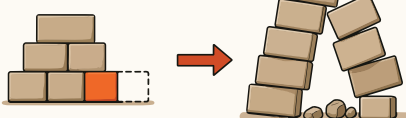
Ntukimure imirongo y'inyubako, inkongi, ibisenge cyangwa ibindi bice byubaka inyubako;



Ntukoreshe za jeki, ibikoresho byo guturura cyangwa ubundi buryo bwateguwe bidafite umutekano kugira ngo uterure inyubako ziremereye, keretse ufite amahugurwa yihariye kandi imiterere y'ahantu ikwemerera kubikora mu buryo butekanye.



Zirikana ko kwimura ikintu gisa n'aho cyihariye bishobora guhungabanya ubudahangarwa bw'inyubako yose, bigatuma isenyuka.



Ibikorwa byo gushakisha no gutabara abantu mu nyubako zasenyutse bigomba, igihe cyose bishoboka, gukorwa n'abakozi babihuguriwe kandi bafite ibikoresho bikwiye.





3.9 UBUFASHA BW'IBANZE



01 Nyuma yo kugenzura ko aho hantu hatekanye ku rugero rushoboka:



shakisha abantu bakomeretse.



Saba ubufasha kuri serivisi z'ubutabazi igihe bishoboka.



Niba warahawe amahugurwa y'ubufasha bw'ibanze, bukoreshe ukurikije ibyo uzi n'ubushobozi ufite.



Banza wite ku bibazo bishobora gushyira ubuzima bw'umuntu mu kaga ako kanya.

02 Ntukimure umuntu wakomeretse bikomeye keretse:



hari akaga gakomeye hantu;



biba ngombwa cyane kugira ngo hatangwe ubufasha bukenewe mu kurokora ubuzima;



cyangwa abakozi babihuguriwe bakaba babitegetse.

03

Niba hari kuva amaraso menshi hanze kandi ushobora kubikemura mu buryo butekanye, kanda ku gikomere ukoresheje igikoresho cyangwa umwenda usukuye uboneka.



04

Komeza kuba hafi y'uwo muntu kandi umurinde ubukonje, ubushyuhe bukabije cyangwa ibindi bintu byo mu bidukikije, mu gihe utegereje ubufasha.



05

Ntugahye umuntu wakomeretse bikomeye, utaye ubwenge cyangwa ufite ihinduka mu mitekerezere ibyo kurya, ibyo kunywa cyangwa imiti, keretse ubitegetswe n'abakozi b'ubuzima.





3.10 INKONGI Z'UMURIRO, GAZE N'AMASHANYARAZI

Nyuma y'umutingito, inkongi z'umuriro zishobora kwaduka, kandi imiyoboro ya gaze n'amashanyarazi ishobora kwangirika

01 Niba wumva impumuro ya gaze cyangwa ugakeka ko hari gaze isohoka

Ntucane inkoni z'umuriro, amatara acanwa n'amavuta, buji cyangwa izindi ndimi z'umuriro;

Ntunywe itabi;

Ntukore kuri za interrupteur z'amashanyarazi;

Ntugacomeke cyangwa ngo ukuremo ibikoresho by'amashanyarazi;

Va aho hantu;

Jya kure y'aho hantu;

Menyesha uko ibintu bimeze serivisi z'ubutabazi cyangwa ikigo gishinzwe iyo serivisi.

Funga umuyoboro mukuru wa gaze gusa niba uzi uko ubikora, ushobora kuwugeraho mu buryo butekanye, kandi amabwiriza yo muri ako gace asaba ko ubikora.

Imiyoboro cyangwa uburyo bwo gukoresha gaze byafunzwe kubera gukewwa ko hari gaze isohoka ntibugomba kongera gufungurwa cyangwa gukoreshwa kugeza igihe bugenzuwe hakurikijwe amabwiriza yo muri ako gace.

02 Niba ubona ibyangiritse ku mashanyarazi

Jya kure y'ibi bikurikira:

insinga z'amashanyarazi zaguye;

Intsinga z'amashanyarazi zigaragara,

ibikoresho cyangwa imiyoboro y'amashanyarazi byatose;

imirabyo y'amashanyarazi;

udusanduku tugenzurirwamo amashanyarazi twangiritse;

ibikoresho by'amashanyarazi byangiritse.

Fata buri nsinga z'amashanyarazi zaguye hasi nk'aho zishobora kuba zigifite umuriro w'amashanyarazi.

Ntukore ku nsinga cyangwa ku kintu icyo ari cyo cyose kizikozeho.

Niba ushobora guhagarika amashanyarazi uri ahantu hatekanye kandi ukaba uzi uko bikorwa neza, bikore ukurikije amabwiriza yashyizweho agenga iyo nyubako cyangwa iyo sisitemu.

Bitabaye ibyo, tegereza ko abakozi babihuguriwe babikora.





3.11 KWINJIRA MU NYUBAKO NYUMA Y'UMUTINGITO

01



Ntuhite winjira mu nyubako nyuma y'umutingito.



Kuba inyubako itagaragara nk'aho yasenyutse ntibisobanura ko yizewe kandi itekanye.



Iyo inzego zibishinzwe zibujije abantu kwinjira ahantu runaka cyangwa mu nyubako runaka, kubahiriza ayo mabwiriza.



02

Mbere yo kwegera...

Reba uri ku ntera itekanye.



03

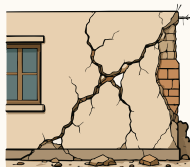
Witondere ibi bikurikira:



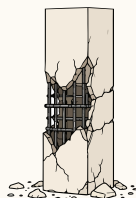
inyubako ihengamye ku buryo bugaragara;



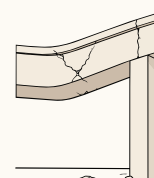
ibice by'inyubako byasenyutse;



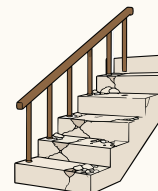
imyenge minini



inkingi cyangwa imitambiko byangiritse



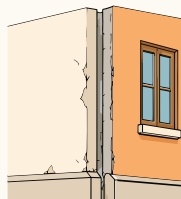
ibice by'inyubako byahinduye imiterere;



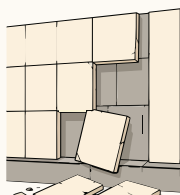
ingazi zangiritse



Amabaraza atagifite umutekano,



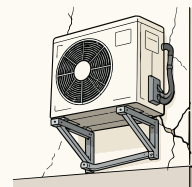
Ibikuta byatandukanye



Ibikoresho byubatse bitangiye kuva ku nyubako,



ibirahure;



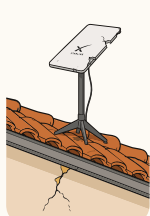
ibyuma bikonjesha cg bigashyushya umwuka



ibyapa;



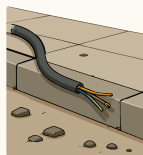
imiyoboro y'amazi yo ku nkuta cyangwa ku gisenge



antene,



ibintu bimanitse;



insinga z'amashyamba;



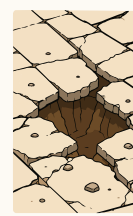
inkongi z'umuriro



impumuro ya gaze



amazi menshi ameneka;



ubutaka bwahamye cyangwa bwahinduye imiterere.



