IKIGO CY’UBWAMI BW’AMAHORO N’UBUTABERA.

Gahunda yo guhugura abaturage: Gucunga ibyago no kwitegura ibihe byihutirwa

TSUNAMI

Igice cya 2

ICYICIRO CYA 2: MU GIHE



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

Inyandiko ya 1 - 2026

INYIGISHO ZIYOBORA MU GUHANGANA N'IBIZA: TSUNAMI
ICYICIRO CYA 2 · IGICE CYA 2: MU GIHE CYA TSUNAMI
Ku rugo, umuryango no mu muryango mugari.

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• ICYERECYEZO:
Dr. José Benjamín Pérez Matos — Presidente

• ISUBIRAMO RYA TEKINIKI:
Olexandr Parkhomenko
Inzobere mu Micungire y'Ingaruka z'Ibiza
Injeniyeri w'Ibyuma bya Nucleaire

•D IZAYINE 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 i ntego z o kwigisha no g ukumira. Ntabwo isimbura a mabwiriza y'inzego z 'ibanze ashinzwe kurengera abasivili, a mabwiriza y'inzego zibifitiye ububasha, c yangwa isuzuma ry'umunyamwuga u bifitiye ubushobozi. Buri m untu n a buri muryango b agomba g uhuza 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.

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TSUNAMI

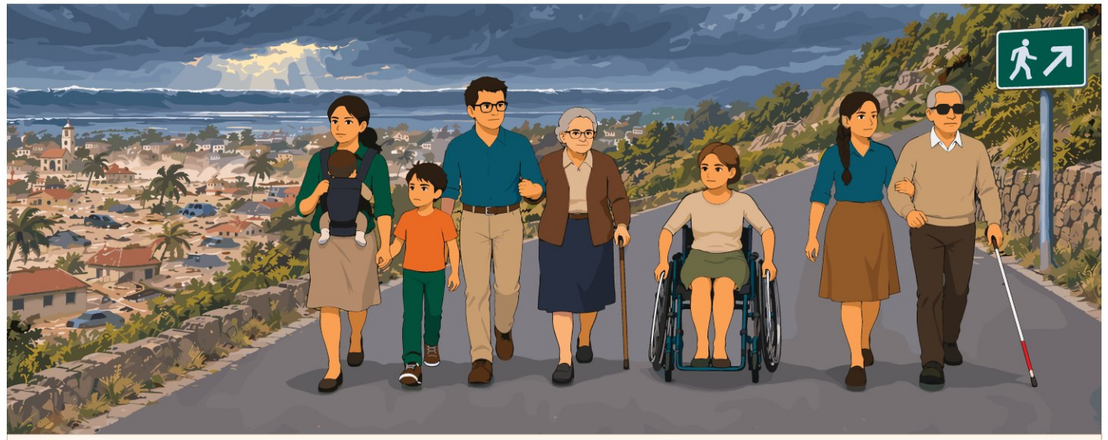
ICYICIRO CYA 2 | IGICE CYA 2: IGIHE IRI KUBA

Intego y'icyigisho

Kumenya ako kanya ibimenyetso kamere n'ibitangwa n'inzego zibishinzwe byerekana ko tsunami ishobora kuba, no guhita wimukira mu gace kagenwe ko kuba hatekanye, ugafasha ababikeneye utashyize ubuzima bwawe mu kaga, kandi ukaguma hanze y'agace k'akaga kugeza igihe inzego zibifitiye ububasha zemeje ko abantu bashobora gusubirayo.

Mu gihe hari iterabwoba rya tsunami, igihe cyo kugera ahatekanye gishobora kuba gito cyane. Iyo tsunami iturutse hafi y'inkombe, imiraba ya mbere ishobora kuhagera mu minota mike, kandi bishobora kutaboneka umwanya uhagije wo kwakira umuburo utanzwe n'inzego zibishinzwe.

Kubera iyo mpamvu, muri iki cyiciro **ntugomba guta igihe ugerageza kwigenzurira ubwawe niba hari akaga, kureba inyanja, gukusanya ibintu byawe cyangwa gutegereza andi mabwiriza, igihe hari ibimenyetso kamere bigaragara neza byerekana ko tsunami ishobora kuba.**



Ibintu by'ingenzi ni ibi bikurikira:

- Kumenya ako kanya ibimenyetso kamere cyangwa ibitangwa n'inzego zibishinzwe byerekana akaga;
- Kubanza kwirinda umutingito, niba ukirimo kuba;
- Kwimukira ahantu hatekanye vuba bishoboka;
- Kwigira kure y'inkombe, ku nkombe z'inyanja zikoreshwa mu kwidagadura, ku byambu, aho inzuzi zisukira mu nyanja, ku nzuzi, mu bishanga, mu miyoboro y'amazi no mu zindi nzira amazi ashobora kunyuramo yinjira ku butaka;
- Gukurikiza inzira zagenewe kwimukirwamo no kubahiriza amabwiriza y'inzego z'ubuyobozi z'ibanze.
- Gufasha, igihe bishoboka, abana, abageze mu zabukuru, abantu bafite ubumuga n'abandi bakeneye ubufasha, udashyize ubuzima bwawe mu kaga;
- Kuguma hanze y'agace k'akaga kugeza igihe inzego zibifitiye ububasha zitangaje mu buryo bweruye ko gusubirayo ari umutekano.

2.1. MENYA IBIMENYETSO KANDI UHITE UFATA INGAMBA AKO KANYA

Umuntu uri mu gace k'inkombe gashobora kwibasirwa na tsunami agomba kumenya ubwoko bubiri bw'ibimenyetso by'umuburo: **ibimenyetso kamere n'imiburo itangwa n'inzego zibishinzwe.**

01 IBIMENYETSO KAMERE BY'UMUBURO

Ibimenyetso kamere by'ingenzi bishobora kugaragaza ko tsunami yegereje ni ibi bikurikira:



Umutingito ukomeye cyangwa umara igihe kirekire.



Impinduka itunguranye kandi idasanzwe y'urugero rw'amazi yo mu nyanja, ishobora kugaragazwa no kugabanuka gukabije kw'amazi cyangwa kuzamuka kwayo vuba.



Urusaku rukomeye kandi rudasanzwe ruturuka mu nyanja.

Si ngombwa ko ibi bimenyetso byose bigaragara icyarimwe.
Niba uri mu gace gashobora kurengerwa n'amazi ya tsunami kandi ukabona kimwe muri ibi bimenyetso, ugomba guhita ugira icyo ukora.



Niba hari umutingito uri kuba, **banza wirinde ingaruka zawo**. Numara kubasha kugenda mu mutekano, hita utangira kwimuka ujya ahantu hatekanye.



Ntutegereze sireni, ubutumwa kuri telefoni, itangazo ku mbuga nkoranyambaga cyangwa icyemezo cy'inzego zibishinzwe, niba ibimenyetso kamere bigaragaza neza ko hashobora kuba tsunami.

Iyo tsunami ituruka hafi y'inkombe, ibimenyetso kamere bishobora kuba umuburo wa mbere, kandi mu bihe bimwe na bimwe bikaba ari byo bimenyetso byonyine biboneka mbere y'uko amazi ahagera.

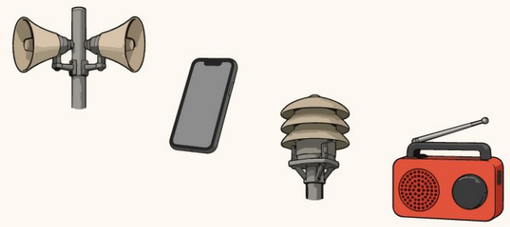
02 IMIBURO ITANGWA N'INZEGO ZIBISHINZWE

Niba inzego zibishinzwe zitangaje itegeko cyangwa amabwiriza yo kwimuka kubera tsunami, **hita uyakurikiza.**



Ntutinde kugenda ushaka kwirebera ubwawe ibiri kubera mu nyanja.

Mu gihe cy'amage, komeza gukurikirana amakuru atangwa n'inzego zibishinzwe ukoresheje uburyo buhari — radiyo, telefoni zigendanwa, uburyo rusange bwo gutanga imiburo, sireni cyangwa ubundi buryo bwashyizweho mu gace urimo — igihe cyose kubikora bitadindiza kwimuka.





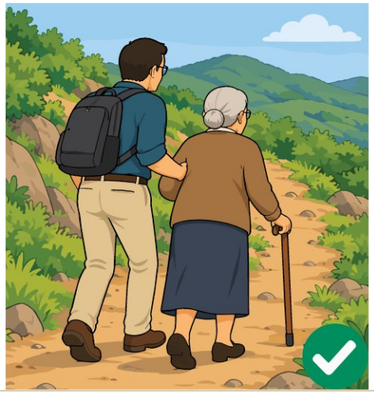
Imiterere ishobora gutandukana cyane bitewe n'ahantu hatandukanye. Ni yo mpamvu amabwiriza y'inzego z'ubuyobozi z'ibanze n'amakarita yemewe agaragaza ahashobora kwibasirwa n'akaga n'inzira zo kwimuka bigomba gukurikizwa mbere y'amakuru rusange ajyanye n'intera cyangwa ubutumburuke.

2.2. IMUKIRA AHANTU HATEKANYE

Intego nyamukuru si ukugera ku ntera cyangwa ubutumburuke bumwe ahantu hose, **ahubwo ni ukuva mu gace gashobora kwibasirwa n'amazi ya tsunami ukagera mu gace kagenwe ko kuba ahatekanye muri uwo muryango. nuko rero:**



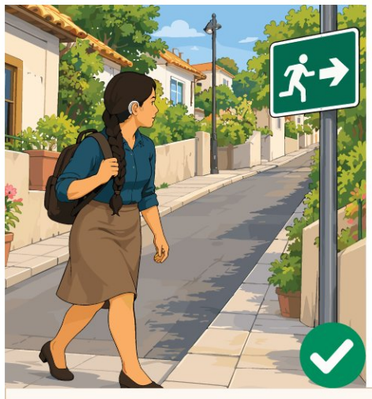
Kurikiza inzira zemewe zo kwimuka igihe zihari.



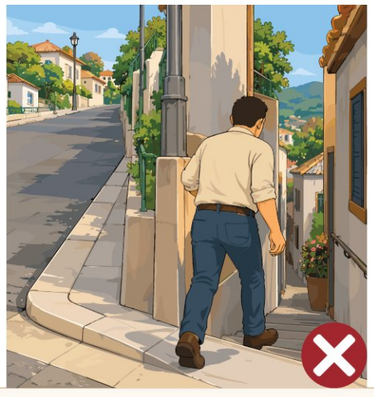
Jya ahantu hirengeye cyangwa imbere mu gihugu, kure y'agace kari mu kaga.



Koresha ahantu ho guteranira cyangwa ahantu hatekanye byagenwe mbere n'inzego zibishinzwe.



Niba hari ibyapa biyobora abantu mu kwimuka, bikurikize.



Ntukave mu nzira bitari ngombwa.



Komeza ugende kugeza ugeze mu gace gatekanye.

Iyo nta makarita, ibyapa biyobora abantu cyangwa amabwiriza y'inzego z'ibanze bihari, ugomba kuva ku nkombe ukajya **ahantu hirengeye kandi kure y'inyanja hashoboka, ntuhagarare bitari ngombwa.**

Amakuru rusange ku butumburuke cyangwa intera ashobora gutangwa n'inzego z'inzobere ni ay'ubuyobozi mu gihe nta makuru y'aho hantu ahari, kandi **ntasimbura amakarita yemewe agaragaza ahashobora kurengerwa n'amazi n'inzira zo kwimuka.**

2.3. KWIMUKA: GENDA N'AMAGURU IYO BISHOBOKA

Muri rusange, **kwimuka n'amaguru ni byo bigomba kwitabwaho mbere iyo bishoboka kandi iyo ari byo biteganywa na gahunda y'aho hantu yo kwimuka.** Nyuma y'umutingito hashobora kubaho:



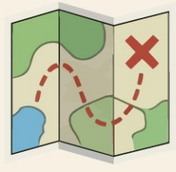
- Imihanda ifunze;
- Imisate cyangwa ihindagurika ry'ubuso bw'umuhanda.
- Ibiraro byangiritse;
- Inkingi, ibiti cyangwa ibintu byaguye.
- Amatara yo ku mihanda adakora;
- Inyubako cyangwa izindi nyubako zidakomeye.
- Imbaga nyinshi y'ibinyabiziga;
- Imodoka zipfukirana mu muhanda.

Gukoresha imodoka nyinshi icyarimwe bishobora gufunga inzira zo kwimuka, kubangamira abanyamaguru no kubuza inzira ibinyabiziga bitabara. Ni yo mpamvu:

Hunga ugenda n'amaguru igihe cyose bishoboka kubikora mu mutekano.



Koresha inzira z'abanyamaguru zagaragajwe mbere.



Ntukoreshe imodoka ugamije gusa gutwara ibintu byawe cyangwa kwirinda kugenda n'amaguru.



Ntukazibe inzira zo kwimuka cyangwa inzira zagenewe serivisi z'ubutabazi.



IBIDASANZWE

Ntibigomba gushyirwaho itegeko ribuza burundu abantu bose bo mu duce twose gukoresha ibinyabiziga.

Mu bihe bimwe na bimwe, gahunda zo kwimuka z'aho hantu zishobora guteganya gukoresha ibinyabiziga, cyane cyane iyo intera ari ndende cyane, iyo hari abantu bafite ubushobozi buke bwo kugenda cyangwa ibindi bakeneye byihariye, cyangwa iyo imiterere y'ahantu n'ibikorwaremezo bibisaba. **Muri ibyo bihe, hagomba gukurikizwa amabwiriza n'uburyo bwashyizweho n'inzego z'ibanze.**



Itegeko ry'ingenzi ni iri: **Ntukihimbire uburyo bwo kwimuka bunyuranyije na gahunda yagenwe kuri ako gace.**

2.4.NTUGATAKAZE IGIHE UKUSANYA IBINTU BYAWE BWITE.

Niba hari akaga ka tsunami kari hafi, imuka ukoresheje ibyo ufite muri ako kanya. Niba igikapu cy'ibikoresho by'ubutabazi cyateguwe kandi ushobora kugifata **udatinza kwimuka,** kijyane.



Nta kintu na kimwe gifatika gifite agaciro ko gutinza kwimuka mu gihe tsunami iri hafi.

Ntu takaze gihe:

- Gushakisha amafaranga;
- Gukusanya inyandiko zitateguwe ngo zijyanwe ako kanya.
- Gukusanya imyenda;
- Gushakisha telefoni, za sharijeri cyangwa ibindi bikoresho.
- Gutoragura ibikinisho cyangwa ibintu bwite;
- Kurinda ibintu bifatika.
- Gusubira mu nzu cyangwa mu nyubako gufata ibintu byawe.

2.5. NTUKIGERE WEGERA INYANJA KUGIRA NGO WITEGEREZE TSUNAMI

Imwe mu myitwarire iteje akaga cyane mu gihe cya tsunami ni ukujya ku mucanga, ku cyambu, ku nkengero z'inyanja, aho umugezi wisukira mu nyanja cyangwa ahandi hantu ku nkombe kugira ngo urebe uko byifashe, ufate amafoto cyangwa amashusho.



Ntukigere ujya kureba tsunami.

Nubona amazi y'inyanja asubiye inyuma mu buryo budasanzwe, ntukegere inkombe cyangwa ahantu ho hasi mu nyanja hagaragaye.

Niba ushobora kubona amazi menshi yegera aturutse mu gace kari mu kaga, ikintu cya mbere ugomba gukora ni ugukomeza kuyahunga no kugera ahantu hatekanye.

Ntuhagarare kugira ngo ufotore, ufate amashusho cyangwa utangaze ibyabaye.

Ntukemere ko abandi ushinzwe kubungabunga na bo babikora.

2.6. IRINDE KANDI IMIGEZI, IBISHANGA, IMIYOBORO Y'AMAZI, IBYAMBU N'AHO IMIGEZI YISUKIRA MU NYANJA.

Akaga ka tsunami ntikagarukira ku nkombe z'inyanja gusa.



Komeza uve mu duce dushobora kurengerwa n'amazi kugeza ugeze mu gace gatekanye kagenwe n'abaturage.

Imivumba n'imigezi y'amazi bishobora kwinjira imbere mu gihugu binyuze muri:

- Aho imigezi yisukira mu nyanja;
- Imigezi.
- Ibishanga;
- Imiyoboro y'amazi.
- ibibaya;
- ibyambu
- Ibyuzi byo ku nkombe z'inyanja;
- Izindi nzira z'amazi zifitanye isano n'inyanja.

Ni yo mpamvu utagomba gukoresha inkombe z'imigezi cyangwa imiyoboro y'amazi nk'inzira zo kwimuka, keretse iyo ari igice cy'inzira zemejwe ku mugaragaro n'inzego zibishinzwe ko zitekanye.

2.7. NIBA UDASHOBORA KUGERA AHANTU HATEKANYE: JYA AHANTU HIRENGEYE MU NYUBAKO.

Ihitamo rya mbere rigomba kuba ukugera mu gace gatekanye kari hanze y'agace gashobora kurengerwa n'amazi, unyuze mu nzira zagenwe. Ariko bishobora kubaho ko tsunami iri hafi kuba kandi umuntu akaba adafite umwanya uhagije wo kugera ahantu hirengeye cyangwa kujya kure y'inyanja.

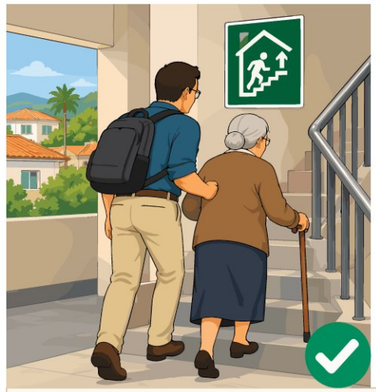


Muri ibyo bihe, **kujya mu nyubako ndende bishobora kuba uburyo bwa nyuma bwo kwirwanaho**, igihe muri ako gace hari inyubako yagaragajwe cyangwa ifatwa nk'ikwiriye iyo ntego.

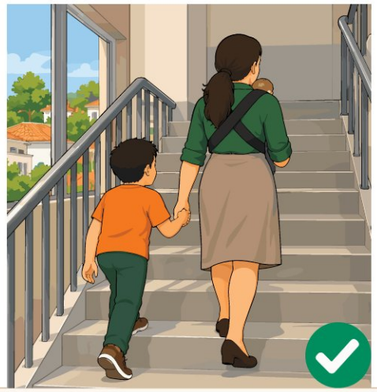
Ntabwo ari ngombwa gufata ko inyubako iyo ari yo yose ifite amagorofa atatu cyangwa inyubako iyo ari yo yose yubakishijwe beto ihita iba itekanye imbere ya tsunami.

Inyubako nyinshi **ntizubatswe ku buryo zishobora guhangana n'imbaraga ziterwa na tsunami.**

Iyo hari inyubako cyangwa izindi nyubako zemejwe ku mugaragaro ko zagenewe kwimukirwamo hagamijwe kujya ahantu hirengeye:



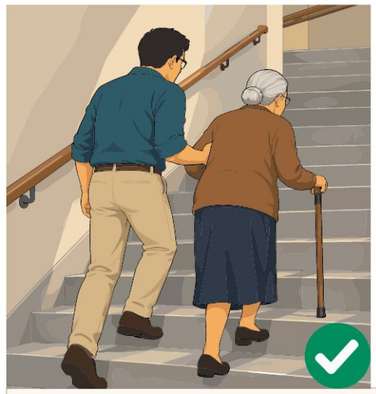
Jya ku nyubako iri hafi yawe kurusha izindi.