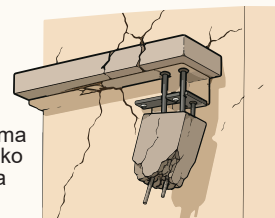
Niba ubona inyubako yangiritse bikomeye, jya kure yayo kandi ntuyinjiremo.



Ntuhagarare hafi y'inkuta zo hanze z'inyubako, amakonde, ibice by'inyubako bisohoka ku nkuta cyangwa inkuta zangiritse.



Undi mutingito ushobora gutuma ibice by'inyubako bigwa cyangwa inyubako igasenyuka.



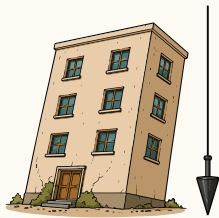


3.12 IBIMENYETSO BY'AKAGA BISABA KUGIRA UBWITONZI BUDASANZWE

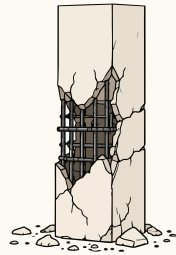
Fata ibi bikurikira nk'ibimenyetso by'akaga gakomeye cyane:



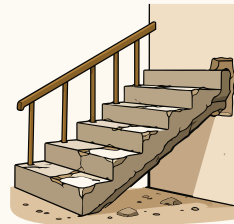
inyubako yasenutse yose cyangwa igice cyayo;



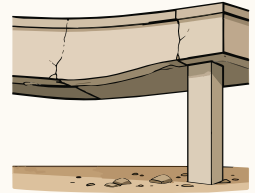
inyubako ihengamye cyangwa yimutse ku buryo bugaragara;



cinkingi cyangwa imitambiko byangiritse cyane;



Ingazi yahindutse imiterere, yatandukanye n'inyubako cyangwa yasenutse;



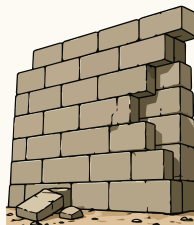
igorofa cyangwa hasi y'inyubako byahinduye imiterere;



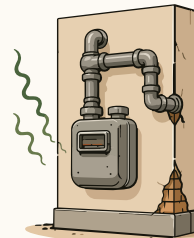
imyenge minini mu bice by'ingenzi by'inyubako;



amabaraza yangiritse;



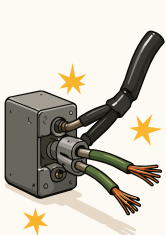
inkuta zidahamye;



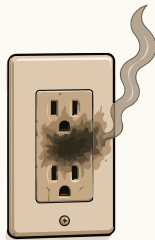
impumuro ya gaze;



umwotsi cyangwa inkongi y'umuriro



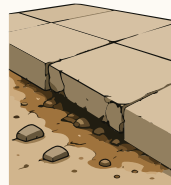
imirabyo y'amashyamba cyangwa insinga z'amashyamba zangiritse;



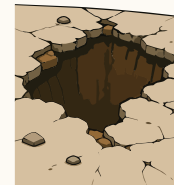
impumuro y'ibikoresho by'amashyamba byahiye;



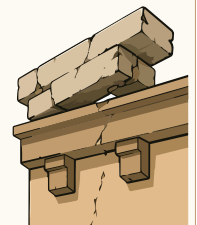
imiyoboro y'amazi cyangwa indi miyoboro yamenetse bikomeye;



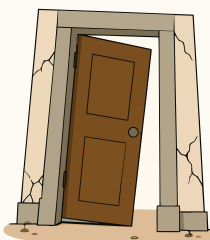
ubutaka bwatose;



imyobo minini cyangwa ibinogo byacukutse mu butaka;



ibintu biremereye byavuye aho byari bifashe cyangwa bidahamye.



Inzugi zitangiye gufunduka cyangwa gufunguka nabi mu buryo butunguranye zishobora kuba ikimenyetso cy'uko inyubako yagize ihinduka ry'imiterere, ariko ibyo byonyine ntibihagije kugira ngo hamenyekane uko imiterere y'inyubako ihagaze.



Ntugerageze kwikorera wenyine isuzuma rya tekini ry'umutekano w'imiterere y'inyubako.

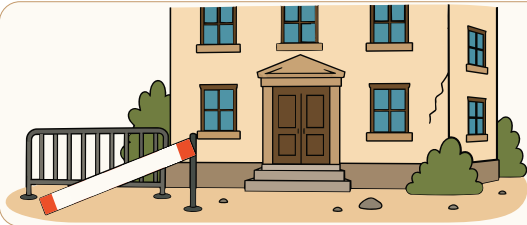


Iyo hari ugushidikanya, guma hanze kandi utegereze isuzuma ry'inzego zibishinzwe cyangwa ry'abanyamwuga babifitiye ubushobozi.





3.13 NIBA KWONGERA KWINJIRA MU NYUBAKO BYEMEWE



Garuka gusa igihe imiterere y'umutekano n'amabwiriza y'abayobozi bibyemeye.

Umaze kongera kwinjira:



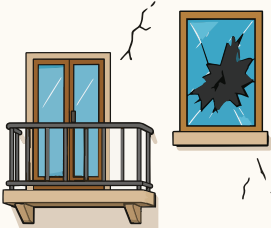
jya witondera imitingito ikurikira;



komeze kumenya inzira yo gusohokeramo;



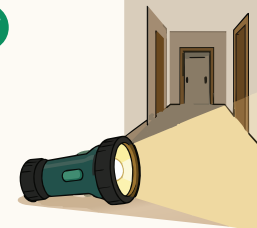
ntukoreshe ibyuma bizamura abantu (ascenseurs) kugeza igihe byemejwe ko bitekanye;



ntiwegere bidakenewe za balkoni, amadirishya yangiritse cyangwa ibindi bintu bidahamye;

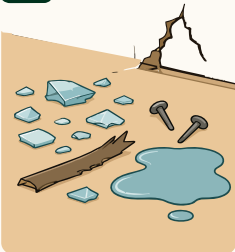


koresha inkweto zifunze kandi zikomeye;



koresha itara ryo mu ntoki niba urumuri rudahagije;

07



* itondere ibirahure, imisumari, ibintu bikata n'amazi cyangwa andi mazi yamenetse;

08



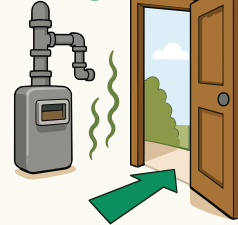
ntukore ku bikoresho by'amashanyarazi byatose cyangwa byangiritse;

09



ntucane umuriro;

10



muramutse mwumvise impumuro ya gaze, muhite musohoka aho hantu;

11



muramutse mbonye ibindi byangiritse bishya, musohoke kandi mutange amakuru kuri iyo mimerere.