Koresha ingazi.



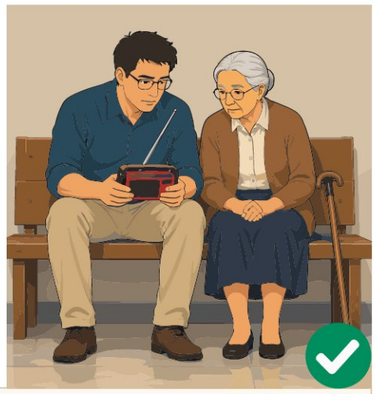
Ntukoreshe ibyuma bizamura abantu mu nyubako.



Zamuka ugere ku magorofa yagenwe ko atekanye.



Jya kure y'amadirishya n'ibindi bintu bishobora kumeneka.



Guma aho uri kugeza igihe uzahererwa amabwiriza n'inzego zibishinzwe.

Niba nta nyubako yagenwe ku mugaragaro ihari kandi amazi ari hafi kugera, shaka ahandi hantu hashoboka hakurinda kandi hakuzamura hejuru hashoboka, uhitamo inyubako zikomeye.

Iki cyemezo ni ingamba z'ikirenga zo kurokoka, ariko ntibivuze ko inyubako wahisemo ishobora byanze bikunze guhangana na tsunami.

2.8. NIBA AMAZI AKUGERAHO

Icy'ingenzi cyane ni ukwirinda ko ibi bibaho, wimuka hakiri kare. Umuntu wafashwe n'amazi ya tsunami ahura n'imigezi y'amazi ifite imbaraga nyinshi cyane, amazi yiyongera vuba n'ibintu byinshi n'imyanda bishobora kumukomeretsa bikomeye cyangwa bikamuhitana. Nubwo waba warimutse, amazi yakugeraho:



Gerageza kuguma hejuru y'amazi.



Niba ubishoboye, fata ku kintu kiremba ku mazi kandi gikomeye bihagije.



Gerageza kugumisha umutwe wawe hejuru y'amazi.



Irinde uko ushoboye gukubitwa n'imyanda n'inyubako.



Ntugapfushe ubusa imbaraga zawe ugerageza guhangana n'umuhengeri w'amazi ufite imbaraga nyinshi.



Niba ushoboye kugera ku nyubako ikomeye cyangwa ahantu hirengeye, gerageza kwirwanaho.

Amazi ashobora kuba arimo ibiti, ibinyabiziga, ibyuma, ibirahure, ibikoresho by'ubwubatsi n'ibindi bintu biteje akaga.

Ntabwo bisabwa gushakisha cyangwa gufata ku modoka ireremba ku mazi. Imodoka itwawe n'amazi ishobora guhirima, kurengerwa n'amazi, kugonga inyubako cyangwa na yo ubwayo ikaba ikintu giteje akaga.

2.9. TSUNAMI NTIBA IGIZWE N'UMURABA UMWE GUSA.

Ntukavuge ko ibyago birangiye nyuma yo kubona umuraba wa mbere cyangwa nyuma y'uko amazi asubiye inyuma. Tsunami ishobora kuba igizwe n'imiraba myinshi ikurikirana n'imigezi y'amazi ikurikirana, kandi umuraba wa mbere si ngombwa ko uba ari wo munini kurusha indi. Ibihe biteje akaga bishobora gukomeza mu gihe cy'amasaha menshi. Bityo:



Ntugasubire ku mucanga.	Ntugasubire mu rugo rwawe niba ruri mu gace kasabwe kwimurwamo.	Ntunyure mu duce twarengewe n'amazi.

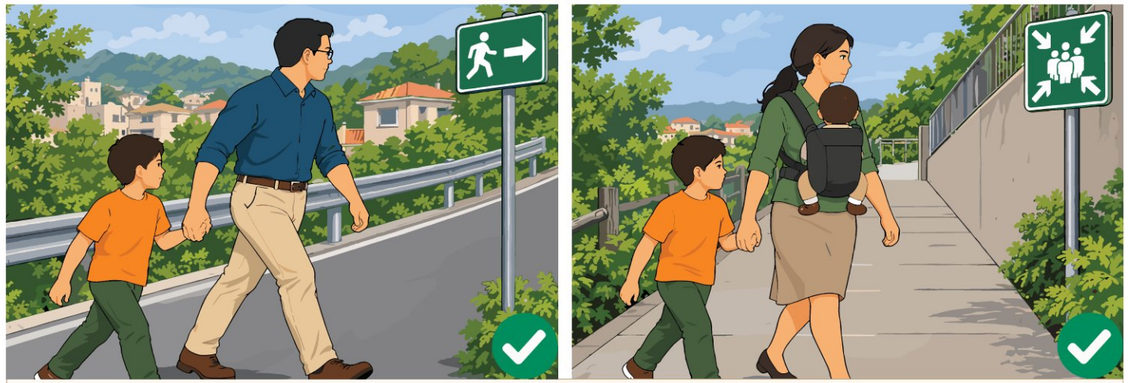


Ntukegere ahantu kugira ngo witegereze ibyangiritse.	Ntugafate isubira inyuma ry'amazi nk'ikimenyetso cy'uko ibyago birangiye.

Guma hanze y'ahantu hateje akaga kugeza igihe inzego zibishinzwe zimenyesheje mu buryo bweruye ko ari umutekano gusubirayo.

2.10. ABANA BATARAGEZA KU MYAKA Y'UBUKURE

Mu gihe cy'akaga ka tsunami, abana n'ingimbi bakeneye amabwiriza asobanutse no kuyoborwa mu buryo buhamye n'abantu bakuru babashinzwe. Iby'ingenzi ni bibiri:



Kureba ko bimurwa byihuse bakavanwa ahari ibyago.	Kwirinda gutandukana, gutinda no gukora ibintu bitewe n'ubwoba cyangwa urujijo.

Abantu bakuru bagomba gutanga icyizere binyuze mu mabwiriza magufi kandi yumvikana. **Ntibagomba gutanga ibisobanuro birebire mu gihe cyo kwimuka cyangwa guteza ubwoba budakenewe.**

01 KWIMURA IMPINJA N'ABANA BATO

Los niños pequeños deben permanecer en todo momento bajo control directo de un adulto responsable. Durante la evacuación:

- Fata abana bato ukuboko;
- ntukemere ko birukira imbere y'itsinda bonyine cyangwa ngo basigare inyuma;
- niba umwana adashobora kugenda vuba bihagije, mufashe cyangwa umuterure umuheke;



- Impinja zigomba guterurwa mu buryo burinda umutekano wazo kandi bwihuse bushoboka;
- niba ufite uburyo bwabugenewe bwo guterura umwana bwateguwe mbere kandi bushobora gukoreshwa ako kanya, ushobora kubukoresha.



- Ntutakaze igihe ushakisha amagare y'abana, ibikoresho byo guteruramo abana cyangwa ibindi bikoresho bidahari ako kanya;
- Ujye ugira amakenga cyane ku misate, ibisigazwa by'ibintu byasenyutse, ibirahure, insinga, inyubako zangiritse n'izindi ngaruka z'umutingito ushobora kuba ari wo wateje tsunami.





Abantu bakuru bagomba kwirinda guha abana imizigo idakenewe ishobora kubabangamira mu kugenda.

Niba igikapu cy'ibikoresho by'ubutabazi cy'umwana cyarateguwe mbere, cyoroshye kandi kitamubuza kwimuka, ashobora kugitwara. Ariko kandi, **kwimuka vuba kandi mu mutekano ni byo by'ingenzi kurusha gutwara ibintu ibyo ari byo byose.**



02 IRINDE GUTANDUKANA

Ahantu hari abantu benshi, kwimuka bishobora guteza urujijo no gutandukanya abagize umuryango. Ni yo mpamvu:

- Komeza gufata abana bato;
- Kora ku buryo buri mwana agumana n'umuntu mukuru cyangwa itsinda ryabigenewe ryamwitaho, byari byarateganyijwe mbere.
- Ntukemere ko umwana ava mu nzira yo kwimuka ajya gushaka abo mu muryango, inshuti, amatungo cyangwa ibintu;
- Ntuhindure inzira cyangwa ahantu ho guhurira bitari ngombwa.
- Mumaze kugera ahantu hatekanye, komeza itsinda riri hamwe kandi ubare abantu ushinzwe kwitaho.



Niba umwana atandukanye n'abandi mu gihe cyo kwimuka, **ntusubire mu gace kari mu kaga niba kubikora bishobora kugushyira mu kaga ka tsunami.**
Bimenyeshe inzego z'ubuyobozi cyangwa abashinzwe ubutabazi vuba bishoboka, uri ahantu hatekanye.

2.11. UKO WAFASHA UMWANA UFITE UBWOBA CYANGWA UFITE IGIHUNGA BIKABIJE

Amajwi ya sirene, induru, ibyangijwe n'umutingito, abantu benshi bateraniye hamwe n'ibindi bintu bishobora gutera ubwoba bukabije.



Hakoreshwa interuro zoroshye nka:

"Tugiye ahantu hatekanye".

"Mpa ukuboko".

"Gumana nanjye".

Umuntu mukuru ubishinzwe agomba:

- Kuvuga mu ijwi rikomeye kandi rituje;
- Gutanga amabwiriza magufi;
- Gufasha umwana gukomeza kwibanda ku kwimuka.
- Kwirinda kuganira ku rupfu rushoboka, isenyuka cyangwa izindi ngaruka mu gihe bakiri mu nzira.
- Kwirinda ko umwana ahagarara kugira ngo arebe inyanja;
- Gukomeza kugenda berekeza ahantu hatekanye.

Ntugomba kubwira umwana uti "nta kintu kibi kiri bube" mu gihe umuntu mukuru atazi uko ibyago bizagenda byiyongera cyangwa bigabanuka. Ahubwo, ni byiza gutanga amabwiriza asobanutse kandi amutuza uti: **"Turi kugana ahantu hatekanye kandi ndi kumwe**

NIBA UMWANA AKUWE UMUTIMA N'UBWOBA KU BURYO ADASHOBORA GUKOMEZA KUGENDA:

- Muvugishe mu buryo butaziguye;
- Ujye umuha amabwiriza rimwe rimwe;
- Mufashe gukomeza kugenda umufasha ku mubiri niba bishoboka kubikora mu mutekano;
- Niba ari muto kandi bikenewe, muterure;
- Ntugume uhagaze ugerageza kumwumvisha ukoresheje ibisobanuro birebire.



Icy'ingenzi gikomeza kuba ukuva mu gace kari mu kaga.

2.12. NTUGARUKE GUSHYAKA IBIPUPA, IBINTU CYANGWA AMATUNGO.

Mu gihe cyo kwimuka nyako, ntukemere ko umwana agerageza gusubira inyuma ashaka igikinisho, igikapu, telefoni cyangwa ikindi kintu afitiye amarangamutima yihariye.





Ntukemere kandi ko ava mu nzira yo kwimuka akurikira itungo ryatorotse.

Bimusobanurire mbere, kandi nibiba ngombwa ubibutse no mu gihe cy'akaga, ko abantu ari bo ba mbere bagomba kurindwa, naho ibintu bishobora gusimbuzwa ibindi.

Niba hari ikintu kibuze mu gihe cyo kwimuka, komeza ugende.

2.13. NIBA ABANA BARI KU ISHURI, MU KIGO CY'AMASHURI, MU RUSENGERO, MURI KALABU CYANGWA MU KINDI KIGO

Iyo tsunami iteje akaga mu gihe abana bari mu nshingano z'ikigo runaka, hagomba gushyirwa mu bikorwa gahunda y'ubutabazi no kwimuka yateguwe n'icyo kigo.



Abantu bakuru bashinzwe abana —abarimu, abarezi, abahuzabikorwa, abatoza, abayobozi b'amadini, abayobozi b'amatsinda cyangwa abandi bakozi bashyizweho— **bagomba guhita bafata inshingano zo kuyobora itsinda.**

01 ABASHINZWE IKIGO BAGOMBA:

- Gutangira kwimuka hakurikijwe uburyo bwateganyijwe;
- Kuyobora abana banyuze mu nzira yateganyijwe;
- Gutwara inyandiko cyangwa urutonde rw'abantu gusa niba bihari ako kanya kandi kubifata bitadindiza kwimuka;
- Kugumana amatsinda ari hamwe;
- Kubara abantu igihe imimerere ibimwemerera.
- Gutanga ubufasha bw'ibanze ku bakeneye ubufasha bw'inyongera;
- Kwirinda ko abana bava mu itsinda;
- Kwerekeza ahantu hatekanye cyangwa aho guhurira hateganyijwe mbere;
- Gukomeza kugenzura abana kugeza igihe bashobora kongera guhuzwa n'imiryango yabo mu mutekano, hakurikijwe uburyo bw'ikigo bwateganyijwe.

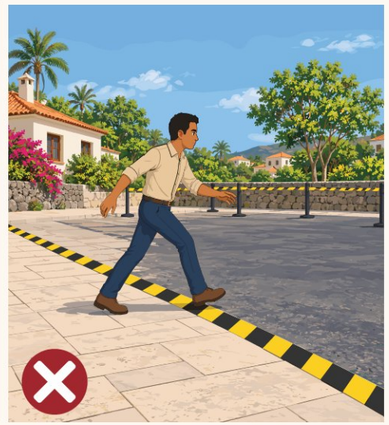


02 ABABYEYI N'ABASHINZWE ABANA MU MURYANGO

Niba umwana asanzwe arinzwe n'ikigo kiri gushyira mu bikorwa gahunda yacyo yo kwimuka, abagize umuryango ntibagomba kwinjira mu gace kari mu kaga ka tsunami bagiye kumutora.

Kubikora bishobora:
- Gushyira uwo mu muryango mu kaga ka tsunami;
- Kongera ubwinshi bw'abantu n'ibinyabiziga mu nzira;
- Kubangamira igikorwa cyo kwimuka;
- Gutuma umwana n'umuryango we berekeza ahantu hatandukanye;
- Gutuma kongera guhura nyuma bigorana.

Abagize umuryango bagomba gukurikiza amabwiriza y'inzego zibishinzwe n'uburyo bwo kongera guhuzwa n'abana bwashyizweho n'ikigo.



Iyi ngamba isaba igenamigambi rikorwa mbere: **Imiryango igomba kumenya, mbere y'uko habaho ibyago, aho ikigo kizimukira n'uko kongera guhura n'abana bizakorwa.**

2.14. KWIMURIRA ABANA AHANTU HATEKANYE

Niba bidashoboka kuva mu gace gashobora guterwa n'umwuzure kandi bikaba ngombwa kwifashisha inyubako yabugenewe yo guhungiramo ahantu harehare:

- Gumana abana hafi y'ababashinzwe;
- Koresha ingazi;
- Ntukoreshe ibyuma bizamura abantu;
- Rinda abana kwegera inkombe, amadirishya yamenetse, ibintu bidahagaze neza n'ahantu hashobora guteza ibyago byo kugwa.
- Banza ufashe abafite ingorane nyinshi zo kugenda, wirinde gusunikana cyangwa kubuza abandi kunyura mu ngazi;
- Gera ku igorofa cyangwa ahantu hatekanye hateganyijwe.
- Bara abantu igihe bishoboka;
- Guma aho hantu kugeza igihe inzego zibishinzwe zizatangariza ko mushobora kuhava.



Ntabwo bigomba gufatwa nk'itegeko rusange ko "abana bose ari bo babanza kuzamuka".

Ku ngazi zuzuye abantu, amabwiriza nk'ayo ashobora gutuma abantu barushanwa kujya imbere, bagasunikana kandi bakabuza abandi kunyura.

Kwimuka bigomba gukorwa mu buryo buteguye kandi butuje, hagahabwa ubufasha bw'ibanze abadafite ubushobozi bwo kugenda bonyine.

2.15. ABANTU BAFITE UBUMUGA N'ABANTU BAKENEYE UBUFASHA

Kwimuka ku buryo budaheza bigomba kuzirikana ko abantu bafite ubushobozi n'ibikenewe bitandukanye.



Umuntu ashobora gukenera ubufasha bujyanye no:

- Kugenda;
- Kubona;
- Kumva;
- Gushyikirana.
- Gusobanukirwa;
- Kumenya aho umuntu ahererereye;
- Ubwikorezi;
- Gukoresha ibikoresho by'ubuvuzi.
- Imiti; Inyamaswa zifasha abantu bafite ubumuga;
- Ubufasha bw'umuntu ku giti cye;
- Ibindi bikenewe mu mikorere ya buri munsi.



Ntugomba guhita wibwira ko umuntu wese ufite ubumuga akeneye guterurwa, kuyoborwa cyangwa gufashwa mu buryo bumwe.

Igihe cyose bishoboka, mubaze mu buryo butaziguye uti:

"Ni gute nagufasha?"

Kurikiza amabwiriza umuntu ubwe atanga ku buryo bwizewe kurusha ubundi bwo kumufasha.

2.16. URUSOBE RW'UBUFASHA BW'ABANTU KU GITI CYABO CYANGWA BW'IKIGO

Abantu bashobora gukenera ubufasha mu kwimuka bagomba kugira, kuva mu cyiciro cyo kwitegura, urusobe rw'ababafasha n'uburyo bwo kubafasha bwumvikanyweho mbere.

Mu gihe hari iterabwoba rya tsunami ryegereje, **ntibigomba guhita hashyirwaho uburyo bwo gufasha busaba abandi bantu kujya mu gace k'akaga kugira ngo bajye gutora umuntu,** keretse niba ibyo biri mu buryo bwizewe bwateganyijwe mbere kandi imimerere ikaba ituma bishoboka kubikora.

Niba uri mu itsinda rifasha umuntu:

- Kurikiza uburyo bwumvikanyweho mbere;
- Vugana na we igihe bishoboka, utadindije kwimuka;
- Mumuhe ubufasha bwateganyijwe;
- Ntu wishyire mu kaga ka tsunami bitari ngombwa;
- Ntuve mu gace k'umutekano ngo wongere kwinjira mu gace kari mu kaga.



Ibigo bigomba gukurikiza uburyo byateganyije mbere bwo gufasha abantu bakeneye ubufasha bw'inyongera.

2.17. ABANTU BAGIRA INGORANE MU KUGENDA

Ibyo abantu bakenera bishobora gutandukana cyane. Bamwe bashobora gukoresha:

Bamwe bashobora gukoresha:

- Intebe y'abafite ubumuga ikoreshwa n'amaboko;
- Intebe y'abafite ubumuga ikoreshwa amashanyarazi.



- Inkoni yo kugendera; Igikoresho gifasha umuntu kugenda.



- Inkoni ebyiri zo gufasha kugenda;
- Ibice by'umubiri by'ubukorano;
- Ibindi bikoresho bifasha umuntu kugenda.



Igihe cyose bishoboka, gumisha n'umuntu igikoresho cye kimufasha kugenda.

Ntukureho intebe y'abafite ubumuga, inkoni yo kugendera, igice cy'umubiri cy'ubukorano cyangwa ikindi gikoresho gifasha umuntu, keretse iyo ari ngombwa kugira ngo arengere inzitizi cyangwa yirinde akaga kihutirwa.

Iyo inzira idashobora kunyurwamo:

Koresha indi nzira yorohereza abantu yari yarateganyijwe muri gahunda;

Saba ubufasha igihe bubonetse;

Kurikiza amabwiriza umuntu ubwe atanga ku buryo bwo kumufasha;

Irinde guterura cyangwa kwikorera umuntu bitari ngombwa.