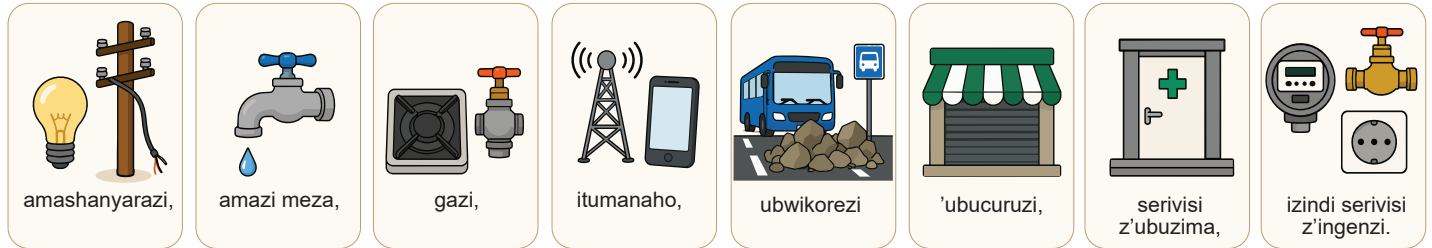
Ntumare imbere mu nyubako igihe kirenze icy'ingenzi mu gihe hakiri ukutamenya neza uko inyubako imeze. Garuka mu nyubako gusa igihe imiterere y'aho hantu n'amabwiriza y'inzego zibishinzwe bibyemera.





3.14 S IBIKORESHO BY'INGENZI

01 Umutingito ushobora guhagagagara by'agateganyo:



Koresha ibikoresho by'ubutabazi wateguye mbere.

02 Shyira imbere:



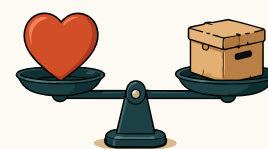
Koresha neza kandi mu buryo bushyize mu gaciro umutungo uhari.



Ntukinjire mu nyubako ishobora guteza akaga ugamije gusa kujyayo gufata ibintu.



Niba ukeneye ibikoresho byasigaye mu nyubako, tegereza kugeza igihe kuyigeramo bizashoboka mu buryo bwizewe.



Gusubirana ibintu by'umuntu ntibigomba na rimwe gushyirwa imbere y'ubuzima.





3.15 AMAZI NYUMA Y'UMUTINGITO

Ibyangiritse ku miyoboro y'amazi bishobora kugira ingaruka ku bwiza bw'amazi.

01



Witondere amatangazo y'inzego zibishinzwe yerekeranye n'uko ayo mazi akwiriye kunyobwa.

Niba inzego zibishinzwe ziburira ko amazi ashobora kuba yanduye, ntukoreshe ayo mazi mu:



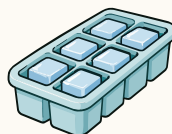
kuyanywa,



gutegura
amafunguro,



koza amenyo,



gukora urubura,



koza ibikoreshe
bigenewe
gutegurirwamo cyangwa
kuriramo amafunguro



gutegura
amafunguro
y'abana.

02



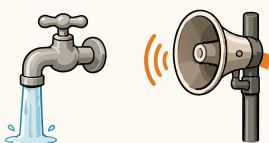
Koresha amazi yo mu icupa rifunze neza cyangwa andi mazi inzego zibishinzwe zemeje ko afite umutekano.

03



Niba inzego zibishinzwe zishyizeho amabwiriza yo guteka, kwica udukoko cyangwa gutunganya amazi, kurikiza ayo mabwiriza neza uko yakabaye

04

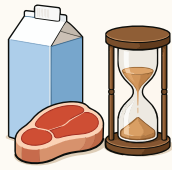
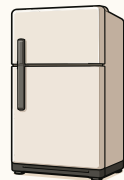


Ntukibwire ko amazi adafite umutekano kubera gusa ko habayeho umutingito; kurikiza amabwiriza ajyanye n'imiterere y'aho uri.



3.16 IBIRIBWA

Nyuma yo kubura umuriro w'amashanyarazi cyangwa kuba hari ibishoboka ko ibiribwa byanduye:

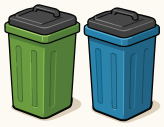
 Jugunya ibiribwa byahuye n'amazi yanduye igihe bidashobora kozwa cyangwa gutunganywa mu buryo bwizewe.	 Ntukarye ibiribwa bifite impumuro, isura cyangwa imiterere idasanzwe.	 Jugunya ibiribwa biri mu bikoresho bifunguye, byangiritse, byabyimbye cyangwa bitangiye gutemba;	 Witondere cyane ibiribwa byangirika vuba byamaze igihe bidashyizwe ahantu hakonje;	 Mu gihe umuriro w'amashanyarazi wabuze, komeza frigo n'icyuma gikonjesha ibiribwa bifunze igihe kirekire gishoboka
 Ntukarye ku kiribwa kugira ngo umenye niba kigifite umutekano wo kuribwa.		 Kurikiza amabwiriza y'inzego z'ubuzima yerekeye kubika isuku n'isukura no Kurya ibiribwa.		



3.17 ISUKU N'ISUKURA

Guhagarara kwa serivisi z'amazi, imiyoboro y'amazi yanduye no gutwara imyanda bishobora guteza ibibazo by'ubuzima

Mu buryo bushoboka, komeza:

01  kugira isuku y'intoki;	02  gutunganya ibiribwa mu buryo bwizewe;	03  gutandukanya imyanda;	04  koza no kwita ku bikomere;	05  kubungabunga isuku n'imimerere myiza y'isuku.
06  Ntukoreshe amazi ashobora kuba yanduye mu bikorwa by'isuku bijyanye n'ibiribwa.	07  Irinde gukora ku mazi y'imyanda mu buryo butaziguye.	08  Jya ukomeza abana n'amatungo kure y'amazi adatemba, imyanda, ibishingwe n'ibintu utazi icyo ari cyo.		





3.18 AMAKURU NYUMA Y'UMUTINGITO

Nyuma y'ibiza, ibihuha n'amakuru atari yo bishobora gukwirakwira vuba.

01

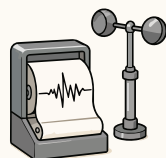
Kura amakuru kuri:



inzego zishinzwe
kurengera
abaturage;



inzego zishinzwe
ubutabazi;



serivisi zibishinzwe
zishinzwe
iby'iteganyagihe,
ubuyobozi
bw'inzego z'ibanze



inzego
z'ubuzima



ubuyobozi
bw'inzego
z'ibanze;

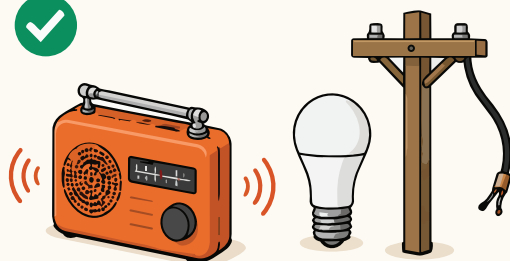


inzego
z'umutekano;



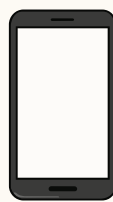
ibitangazamakuru
bitangaza
amakuru yemewe
kandi ashobora
kugenzurwa.

02



Koresha radiyo igendanwa igihe amashyamba
cyangwa imiyoboro y'itumanaho bitabonetse.

03



Ntukwirakwize
ubutumwa
udashobora
kugenzura inkomoko
yabwo.