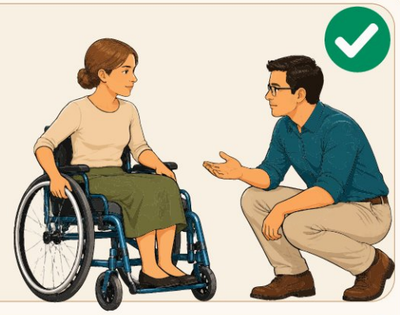


NIBA GUTWARA UMUNTU UMWIMURA BISABWA BYANZE BIKUNZE

Ntugahimbe uburyo bwo guterura umuntu bushobora guteza akaga.

Kwimura umuntu mu buryo butari bwo bishobora gutera kugwa, gukomereka mu ruti rw'umugongo, kwangirika kw'ingingo cyangwa gukomeretsa umuntu wimurwa n'abageregeza kumufasha.

Iyo hari akaga kihutirwa kandi nta bundi buryo buhari, saba uwo muntu — igihe ashobora kuvugana nawe — kukubwira uburyo bwizewe kurusha ubundi bwo kumwimura, kandi ukoreshe ubufasha bw'abantu benshi niba buhari.



Uburyo bwihariye bwo kwimura cyangwa guterura umuntu bugomba kuba mu mahugurwa abanza guhabwa abashinzwe iyo nshingano.

2.18. INTEBE Z'ABAFITE UBUMUGA ZIKORESHA AMASHANYARAZI N'IBINDI BIKORESHO

Ntugomba kwibwira ko intebe y'umuntu ufite ubumuga ikoresha amashanyarazi izahita idashobora gukoreshwa nyuma y'umutingito. Niba ikora kandi inzira nyurwamo, ishobora gukomeza kuba uburyo bwizewe kandi bwihuse kurusha ubundi bwo gufasha uwo muntu kugenda.



Icyakora, gahunda z'ubutabazi zigomba guteganya ubundi buryo bwakoreshwa mu gihe:

- Amashanyarazi ashize;
- Igikoresho cyangiritse;
- Hari ingazi;
- Inzira isanzwe ikoreshwa yafunzwe;
- Bibaye ngombwa gukoresha ubundi buryo bwo kwimuka.

Niba umuntu aterwa inkunga n'ibikoresho by'ubuvuzi, ibikoresho by'itumanaho cyangwa ibindi bikoresho by'ingenzi, gerageza kubigumana na we igihe cyose bishobora gutwarwa bitabangamiye kwimuka byihuse.

2.19. ABANTU BAFITE UBUMUGA BWO KUTABONA



Ntugafate cyangwa ngo ukurure umuntu ufite ubumuga bwo kutabona utabanje kumumenyesha.

Banza wimenyekanishe kandi umuhe ubufasha.

Niyemera ubufasha:

Mubaze uko ashaka ko umuyobora;

Ubusanzwe ushobora kumubwira ko agufata ku kuboko, akagenda inyuma yawe ho gato;

Mumusobanurire muri make inzitizi, intambwe, ahantu hazamutse cyangwa hamanutse, impinduka z'icyerekezo n'izindi ngaruka zishobora kumugiraho ingaruka;

Koresha amabwiriza asobanutse nka "intambwe izamuka imbere", "imbere hari imyanda y'ibyasenyutse" cyangwa "turahindukira iburyo";

Ntumutandukanye n'agati ke kamufasha kugenda, imbwa imufasha cyangwa ikindi gikoresho kimufasha kugenda, keretse igihe ari ngombwa kugira ngo arindwe akaga kari hafi.

Ntugasimbuze amabwiriza asobanutse yerekana icyerekezo n'aho ibintu bihereye amagambo adasobanutse nka "hirya hariya", "aha" cyangwa "witonde".

2.20. ABANTU BAFITE UBUMUGA BWO KUTUMVA cyangwa KUGABANYUKA KW'UBUSHOBOZI BWO KUMVA

Ntukibwire ko umuntu yumvise sirene cyangwa ubutumwa bwatangajwe hakoreshejwe indangururamajwi.



Mu kumenyesha abantu ko bagomba kwimuka:

- Murebane mu maso;
- Koresha ibimenyetso bisobanutse ukoresheje ibimenyetso by'umubiri;
- Erekana icyerekezo cyo kwimukiramo

- Koresha ubutumwa bugufi bwanditse igihe bibaye ngombwa;
- Koresha uburyo bw'itumanaho umuntu asanzwe akoresha, igihe bubonetse kandi budatindije kwimuka.

Ubutumwa bwanditse bwihutirwa bushobora kuba bugufi kandi bworoshye nka:

"TSUNAMI — HITA WIMUKA — NKURIKIRA".

Niba umuntu akoresha ururimi rw'amarenga kandi hari umuntu ubifitiye ubushobozi bwo kuvugana na we, koresha ubwo buryo.



Icy'ingenzi ni ukwemeza ko umuntu yasobanukiwe ko agomba guhita yimuka n'icyerekezo agomba kunyuramo.

2.21. ABANTU BAFITE UBUMUGA MU BWENGE, MU BWUMVIRE CYANGWA MU MIKURIRE Y'UBWONKO N'ABANTU BAFITE IMITEKERE REZE ITANDUKANYE

Urusaku, amasiren, induru, imbaga y'abantu, gukorwaho umuntu atabiteguye no guhinduka gutunguranye kw'ibikorwa bisanzwe bishobora gutera urujijo, agahinda cyangwa kurengerwa n'ibyiyumvo by'umubiri.



1 KORESHA:

- Amabwiriza magufi kandi asobanutse;
- Tanga amabwiriza rimwe buri gihe;
- Koresha imvugo umuntu asanzwe azi;
- Koresha ibimenyetso bisobanutse igihe bifasha;
- Kuba aherekejwe n'umuntu asanzwe azi, igihe bishoboka;
- Ibikoresho by'itumanaho cyangwa bimufasha gutuza bihari ako kanya kandi bidatindije kwimuka.

Ubutumwa bwanditse bwihutirwa bushobora kuba bugufi kandi bworoshye nka:

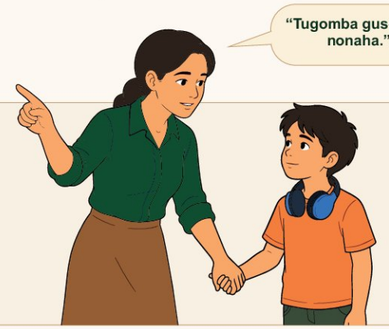
"MPA UKUBOKO."

"ZANA NANJYE."

"TUGOMBA GUSOHOKA NONAHA."

"REKA TUJYE AHANTU HATEKANYE."

Irinde gutaka bitari ngombwa, gutanga amabwiriza menshi icyarimwe cyangwa gutanga ibisobanuro bigoye.



2 GUKORAHO UMUNTU NO KUMUFATA KUGIRA NGO ATANYEGANYE.

Ntabwo bikwiye gutangwa nk'inama rusange yo gupfunyika umuntu umwenda ukamufata cyane. Gukumira umuntu kugenda cyangwa kumufata ku ngufu bishobora kongera ihungabana, kumugora guhumeka, gutuma agwa cyangwa bikabangamira kwimuka.

Koresha uburyo bwo gukoraho umuntu ari uko bibaye ngombwa gusa, kugira ngo umurinde akaga kari hafi cyangwa igihe biri mu buryo bwo kumufasha asanzwe azi kandi yemera.

Niba hari ikintu gifasha umuntu gutuza cyangwa yumva amerewe neza iyo ari kumwe na cyo, kandi kikaba kiri hafi, ashobora kugifata igihe cyose **kitamutindije cyangwa ngo kimubangamire mu kugenda.**

2.22. ABANTU BAKUZE N’ABANDI BANTU BAKENEYE UBUFASHA

Ubufasha ntibukwiye guhabwa gusa abantu bafite ubumuga bwemewe n’amategeko.



Abandi bashobora gukenera ubufasha ni:

- Abantu bakuze;
- Abantu bafite ibikomere by’igihe gito;
- Abagore batwite;
- Abantu bafite ibibazo byo guhumeka cyangwa by’umutima n’imiyoboro y’amaraso;
- Abantu bafite ingorane zo kumenya icyerekezo;
- Abantu batumva ururimi rukoreshwa mu butumwa bw’imbuzi;
- Abashyitsi batazi ako gace;
- Abantu bari bonyine kandi bakeneye ubufasha kugira ngo bimuke

Igihe ushobora kubafasha utabangamiye kwimuka kwawe:

- Menyesha neza ko hari akaga;
- Bereke icyerekezo cy’umutekano;
- Baherekeze igihe bibaye ngombwa;
- Gabanya umuvuduko wo kugenda igihe bibaye bishoboka;
- Saba ubundi bufasha niba buhari.



Imyiteguro ibanziriza ibyago igomba kumenya by’umwihariko
abantu bazakenera igihe kinini kugira ngo bave mu gace kari mu kaga.

2.23. AMATUNGO N’INYAMASWA ZIFASHA

Amatungo yo mu rugo ni umwe mu bagize ingo nyinshi, kandi agomba kwitabwaho mu igenamigambi ry’ibikorwa by’ubutabazi. Icyakora, mu gihe hari akaga ka tsunami kenda kuba, hari ihame ry’ingenzi: **kwimura abantu ntibigomba gutinzwa ku buryo ubuzima bwabo bushyirwa mu kaga bitewe no kugerageza kugarura, gukurikira cyangwa kwimura itungo.**

Niba itungo riri kumwe nawe kandi ushobora guhita urijyana mu kwimuka, rijyane.





IMBWA

Igihe cyose bishoboka:

Koresha umugozi wo kuyobora imbwa;

Byaba byiza ukoresheje umukandara uyifata neza niba isanzwe yawumenyereye;

Yigenzure neza;

Irinde gukoresha imigozi irambuka kandi ikongera ikikuba mu gihe cyo kwimuka uri kumwe n’imbaga y’abantu;

Ntuyireke ngo izenguruke yisanzuye.

Itungo rifite ubwoba rishobora kwitwara mu buryo butateganyijwe, nubwo ubusanzwe riba rituje.

Ntugashyireho itegeko rusange rivuga ko imbwa nini igomba kwambikwa agapfukamunwa kubera gusa ubunini bwayo.

Agapfukamunwa gashobora kuba gakwiye ku matungo amwe asanzwe akamenyereye cyangwa igihe bizwi ko ashobora kuruma, ariko kukambika ku nshuro ya mbere mu gihe cy’ubutabazi bishobora kugorana no kongera imihangayiko. Icyemezo cyo kugakoresha kigomba kuba mu myiteguro ibanziriza ibyago nyir’itungo akora.



IPUSI N’ANDI MATUNGO MATOMATO

Igihe bishoboka, bigomba gutwarwa mu gasanduku, mu gikapu cyangwa mu gikoresho kibugenewe cyo kubitwaramo kandi gitekanye.

Ntugatakaze igihe ushakisha igikoresho cyo gutwaramo itungo niba akaga kari hafi kandi kubishakisha bitinza cyane kwimuka.

Uburyo bwo kwimura itungo bugomba guhinduka bitewe n’ibihe, hatabangamiwe umutekano w’abantu.

2.24 NTUGASUBIRE MU KAGA KUBERA ITUNGO RYATOROTSE.



Niba itungo ryigobotoye rikirukira mu gace k'akaga, **ntugasubire ku nkombe cyangwa ngo uhagarike kwimuka kugira ngo urikurikire, igihe kubikora bishobora gushyira ubuzima bwawe cyangwa ubw'abandi mu kaga.**

Komeza werekeza ahantu hatekanye.

Menyesha ibyerekeye iryo tungo nyuma, igihe ibintu bizaba bimeze neza ku buryo gushakisha iryo tungo bishobora gutegurwa mu mutekano.

Mu buryo nk'ubwo, niba itungo ryasigaye mu nzu cyangwa mu kindi kigo, kandi kurigarukaho bisaba kongera kwinjira mu gace kari mu kaga, ntugasubire kurishaka.

2.25. NIBA ITUNGO RIBANGAMIYE CYANE IYIMUKA RY'ABANTU MU GIHE CY'AKAGA

Kora ibishoboka byose mu buryo bushyize mu gaciro kugira ngo utunganye itungo urijyana ahatekanye, utatinza mu buryo bushobora guteza akaga kuva aho uri.

Niba umuntu ahuye n'akaga kari hafi kumugeraho kandi itungo rikamubuza ku buryo bufatika gukomeza kugana ahantu hatekanye, **kurengera ubuzima bw'abantu ni byo bigomba gushyirwa imbere.**

Ntugashyire abana, abantu bafite ubumuga, abandi bagize umuryango, abashinzwe ikigo cyangwa abandi bantu mu kaga ka tsunami, kubera kugerageza gutwara itungo ridashobora kwimurwa muri ibyo bihe.



Iki ni icyemezo gikomeye cyane gifatwa mu rwego rwo kurokoka, si inama yo gusiga inyamaswa igihe hakiri umwanya cyangwa ubundi buryo butekanye.

2.26. AMATUNGO MU GIHE CYO KWIMUKIRA MU NZU HEJURU

Niba inyubako yagenewe guhungirwamo ahirengeye yemera amatungo kandi kuyajyana bidahungabanya iyimuka ry'abantu:

Gumana imbwa ku mugozi cyangwa uyigenzure neza.

Aho bishoboka, shyira injangwe n'andi matungo mato mu bikoresho byabugenewe byo kuyatwaramo.

Irinde ko amatungo abangamira ingazi n'inzira abantu banyuramo.

Yashyire kure y'inkengero n'ahandi hashobora gutuma agwa.

Gerageza kuyatandukanya n'andi matungo igihe hari ibyago byo kurwana.



Ntuhambire itungo ku nkuta zirinda kugwa, ku miyoboro cyangwa ku bindi bice by'inyubako utabanje kubitekerezaho. Ibyo bice bishobora kuba bidakomeye, bikaba bikenewe mu nzira abantu banyuramo cyangwa bikaba byateza akaga.

Genzura itungo ubwawe igihe cyose bishoboka.

INYAMASWA ZIFASHA

Inyamaswa zifasha abantu zigomba kugumana n'umuntu zifasha igihe cyose ibihe bibyemera.

Ntizigomba gufatwa nk'amatungo asanzwe gusa, kuko zishobora gukora imirimo y'ingenzi ijyanye no gufasha umuntu kugenda, kumuyobora, kumumenyesha akaga cyangwa kumufasha mu bindi akeneye.

2.27. IHAME RUSANGE RY'IBIGO

Mu matorero, mu nsengero, mu makipe, mu mashyirahamwe, mu bigo by'abaturage, mu miryango ifasha abantu no mu bindi bigo byigenga, inshingano mu gihe cy'akaga ka tsunami ni **ugushyira mu bikorwa gahunda yateguwe mbere y'uko ibyago biba,** aho guhimba indi nshya muri ako kanya.



Abashinzwe imirimo bashyizweho bagomba:

- Kumenya no kumenyesha ako kanya akaga kihutirwa;
- Gutegeka kwimuka igihe bibaye ngombwa;
- Kuyobora abantu ku muryango wo gusohokeramo no ku nzira zagenwe;
- Kwirinda ubucucike bw'abantu.
- Kubuza abantu gusubira inyuma bagiye gufata ibintu byabo;
- Gufasha abakeneye ubufasha bw'inyongera;
- Kureba ko inzira abantu banyuramo zikomeza kuba nyabagendwa.
- Kugenzura, igihe bishoboka kandi bitadindije abantu gusohoka, ko ahantu hose abantu bavuyemo;
- Kujya ahantu hatekanye hagenwe mbere;
- Kubarura abantu bahageze.
- Kumenyesha inzego zibishinzwe abantu baburiwe irengero cyangwa abakeneye ubufasha;
- Kugumana abantu bose hanze y'agace kari mu kaga kugeza igihe inzego zibishinzwe zitanze uruhushya rwo kuhagaruka.

Nta muyobozi w'ikigo ugomba kuguma bitari ngombwa mu gace kari mu kaga agerageza kurangiza imirimo y'ubuyobozi, gutoragura ibintu cyangwa gukora igenzura rishyira ubuzima bwe mu kaga.

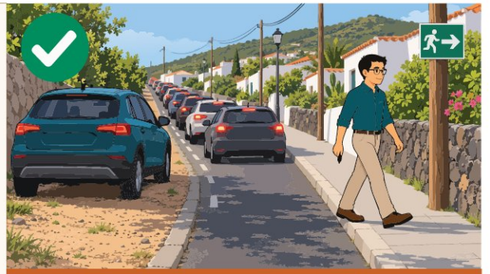
Icyihutirwa kuruta ibindi byose ni ukurinda ubuzima bw'abantu.

2.28. NIBA URI MU MODOKA

Niba uri mu gace gashobora kwibasirwa na tsunami igihe wakiriye ubutumwa bw'imbuzi cyangwa ubonye ibimenyetso kamere by'akaga, **ntugume mu modoka utegereje kureba ibizaba.** Kurikiza inzira n'uburyo bwo kwimuka byagenwe muri ako gace.

Niba imodoka zigenda neza kandi inzego zibishinzwe zemera cyangwa zitegeka kwimuka hakoreshejwe imodoka, komeza werekeza ahantu hatekanye ukurikiza amabwiriza yatanzwe n'inzego zibishinzwe. Ariko, niba uhuye na:

- Ubucucike bukabije bw'imodoka;
- Inzira zafunzwe;
- Ibyangiritse ku muhanda;
- Inzitizi zatewe na nyamugigima;
- Ibihe bituma kuguma mu modoka bidindiza cyane kwimuka kwawe;
- kandi hari inzira y'amaguru itekanye yagufasha kugera ahantu hatekanye vuba, va mu modoka uyisige ahantu hatabuza abandi kunyura, uko bishoboka kose, hanyuma ukomeze urugendo n'amaguru.



Ntugume mu modoka yafatiwe mu muvundo w'imodoka mu gihe hari akaga kihutirwa ko kurengerwa n'amazi kandi bishoboka gukomeza ugana ahantu hatekanye ukoresheje ubundi buryo.

Ntuzigere ugerageza kwambuka n'ikinyabiziga ahantu hamaze gutwikirwa n'amazi y'umwuzure.

Amazi ashobora gutembana ibinyabiziga, guhisha ibyangiritse ku muhanda, kuba arimo imyanda n'ibisigazwa by'ibintu, cyangwa kwiyongera vuba mu bujyakuzimu no mu muvuduko.

2.29. NIBA URI KU NKOMBE Y'INYANJA CYANGWA HAFI YAYO

Niba wumva umutingito ikomeye cyangwa imara igihe kirekire, ubonye amazi y'inyanja azamuka cyangwa agabanuka mu buryo budasanzwe, wumvise urusaku rudasanzwe ruturuka mu nyanja cyangwa wakiriye itegeko ryo kwimuka, va ku nkombe y'inyanja ako kanya.



Burira abandi bantu bari hafi yawe niba ubishobora ukomeza kwimuka, ariko **ntudindize kuva aho uri ugerageza kuburira abanga kuhava.**

Ntutegereze:

- Kureba umuraba;
- Kwemeza amakuru kuri interineti;
- Kwakira telefoni;
- Gutoragura ibintu byawe;
- Kurangiza igikorwa cyo kwidagadura;
- Gufata amafoto cyangwa amashusho;
- Gushaka abantu bose uzi bashobora kuba bari muri ako gace.

Jya ako kanya ahantu hatekanye hagenwe.