04

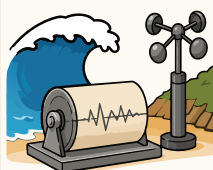
IBIGO BITANGA UBUFASHA KU BANTU



imiringito ikurikira
umutingito wa
mbere;



kwimurwa
kw'abaturage;



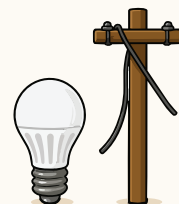
tsunami



inkongi z'umuriro;



uko amazi ameze;



ihagarara rya serivisi
zitandukanye;



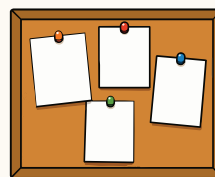
imihanda yafunzwe;



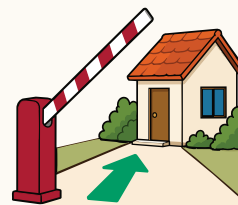
ahantu ho kuba
by'agateganyo
cyangwa ubuhungiro;



ibigo bitangirwamo
ubufasha;



abantu baburiwe
irengero;



gusubira mu duce
twimuwemo abaturage.

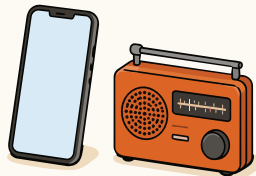




3.19 IBIGO BITANGA UBUFASHA KU BANTU

Nyuma y'umutingito ukomeye, inzego zibishinzwe n'imiryango itanga ubutabazi zishobora gushyiraho ubuhungiro, aho kwakirira abantu, ibigo bitanga ubufasha, ibigo by'ubuzima cyangwa ahandi hantu hagenewe gufasha abaturage bagizweho ingaruka n'ibiza.

Kuboneka kwabyo, aho biherereye n'ubufasha bitanga bizatwera n'imiterere ya buri kibazo cy'ibiza.



Shaka amakuru uyakuye ku nzego zemewe.

01

Ukurikije uko ibintu bimeze mu gace runaka, ibi bigo bishobora gutanga:



amazi,



ibiryo,



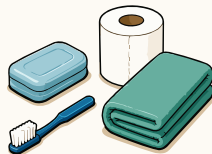
ubuvuzi,



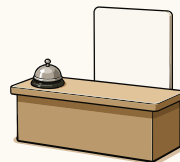
aho kuba by'agateganyo,



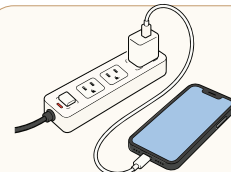
imyambaro,



ibikoresho by'isuku,



amakuru,



ahishyurirwa cyangwa hacagingwa ibikoresho by'ikoranabuhanga



uburyo bwo gutumanaho,



ubujyanama mu by'imibereho y'abantu,



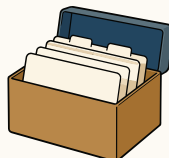
ubufasha bwo mu byiyumvo,



ubufasha ku bantu bafite ubumuga n'abandi bafite ibikenewe byihariye,



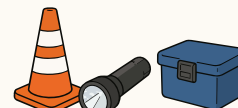
uburyo bwo gushakisha cyangwa kwandikisha abantu,



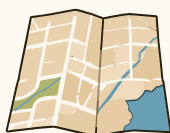
amakuru ku bantu baburiwe irengero,



ubuyobozi n'amabwiriza ku bakorerabushake



Izindi serivisi z'ubutabazi.



Ntukihutire kujya ku kigo runaka ushingiyeye ku makuru ashajwe cyangwa atagenzuwe.



Emeza ibigo by'ubufasha bikora koko nyuma y'umutingito.





3.20 UKO WAHURA N'ABAGIZE UMURYANGO

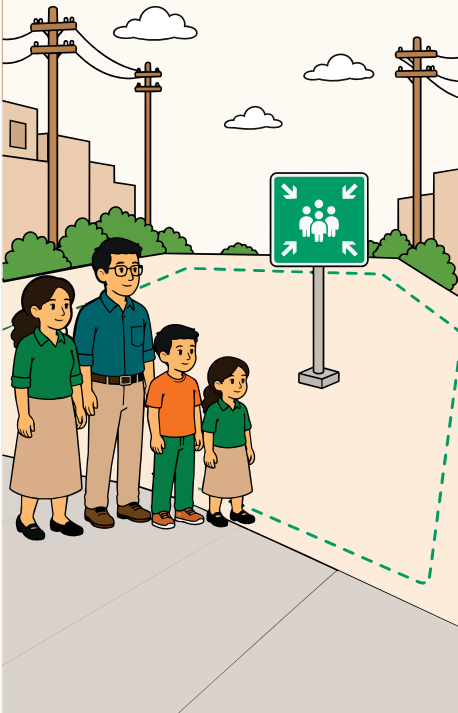


Nyuma y'umutingito, itumanaho n'ubwikorezi bishobora guhungabana.

Ntukazenguruke umujyi bitari ngombwa ushakisha abagize umuryango, niba ibyo bisaba kunyura ahantu hashobora guteza akaga.

Koresha gahunda y'umuryango mwari mwateguye mbere.

01 Ahantu ho guhurira hafi



Niba abagize umuryango bari mu rugo cyangwa hafi yarwo, nimujye ahantu h'ihuriro hizewe mwari mwemeranyijeho mbere.

Aho hantu hagomba kuba kure y'inkuta z'inyubako, inkuta, inkingi, insinga n'ibindi bishobora guteza akaga.

02 Ahantu h'ihuriro hasimbura ahandi.



Niba abagize umuryango bari mu rugo cyangwa hafi yarwo, nimujye ahantu hizewe ho guhurira mwari mwemeranyijeho mbere.



Ntugeraze kwambuka ahantu hagizweho ingaruka, ibiraro byangiritse, ahantu hafunzwe cyangwa ahantu hateje akaga kugira ngo ugere gusa aho mwari mwateganyije guhurira.



Umutekano uza mbere yo kongera guhura ako kanya.

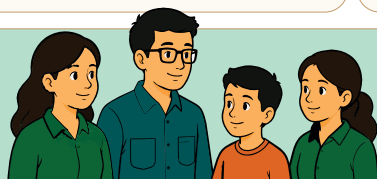
03 Kwimuka ku mugaragaro.



Si las autoridades ordenan abandonar un sector, diríjase al lugar de evacuación, refugio o zona segura indicada.



Iyo bishoboka, menyesha abagize umuryango wawe aho uri n'aho ugana.



Buri gihe kurikiza amabwiriza y'abayobozi kandi ukomeze gukurikirana amakuru atangwa ku mugaragaro.



3.21 UKO WAMENYESHA KO URI MU MUTEKANO

Imiyoboro ya telefoni ishobora kuba yuzuyemo abantu bayikoresha nyuma y'ibiza cyangwa ibihe by'ubutabazi.

01



Irinde guhamagara telefoni igihe kirekire bitari ngombwa.



Iyo itumanaho rikora, hitamo kohereza ubutumwa bugufi.

02

Ubutumwa bw'ingirakamaro bushobora kuvuga buti:

“MEZE NEZA KANDI NDI AHANTU HATEKANYE. NDI I [AHANTU]. NDI KUJYA I [AHO NDI [KWEREKEZA]. IGIHE: [IGIHE].