2.30. BAKERARUGENDO, ABASURA N'ABANTU BATAZI AHO HANTU

Abantu basura agace kari ku nkombe y'inyanja bashobora kuba batazi:

- Ahantu hashobora guterwa n'umwuzure;
- Inzira zo guhungiramo.
- Ahantu hatekanye;
- Ibyapa biyobora abantu by'aho hantu.
- Aho ubutaka buri hejuru buri;
- Sisitemu zo kuburira abantu zikoreshwa mu muryango mugari.



Niba utazi aho hantu kandi hari ibyago bya tsunami:

- Shakisha ibyapa biyobora abantu mu gihe cyo guhunga kandi uhite ubikurikiza;
- Kurikiza amabwiriza y'inzego zibishinzwe n'abakozi bashinzwe ubutabazi;
- Reba icyerekezo abantu bari guhungiramo bayobowe.
- Igira kure y'inkombe y'inyanja;
- Jya ahantu hirengeye cyangwa ujye imbere mu gihugu igihe nta yandi makuru ufite;
- Ntugume aho uri ugerageza gushaka amakuru arambuye ashobora gutinza guhunga kwawe.

Niba uri muri hoteli, ahantu hakira ba mukerarugendo, mu nkambi, mu kigo cy'imyidagaduro cyangwa ahandi hantu nk'aho, kurikiza gahunda yo guhungisha abantu y'icyo kigo igihe cyose ihuje n'amabwiriza yatanzwe n'inzego zibishinzwe.

Imbogamizi zituruka ku kutamenya ururimi ntizigomba kubuza abantu guhunga. Ibigo bihereye mu duce dushobora kwibasirwa n'ibiza bikwiye kugira ibyapa byumvikana, amashusho asobanura ubutumwa n'uburyo bwo kuyobora abantu, ku buryo n'abatavuga ururimi rw'aho hantu bashobora kuyoborwa.





2.31. ABANTU BARI KU BYAMBU, AHAPARIKWA UBWATO, KU MYARO NO MU DUCE TW'IBYOMBO.

Ibyambu, ahaparikwa ubwato, imihora y'ubwato, aho imigezi isuka mu nyanja n'ibindi bikorwa remezo byo ku nkombe bishobora kugira imigezi y'amazi iteje akaga gakomeye mu gihe cya tsunami.

Niba uri ku butaka mu cyambu cyangwa ahaparikwa ubwato kandi hari ibyago bya tsunami:

- Hita uva mu gace k'inkombe y'inyanja;
- Kurikiza inzira yateganyijwe yo guhungira ahatekanye;
- Ntugume ku mwaro ugerageza guhambira ubwato kugira ngo butagenda;
- Ntugasubire inyuma gufata ibikoresho;
- Ntukegere amazi ushaka kureba impinduka ziri mu rwego rw'amazi y'inyanja.



Ntugerageze kujya mu bwato uvuye ku butaka nk'uburyo bwo guhunga bwihutiyeho butateguwe.

Igihe ukoresha utegura, urekura cyangwa utangiza ubwato gishobora gutuma utagera ahantu hatekanye.



2.32. NIBA URI MU NYUBAKO IRI HAFI Y'INKOMBE Y'INYANJA

Niba uhawe itegeko ryo guhunga cyangwa ubonye ibimenyetso kamere bigaragaza ko hashobora kuba tsunami, ntugume mu nyubako iri mu gace gashobora kwibasirwa n'iyo tsunami kubera gusa ko iyo nyubako isa n'iyubatse neza kandi ikomeye. Iyo hakiri igihe gihagije, hunga unyuze mu nzira yateganyijwe ugana ahantu hatekanye.

Ntukoreshe ibyuma bizamura abantu mu nyubako nyuma y'umutingito cyangwa mu gihe cyo guhunga byihutirwa, igihe hari ibyago byo:

- Kudindira cyangwa kuzima k'umuriro w'amashanyarazi;
- Kwangirika kwa sisitemu;
- Kwangirika kw'imiterere y'inyubako;
- Kugwa mu mutego ugafungiranwamo.



Niba igihe gisigaye kitakikwemerera kuva mu gace gashobora guterwa n'umwuzure, kurikiza amabwiriza yo guhungira mu nyubako ndende yavuzwe mbere, wibande ku nyubako zemejwe ku mugaragaro ko zagenewe iyo ntego, igihe zihari.

2.33. NIBA URI MU BWATO

Uko umuntu aba agomba kwitwara iyo yamaze gufata urugendo mu bwato **si ko byanze bikunze bigomba kumera ku muntu uri ku butaka.** Uko tsunami yitwara mu mazi maremare bishobora gutandukana cyane n'uko yitwara hafi y'inkombe, mu byambu no mu mazi magari afite ubutumburuke buke. Ni yo mpamvu hatagomba gushyirwaho itegeko rimwe rusange rireba ubwato bwose.



Ibyemezo birebana n'ubwato biterwa cyane n'imiterere y'aho buri, ubwoko bw'ubwato, aho buherereye n'igihe gisigaye.

Niba uri mu rugendo mu bwato maze ukakira ubutumwa bukuburira ko hashobora kuba tsunami:

- Kurikiza amabwiriza y'inzego zibifitiye ububasha mu by'ubwikorezi bwo mu mazi no mu byambu;
- Koresha inzira z'itumanaho zo mu mazi zemewe n'inzego zibishinzwe;
- Uzirikane aho uherereye, igihe ufite, ubujyakuzimu bw'amazi n'imiterere y'aho uri.
- Ntugerageze gusubira ku cyambu ako kanya utabanje kumenya amabwiriza ariho muri ako kanya;
- Ntugerageze kandi kwerekeza mu nyanja ndende utabiteguye, niba inzego zibishinzwe zitabitegetse cyangwa niba imiterere y'aho uri itakwemerera kubikora mu mutekano.



Amabwiriza y'urwego rubifitiye ububasha mu by'ubwikorezi bwo mu mazi ni yo agomba kubahirizwa mbere y'ayandi.

2.34. NIBA URI MU KIGO KIRIMO ABANTU BENSHI CYANE

Mu matorero, mu nsengero, mu makipe, mu mashyirahamwe, mu bigo rusange by'abaturage, mu bigo by'amashuri no mu bindi bigo, kwimuka mu kajagari bishobora guteza izindi ngaruka mbi. **Abashinzwe imirimo bashyizweho mbere bagomba guhita bashyira mu bikorwa inshingano zabo.**



AMABWIRIZA AGOMBA KUBA ASOBANUTSE NEZA KANDI ATAVUGURUZANYA

Koresha ubutumwa bugufi kandi butaziguye, urugero:

"UMUBURO WA TSUNAMI. TUGOMBA KUHAVA NONAHA. KURIKIRANA INZIRA YEREKANWE.".

Ntutangire uvuga amagambo menshi cyangwa utanga ibisobanuro birebire mbere yo gutangira kwimuka.



Mu gihe cyo gusohoka:

- Fungura inzira z'isohokera zagenwe kandi uzigumane ziteguye gukoreshwa;
- Yobora abantu mu nzira zateganyijwe;
- Irinde ko abantu basunikana cyangwa biruka mu kajagari;
- Buza abantu gusubira inyuma bagiye gufata ibintu byabo;
- Komeza inzugi, koridoro, amadarajya n'inzira zo kwimukiramo bitarimo inzitizi.
- Fasha abantu bakeneye ubufasha;
- Komeza abana hafi y'ababarera;
- Irinde ko amatsinda y'abantu ahagarara hamwe ku marembo cyangwa ku nzira zisohokerwamo;
- Komeza werekeza ahantu hatekanye, wirinda guhagarara bitari ngombwa mu gihe cyo kwimuka.

Abashinzwe ikigo **ntibagomba gutinza kwimuka bagerageza kubarura abantu bose bakiri mu nyubako.** Kubara abantu bigomba gukorwa nibura bamaze kugera ahantu hatekanye, hifashishijwe urutonde rw'amakuru ahari.

Niba nyuma bigaragaye ko hari umuntu wabuze, bimenyeshe inzego z'ubutabazi. **Ntukohereze abandi bantu bo muri icyo kigo gusubira mu gace k'akaga kugira ngo bamushake.**

2.35. IRINDE IHUNGABANA, ARIKO NTUGAPFOBYE UBUREMERE BW'AKAGA.

Mu gihe cyo kwimuka, ubutumwa bugomba **kugaragaza ko ibintu byihutirwa,** kuba busobanutse no gutanga amabwiriza atuma abantu bakomeza gutuza. Ntutakaze utanga ubutumwa buvuguruzanya cyangwa ngo ukwirakwize amakuru ataremezwa.



Koresha amabwiriza asobanutse y'ibikorwa:

- **"Tugomba kwimuka nonaha".**
- **"Kurikira iyi nzira".**
- **"Ntimugasubire inyuma".**
- **"Komeza mugere ahantu hatekanye".**

Irinde gukoresha amagambo apfobya uburemere bw'ibihe abantu barimo niba nta makuru yemewe ushingiraho, nka:

- **"Birashoboka ko nta kintu kizaba".**
- **"Ni ukwirinda gusa".**
- **"Nta kaga gahari".**

Itumanaho risobanutse rigabanya urujijo kandi rigafasha abantu kumva icyo bagomba gukora.

2.36. ITUMANAHO MU GIHE CYO KWIMUKA

Itumanaho ni ingenzi, ariko **ntirigomba gutinza kwimuka.**

Niba hari akaga kihutirwa:

- Hunga;
- Kurikiranira amakuru ku miyoboro yemewe igihe ubishoboye uri mu nzira cyangwa umaze kugera ahantu hatekanye;
- Vugana n'abagize umuryango wawe igihe imimerere ibikwemereye.

Ntugume mu gace kari mu kaga:

- Guhamagara kuri telefoni igihe kirekire;
- Gushyira ubutumwa ku mbuga nkoranyambaga;
- Gufata amashusho ya videwo;
- Gushakisha amakuru;
- Kugerageza kugenzura ibihuha.