Niba ukeneye ubufasha, bivuge mu buryo busobanutse:

“NKENEYE UBUFASHA. NDI AHANTU [AHANTU NDI]. TURI ABANTU [UMUBARE]. [IBISOBANURO BIGUFI BY'IKIBAZO DUFITE].”

03

Iyo bishoboka:



koresha ubutumwa bugufi cyangwa serivisi zo kohereza ubutumwa;



irinde kohereza amafoto, amashusho na dosiye nini niba umuyoboro w'itumanaho urimo abantu benshi;



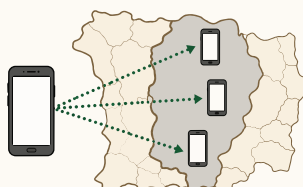
gabanya itumanaho ridakenewe;



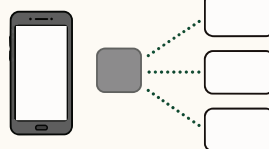
bika umuriro wa batiri;



- komeza guha amakuru umuntu w'umuhuza umuryango wari warahisemo mbere.



Umuntu w'umuhuza uri hanze y'ahantu hagizweho ingaruka ashobora gufasha gukusanya amakuru y'abagize umuryango batandukanye no kuyahuza, igihe imiyoboro y'itumanaho yo muri ako gace yaba yuzuye.



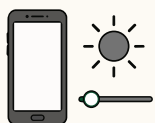
Ntukishingikirize gusa kuri porogaramu imwe, urubuga rumwe nkoranyambaga cyangwa uburyo bumwe bw'itumanaho.



3.22 BUNGABUNGA BATERI YA TELEFONI

Nyuma y'umutingito, amashanyarazi ashobora kumara igihe kirekire adahari.

Kugira ngo ubike umuriro wa batiri:



gabanya urumuri rwa ekara;



funga porogaramu udakeneye;



koresha uburyo bwo kubika umuriro wa batiri;



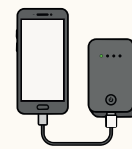
zimyira imiyoboro y'itumanaho udakoresha;



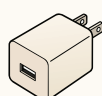
irinde kureba amashusho;



irinde guhamagara igihe kirekire;



koresha batiri zo hanze (power bank) igihe zihari;



bika umuriro uhagije kugira ngo ukoreshe mu itumanaho ry'ingenzi no kwakira ubutumwa bw'imbuze.



Ntuzimye imikorere y'ibikoreshe ikeneze kugira ngo wakire ubutumwa bw'imbuze cyangwa amakuru yemewe, igihe ibyo bishoboka binyuze ku gikoreshe cyawe



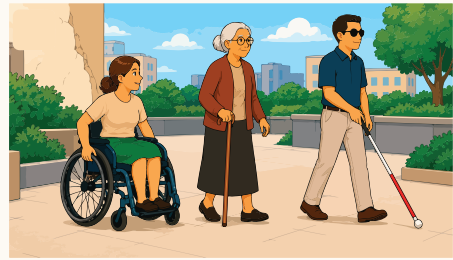


3.23 ABANTU BAFITE UBUMUGA N'ABANDI BAFITE IBYIFUZO BYIHARIYE BYO GUFASHWA

Nyuma y'umutingito, ibidukikije bishobora kuba byarahindutse ku buryo bukomeye.



Imyanda y'ibyangiritse, ibirahure bimenetse, kubura amatara, ibyuma bizamura abantu bidakora, inzitizi ndetse n'impinduka ku nzira zisanzwe zikoreshe, bishobora kugira ingaruka cyane ku bantu bafite ubumuga.



Ubufasha bugomba gutangwa hakurikijwe ibyo buri muntu akeneye.

NTIMUGATEKEREZE KU BUFASHA UMUNTU AKENEYE MUBAZE NIBA BISHOBOKA

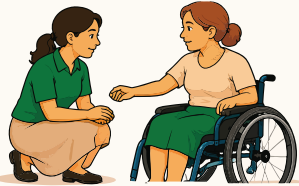


Shyigikira ubushobozi bwe bwo kwigenga kandi ibikoreshe by'ingenzi bimufasha kubaho no gukora ibikorwa bye bisanzwe bigume hafi ye.



3.24 ISUZUMA RYA MBERE RY'ABANTU BAFITE UBUMUGA

Mbere yo kwimuka:



reba niba hari ibikomere;



baza uwo muntu uko amerewe n'ubufasha akeneye;



reba niba ibikoreshe bimufasha kugenda cyangwa kuvugana bikimeze neza;



menya imiti cyangwa ibikoreshe by'ingenzi akeneye;



banza urebe neza inzira mbere yo gutangira kwimura abantu ahantu hatekanye;



sobanura neza impinduka iyo ari yo yose ikenewe ku buryo bwo kwimuka bwari buteganyijwe.



Ntuhatire umuntu gukora ibikorwa byo kwimuka bidakenewe.



Wibuke ko hari ibikomere bishobora kutagaragara ako kanya.



3.25 UKWIMURA ABANTU MU BURYO BWOROHAREZA ABANTU BOSE

Iyo kwimura abantu ahantu hatekanye bibaye ngombwa:



Koresha inzira zorohera abantu bese kandi zikiri mu mutekano;



Kurikiza gahunda y'ubutabazi yashyizweho;



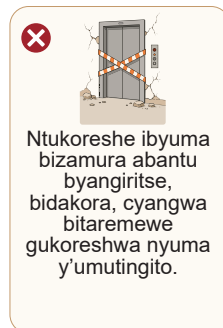
Ntutandukanye umuntu bitari ngombwa n'intebe ye y'abamugaye, inkoni imufasha kugenda, imbago, igikoresho kimufasha kugenda, ibyuma byumva bifasha kumva, ibikoresho bimufasha kuvugana cyangwa ibindi bikoresho by'ingenzi akenera;



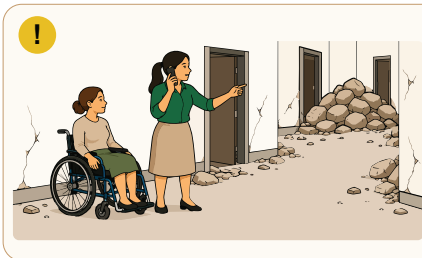
Saba ubufasha bw'abakozi babifitiye ubumenyi igihe bikenewe kwimura umuntu mu buryo bugoye;



Irinde gukoresha uburyo bwo gutwara umuntu bwihimbaye bushobora kumukomeretsa cyangwa gukomeretsa abamufasha;



Ntukoreshe ibyuma bizamura abantu byangiritse, bidakora, cyangwa bitaremewe gukoreshwa nyuma y'umutingito.



Niba inzira yari iteganyijwe itagishobora gukoreshwa n'abantu bese, hita ubimenyesha ababishinzwe mu kwimura abantu cyangwa serivisi z'ubutabazi.

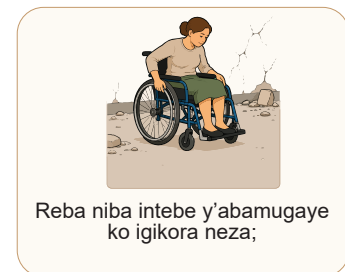


Ntugasige umuntu ahantu hateje akaga kubera gusa ko udahise ubona uburyo busanzwe bwo kumwimura.



3.26 ABANTU BAKOresha INTEBE Z'ABAMUGAYE

Nyuma y'uko umutingito uhagaze:



Reba niba intebe y'abamugaye ko igikora neza;



Genzura uko ibiziga, feri n'ibindi bice by'ingenzi bimeze;



Kuraho inzitizi nto igihe wabikora mu buryo butekanye;



Komeza umuntu mu ntebe ye y'abamugaye igihe cyose ikiri uburyo butekanye bwo kumufasha kugenda;



Koresha feri igihe intebe ihagaze;



Ntuzamure cyangwa ngo utware umuntu n'amaboko mu gihe bitari ngombwa;



Ntufate intebe y'ibimuga uyizamura ku bice bishobora gukurwaho cyangwa bitagenewe kwihanganira uburemere bw'umuntu mu gihe cyo kumwimura.



Niba intebe y'abamugaye ikoreshe amashanyarazi idakomeje gukora, baza uwo muntu uburyo asanzwe akoresha kugira ngo ahabwe ubufasha.



Iyo bibaye ngombwa kumwimura unyuze ku ngazi cyangwa ku nzitizi zikomeye, gerageza kubona abakozi babifitiye ubumenyi n'ibikoresho bikwiye.



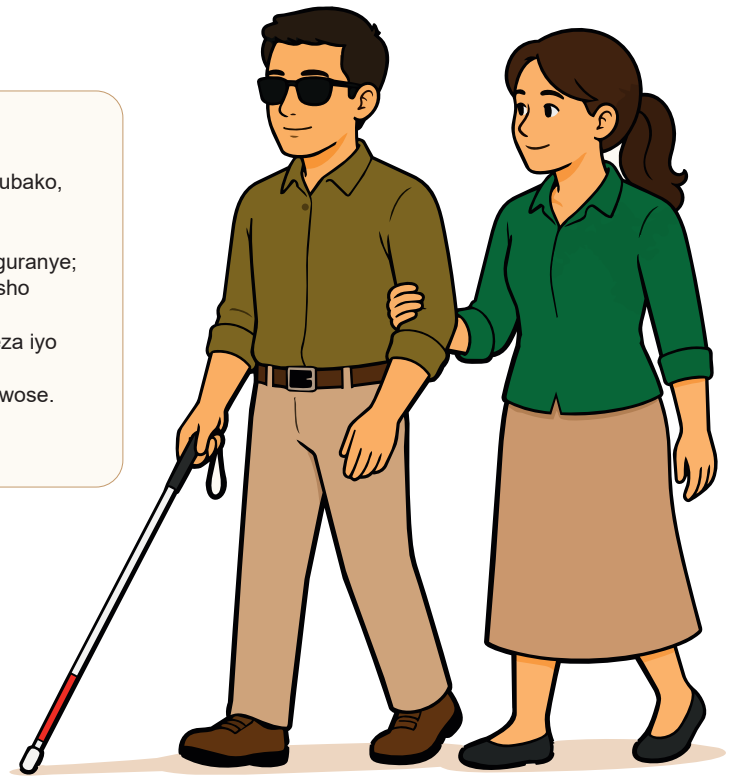


3.27 ABANTU BAFITE UBUMUGA BWO KUTABONA

Nyuma y'umutingito, ibimenyetso n'ahantu umuntu yari asanzwe amenyereye bishobora kuba byarangiritse, byavuyeho cyangwa byarahindutse.

Niba utanga ubufasha:

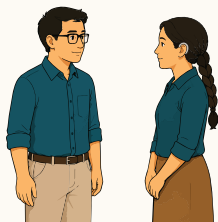
- Iyimenyekanisha; sobanura muri make uko ibintu bimeze;
- Mubaze uburyo ashaka ko umuyobora;
- Menyesha ku byerekeye intambwe, ibirahure, imyanda y'inyubako, ahantu hataringaniye n'inzitizi;
- Sobanura impinduka zikomeye ku nzira;
- Ntugasunike cyangwa ngo ukurure umuntu mu buryo butunguranye;
- Ntugatandukanye umuntu n'inkoni ye cyangwa ibindi bikoresho bimufasha kumenya aho ari;
- Niba akoresha imbwa iyobora, igihe cyose bishoboka, komeza iyo mbwa iri kumwe na we.
- Emerera umuntu gukomeza kugira ubwigenge bushoboka bwose.



3.28 ABANTU BAFITE UBUMUGA BWO KUTUMVA

Guhagarara kw'amashyamba n'urusaku rwo mu bidukikije bishobora gutuma itumanaho rigorana.

Gerageza:



Kureba umuntu mu maso;



Gukoresha ururimi rw'amarenga igihe uruzi;



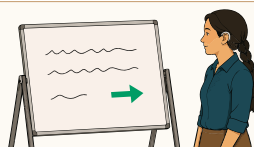
Gukoresha ibimenyetso byumvikana kandi bisobanutse;



Kwandika ubutumwa igihe bibaye ngombwa;



Gukoresha telefoni cyangwa ibindi bikoresho mu rwego rwo gufasha mu itumanaho rishingiye ku kureba;



Gutanga amakuru yanditse yerekeye kwimuka no ku mpinduka z'ingenzi;



Gutanga urumuri ruhagije kugira ngo umuntu abashe gusoma ku munwa cyangwa kuvugana akoresheje kurebana.



Ntumurikire itoroshi ifite urumuri rwinshi mu maso y'umuntu.





3.29 ABANTU BAFITE UBUMUGA BWO MU BWENGE, MU MITEKEREREZE CYANGWA ABANTU BAFITE IMIKORERE Y'IMITEKEREREZE ITANDUKANYE.

Intabaza, abantu benshi, impinduka mu buryo busanzwe bw'imibereho, imitingito ikurikiraho ndetse n'ahantu umuntu atamenyereye bishobora gutera ubwoba cyangwa kumushyira kubera ibintu byinshi bimugeraho icyarimwe.

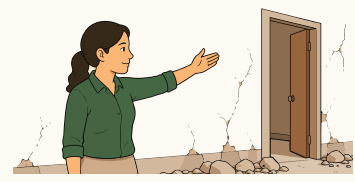
Koresha:



Amabwiriza magufi;



Ururimi umuntu asanzwe azi kandi yumva;



Ibisobanuro bifatika kandi bisobanutse;



Uburyo bw'imikorere umuntu yari asanzwe yitoza;



Ibimenyetso bifasha gusobanukirwa ukoresheje amaso, igihe bihari;



Ibikoresho bwite bifasha umuntu kugenzura ibintu bimukikije igihe biri mu byo asanzwe akenera.



Irinde gutaka, gutanga amabwiriza avuguruzanya no gukora ku muntu ku mubiri bitari ngombwa.



Mu buhungiro cyangwa ahantu hari abantu benshi, gerageza kubona ahantu hatuje ugereranyije, igihe bishoboka.



Ntukoreshe gufata cyangwa kubuza umuntu kugenda ku ngufu nk'uburyo rusange bwo kumugenzura.



3.30 IMITI N'IBIKORESHO BY'UBUVUZI

Abantu bakeneye imiti cyangwa ibikoresho by'ubuvuzi bagomba kwitabwaho mu buryo bwihariye.

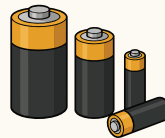
Igihe bishoboka, ibi bikurikira bigomba kuba hafi kandi byiteguye gukoreshwa:



Imiti y'ingenzi;



Impapuro zandikwaho imiti cyangwa amakuru ajyanye n'ubuvuzi umuntu arimo;



Bateri;



Amashanyarazi yo gushyira mu bikoresho (chargers);



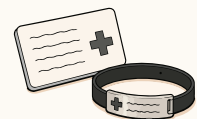
Ibikoresho bifasha umuntu kugenda;



Ibikoresho by'itumanaho;



Ibikoresho byihariye umuntu akenera;



Amakuru y'ingenzi yerekeye ubuzima bw'umuntu.



Niba umuntu ashingira ku gikoresho cy'amashanyarazi cy'ingenzi kandi amashanyarazi akabura, menyesha serivisi z'ubutabazi bwihutirwa, ikigo gitanga ubufasha cyangwa uwaguhaye icyo gikoresho vuba bishoboka.



Ntukinjire mu nyubako itatekanye ushaka kuvana mo imiti cyangwa ibikoresho by'ubuvuzi, utabanje gusuzuma neza ibyago bihari.





3.31 URUSOBE RW'UBUFASHA



Nyuma y'umutingito, koresha urusobe rw'ubufasha rwateganyijwe mu gihe cyo kwitegura.

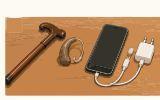
Abagize umuryango, abaturanyi, abita ku bandi cyangwa abantu bari baragenwe mbere bashobora kugenzura niba abantu bakeneye ubufasha:



Bari amahoro.



Babashije kwimuka.



Bafite ibikoresho byabo by'ingenzi.



Bafite imiti.



Bakeneye ubuvuzi.



Bakeneye ubwikorezi cyangwa ubufasha buboroheye.



No ingrese a un edificio peligroso para realizar esta comprobación.



Niba udashoboye kubona umuntu ushobora kuba ari mu kaga kandi hari impamvu zituma ukeka ko ashobora kuba yafatiwe ahantu cyangwa ari mu byago, menyesha serivisi z'ubutabazi bwihutirwa.



3.32 IMINSI IKURIKIRA

Mu minsi ikurikira:



Komeza kwitegura imitingito ishobora gukurikiraho;



Kubahiriza ahantu hagenewe kutinjirwamo;



Ntukinjire mu nyubako zatangajwe ko zidatekanye;



Kurikiza amabwiriza ajyanye n'amazi n'ibiribwa;



Komeza gukurikira amakuru atangwa n'inzego zibifitiye ububasha;



Bika neza ibikoresho n'ibiyafashishwa bihari;



Komeza kuvugana n'abagize umuryango igihe itumanaho ribyemeye;



Fasha abantu bakeneye ubufasha bari hafi yawe;



Komeza abana kure y'imyanda y'inyubako n'inyubako zangiritse;



Komeza amatungo yawe ahantu hagenzurwa;



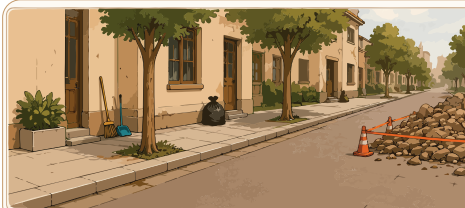
Witondere insinga z'amashanyarazi, ibirahure, ibintu bishobora guteza ibyago n'ibindi bintu bidahagaze neza;



Ntukabangamire ibikorwa byo gutabara no gushakisha abarokotse;



Menyesha inzego zibishinzwe ibihe cyangwa ahantu hateje akaga.



Gusubira mu buzima busanzwe bishobora gufata igihe.



Kuba ibikorwa by'abatabazi bigaragara bigenda bigabanuka ntibisobanura ko ibyago byose byashize.





3.33 UBWITANGE N'UBUFASHA KU MURYANGO MUGARI

Ubufatanye n'ubufasha mu muryango bushobora kuba ingenzi cyane nyuma y'ibiza. Ariko ubufasha bugomba gutangwa mu buryo buteguye kandi buhujwe.

Niba ushaka gutanga ubufasha:



vugana n'inzego cyangwa imiryango ishinze ibikorwa by'ubutabazi;



menya neza ibikenewe koko;



kurikiza amabwiriza y'abahuzabikorwa;



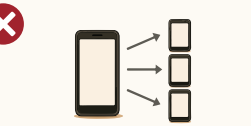
ntukinjire ku bushake bwawe mu bice byabujijwe;



ntukabangamire amakipe ashakisha kandi atabara abantu;



ntukore ku nyubako cyangwa izindi nyubako zishobora kugwa;



ntukwirakwize amakuru ataganzuwe;



ntukabuze cyangwa ngo ubangamire imihanda n'inzira bikenewe n'imodoka zitwara abarwayi, abashinzwe kuzimya umuriro n'amakipe y'ubutabazi.

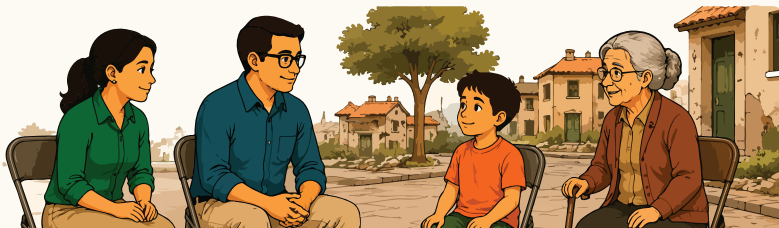


Ubufasha butanzwe ku bushake burushaho kugira akamaro iyo bwinjijwe mu bikorwa by'ubutabazi biteguye kandi bikoze mu buryo bwizewe.



3.34 ITUMANAHU N'UBUZIMA BW'AMARANGAMUTIMA

Nyuma y'umutingito, hashobora kugaragara ubwoba, guhangayika, urujijo, kurakara, kugira ikibazo cyo gusinzira no guhangayikira abo mu muryango cyangwa gutinya ko hashobora kongera kubaho imitingito ikurikiraho.



Izi mpinduka zishobora kugaragara ku bantu bakuru ndetse no ku bana.

Gerageza:



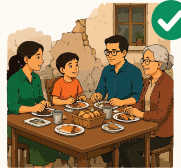
kuba uri kumwe n'abandi;



gukomeza kuvugana n'abagize umuryango ndetse n'abantu wizeye;



kubona amakuru aturuka ahantu hizewe, utajya uhora ureba amashusho ateye ubwoba;



gusubizaho gahunda z'ibanze za buri muni igihe imiterere ibikwemerera;



kureka abana n'abantu bakuru bakavugaga ibibahangayikishije;



gushaka ubufasha bw'ababigize umwuga igihe umuntu agaragaza imyitwarire ikomeye, ikomeza igihe kirekire cyangwa imubuza gukora neza ibikorwa bye bya buri muni.



Ku bana, koresha ibisobanuro byoroshye kandi biyanye n'imyaka yabo.



Ntusezeranye ko nta mutingito uzongera kubaho. Basobanurire ko hashobora kongera kubaho ibindi bintu byinyeganyezwa, kandi ubibutse icyo bagomba gukora mu gihe byongera gutangira kunyeganyega.





3.35 NOMERO Z'UBUTABAZI

Nomero z'ubutabazi zitandukana bitewe n'igihugu, ndetse rimwe na rimwe zikaba zitandukana bitewe n'akarere cyangwa ububasha bw'inzego.



Mbere y'uko habaho ibyago, menya kandi wandike numero za telefoni zemewe zijanywe n'aho utuye cyangwa aho uri.



Iyo habaye ikibazo gisaba ubutabazi:



banza uvuge icyabaye;



vuga aho byabereye mu buryo busobanutse kandi bwuzuye bishoboka;



vuga umubare w'abantu bakeneye ubufasha;



sobanura muri make akaga gahari;



kurikiza amabwiriza uhabwa n'umukozi wakiriye telefoni;



ntugire icyo uhagarika mu itumanaho kugeza igihe bakubwiye ko urihagarika, keretse bibaye ngombwa kubera impamvu z'umutekano.



Niba imirongo y'itumanaho yuzuye, ntugahamagare bitari ngombwa.



Koresha serivisi z'ubutabazi bwihutirwa gusa mu bihe bisaba koko gutabarwa byihuse.



3.36 AMAHAME AKWIYE KWIBUKWA



01

AKAGA NTIKARANGIRA IYO KUNYEGANYEGA BIHAGARAYE

Hashobora kubaho imitingito ikurikiraho, inkongi z'umuriro, imyuka cyangwa amazi ameneka, kwangirika kw'inyubako n'akandi kaga.



02

BANZA WITEGEREZE MBERE YO KUGENDA

Ibirahure, ibisigazwa by'inyubako, insinga n'inyubako zangiritse bishobora gutuma inzira isanzwe iba ahantu hateje akaga.



03

SOHOKA MU NYUBAKO IGIHE BIKENWE KANDI BIKABA BITEKANYE

Ntukiruke cyangwa ngo uteze abantu urujijo n'akajagari.



04

NTUKORESHE ASANSERI KUGEZA IGIHE BIZABA BYEMWE KANDI BYEMEJWE KO BITEKANYE

Koresha inzira zo gusohoka zihari zigikomeza kuba zitekanye.



05

JYA KURE Y'INYUBAKO N'IBINDI BINTU BYANGIRITSE

Imitingito ikurikiraho ishobora gutuma ibindi bice bigwa cyangwa inyubako zigwa.



06

NIBA BYONGEYE KUNYEGANYEGA, ONGERA WIRINDE

UNAMA – IKINGIRE
– IKOMEZE



07

NTUKINJIRE MU NYUBAKO ZITEJE AKAGA KUGIRA NGO UJYE GUTORA IBINTU

Ubuzima ni bwo bw'ibanze kuruta ikintu icyo ari cyo cyose.



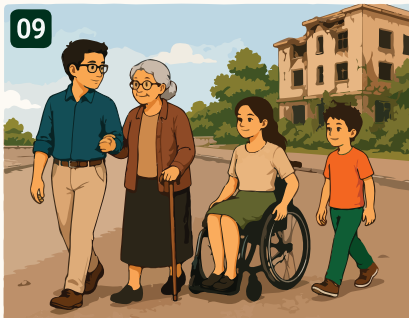
08

NTUGERAGEZE GUTABARA MU NYUBAKO MU BURYO UTABIFITIYE UBUMENYI

Igikorwa kidakozwe neza gishobora gutuma habaho abandi bahitanwa n'akaga.



09



**FASHA ABANA,
ABAGEZE MU
MYAKA Y'UBUKURU,
ABANTU BAFITE
UBUMUGA
N'ABANDI
BAKENEYE
UBUFASHA**

Bikore utishyira mu
kaga bidakenewe.

10



**GENZURA
AMATUNGO YAWE**

Ntukemere ko
atoroka cyangwa ngo
azenguruke ahantu
hateje akaga.

11



**KORESHA AMAZI
N'IBIRIBWA
BITEKANYE**

Kurikiza amabwiriza
y'ubuzima ajyanye
n'icyo kibazo.

12



**KORESHA ITUMANAHU
MU BURYO BUSHYIZE
MU GACIRO**

Ubutumwa bugufi
bushobora kugira
akamaro kurushaho igihe
imiyoboro y'itumanaho
yuzuye.

13



**SHAKA AMAKURU
ATURUKA KU NZEGO
ZEMWE**

Ntukwirakwize ibihuha
cyangwa amabwiriza
atagenzuwe.

14



**KURIKIZA
AMABWIRIZA YO
GUSOHOKA NO
KUBA AHANTU
HABUJIJWE**

Ntugasubireyo kugeza
igihe kuhagaruka
bitekanye.

15



**NIBA URI MU GICE
CY'INYANJA GIFITE
AKAGA KA TSUNAMI,
SOHOKA UTAZUYAJE**

Dirijase hacia terreno
elevado o tierra adentro
conforme a las rutas y
disposiciones locales.

WIBUKE

01 Nyuma y'umutingito:

✓ **GUMA UTUJE.**

✓ Reba niba wowe n'abantu bari iruhande rwawe bakomeretse.

✓ Banza witegereze aho uri mbere yo kugenda.

✓ Jya witegura imitingito ikurikiraho.

02 Niba byongeye kunyeganyega:



UNAMA



IKINGIRE



IKOMEZE



Sohoka mu nyubako igihe bikenewe kandi kuba usohotse bikaba bitekanye.



Ntukoreshe asanseri kugeza igihe hamenyekanye ko ishobora gukoreshwa mu buryo butekanye.



Jya kure y'inyubako, ibice by'inyuma by'inyubako, inkuta, inkingi, insinga n'ibindi byangiritse.



Ntukinjire mu nyubako ziteje akaga.



Ntugacane umuriro niba hashobora kuba hari gaze isohoka.



Fata insinga z'amashanyarazi zaguye nk'aho zishobora kuba zigifite amashanyarazi.



Fasha abana, abageze mu myaka y'ubukuru, abantu bafite ubumuga n'abakeneye ubufasha, utashyira umutekano wawe mu kaga kadakenewe.



Komeza ugenzure amatungo yawe.



Koresha amazi, ibiribwa, ingufu n'itumanaho mu buryo bushyize mu gaciro.



Shaka amakuru aturuka ku nzego zemewe.



Niba uri mu gice cy'inyanja kibangamiwe na tsunami, sohoka ako kanya ujye ahantu hizewe.

03 Kandi wibuke ihame ry'ibanze:

BANZA WIRINDE.

BANZA USUZUME AKAGA MBERE YO GUKORA.

TABARA UTISHYIZE MU KAGA

YA WITEGURA IMITINGITO IKURIKIRA KANDI UKURIKIZE AMABWIRIZA Y'INZEGO KUGEZA IGIHE IBYO BIBAZO BIRANGIRIYE.





Gahunda y'amahugurwa y'abaturage:
Imicungire y'ibyago no kwitegura ibihe by'amage

IMITINGITO

IGICE CYA 1

ICYICIRO CYA 2: **MYUMA**

INYANDIKO YIGISHA IGENEWE ABATURAGE
BO MURI AMERIKA LATINA NA LETA ZUNZE UBUMWE ZA AMERIKA

www.centrodelreinodepazyjusticia.com