Igihe bishoboka, ubutumwa bugufi bwo kuri telefoni bushobora gufasha kumenyesha abo mu muryango ko uri kwimuka cyangwa ko wamaze kugera ahantu hatekanye.

Ntukwirakwize amakuru utazi inkomoko yayo.

Mu gihe cy'ibiza, ibihuha n'ubutumwa bw'ibinyoma bishobora gutuma abantu bimuka bitari ngombwa kandi bikabangamira ibikorwa by'ubutabazi by'inzego zibishinzwe.

2.37. NTIMUKISHINGIKIRIZE GUSA KURI TELEFONI IGENDANWA.

Imiyoboro y'itumanaho ishobora:

- Kurenza ubushobozi bwayo;
- Guhagarara gukora;
- Kubura umuriro w'amashanyarazi;
- Kubura umurongo w'itumanaho;
- Gukora nabi nyuma y'umutingito w'isi.



Kubera iyo mpamvu, kutabona ubutumwa kuri telefoni **ntibivuze ko nta kaga gahari.**

Niba ubonye ibimenyetso kamere bigaragaza ko tsunami ishobora kuba igiye kuba, **nimwimuke mujye ahantu hatekanye nubwo mutarabona ubutumwa bw'imbuzi kuri telefoni cyangwa ku bindi bikoresho by'ikoranabuhanga.** Mu buryo nk'ubwo, iyo kwimuka byategetswe n'inzego zibishinzwe, ntimusubire inyuma kubera ko telefoni yanyu itagaragaza ubutumwa bw'imbuzi.

2.38. NIBA HABAYEHO IMITINGITO IKURIKIRA MU GIHE CYO KWIMUKA

Nyuma y'umutingito ukomeye, hashobora kubaho indi mitingito ikurikiraho mu gihe abantu bari kwimuka.

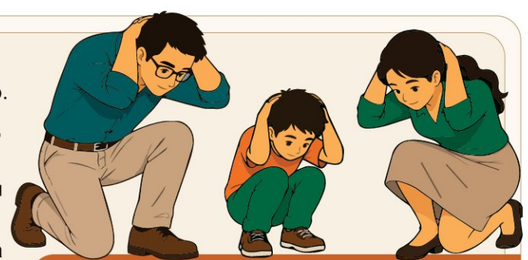
Iyo habayeho undi mutingito:

Ihutire ako kanya ahantu hari ibintu bishobora kukugwaho.

Niba bishoboka, jya kure y'inyubako, inkingi, insinga, inkuta n'ibindi byangiritse bishobora kugwa.

Witondere ibitaka n'amabuye bishobora guhanuka mu duce turi ku misozi cyangwa ahahanamye.

Iyo umutingito urangiye kandi ushobora kongera kugenda mu mutekano, komeza kwimuka ujye ahantu hatekanye.

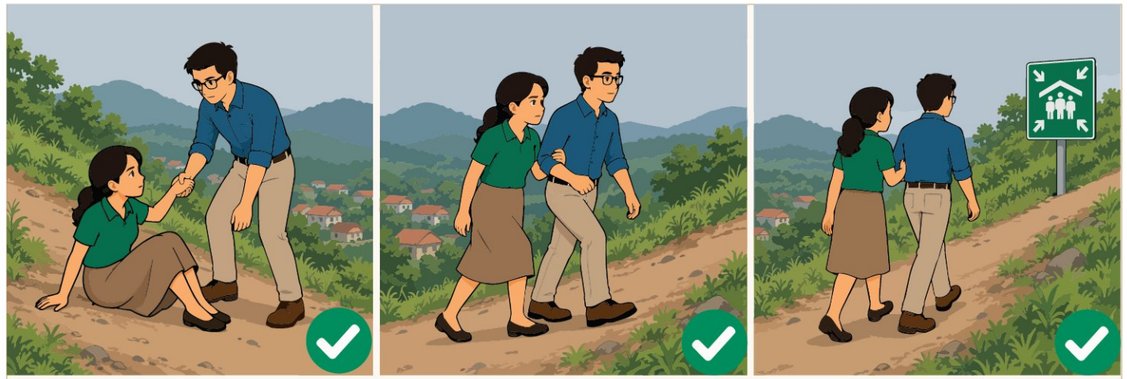


Niba wumvise undi mutingito ukurikira, kora ibi:
UNAMA - IKINGIRE - IKOMEZE

Umutingito ukurikiyeho **ntukuraho ibyago bya tsunami.**
Nyuma y'undi mutingito, ntusubire ku nkombe z'inyanja cyangwa mu nyubako yari yasabwe kwimukirwamo.

2.39. NIBA UHUYE N'ABANTU BAKOMERETSE MU GIHE CYO KWIMUKA

Tanga ubufasha igihe ushobora kubikora **utishyize mu kaga ko kugwa mu gace k'akaga.**
Niba umuntu ashobora kugenda:



Mufashe guhaguruka igihe ari umutekano. | Muherekeze, | Komeza kumuherekeza werekeza ahantu hatekanye.

Niba umuntu adashobora kugenda:

- Saba ubufasha bw'abandi bantu cyangwa ubwa serivisi z'ubutabazi igihe ziboneka;
- Koresha uburyo bwo gutwara abantu bwateganyijwe muri gahunda y'ubutabazi, niba buhari;
- Ntukore ibikorwa byo kwimura umuntu utabihuguriwe, keretse iyo hari akaga kihutirwa gatuma biba ngombwa kumwimura.

Iyo tsunami yegereje kuba, hagomba guhora hasuzumwa ibyago byo kuguma aho uri.

Ntibikwiye kongera umubare w'abahitanwa n'ibiza bitewe no kugerageza gutabara mu buryo butateguwe, bushyira abandi bantu mu kaga kihutirwa.

2.40. NIBA UREBYE INYANJA ISUBIRA INYUMA MU BURYO BUTUNGURANYE

Amazi y'inyanja asubiye inyuma mu buryo budasanzwe kandi bwihuse ashobora kuba ikimenyetso kamere cya tsunami.



Niba ubonye iki kimenyetso:
Hita wimukira ahantu hatekanye.
Amazi asubiye inyuma ntibivuze ko akaga karangiye. Bishobora kubanziriza ukuza k'umuraba munini cyangwa umwuzure ukomeye.

Ntukegere aho amazi yasubiye inyuma.
Ntukagendere ku butaka bwo munsi y'inyanja bwagaragaye.
Ntukegeranye amafi, ibintu, ubwato cyangwa ibindi bikoresho.
Ntugume aho ufata amafoto cyangwa amashusho.
Ntutegereze kureba ibizakurikiraho.



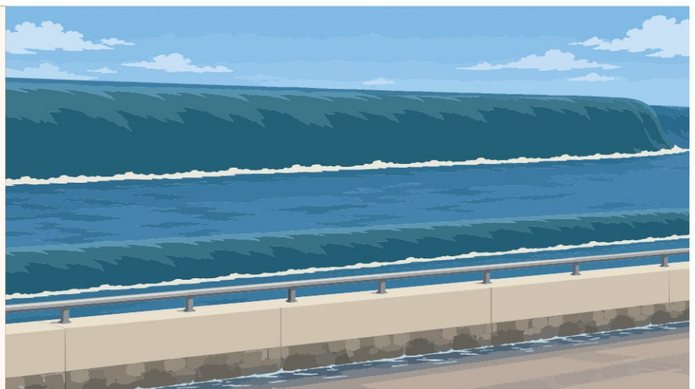
2.41. NIBA UMURABA WA MBERE UTEYE NK'UTARI MUNINI

Ntugafate umuraba wa mbere utari muremure nk'ikimenyetso cy'uko akaga karangiye.

Tsunami akenshi igizwe n'imiraba myinshi ikurikirana n'ihindagurika ry'urwego rw'amazi y'inyanja; imiraba ikurikiraho ishobora kuba minini kurusha iyayibanjirije.

Nubwo umuraba waba utagaragara nk'ukomeye cyane, imigezi y'amazi ijyana na wo ishobora kugira imbaraga zihagije zo:

Gukubita abantu bakagwa.
Kujyana ibinyabiziga.
Kunyereza ubwato.
Gusenya inyubako.
Gutwara imyanda myinshi n'ibisigazwa by'ibintu.



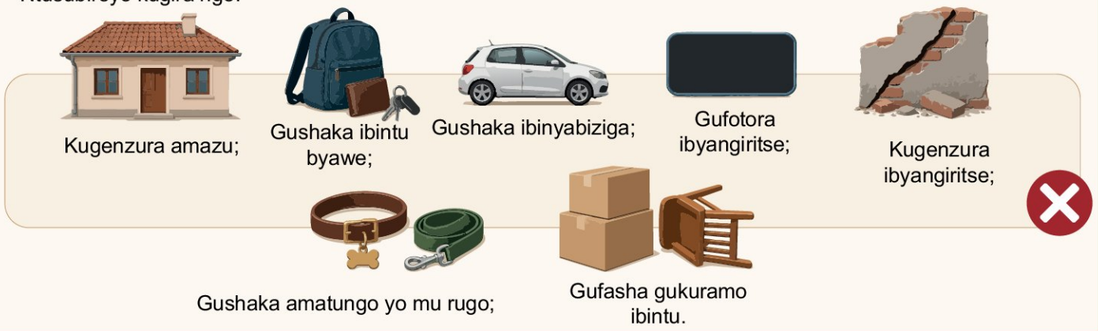
Guma ahantu hatekanye.

2.42. NTUSUBIREYO IGIHE AMAZI ASUBIYE INYUMA

Nyuma y'umuraba, amazi ashobora kongera gusubira inyuma yerekeza mu nyanja.

Ibi ntibivuze ko ibyago birangiye.
Hashobora kuza indi miraba n'imigezi y'amazi biteje akaga.

Ntusubireyo kugira ngo:



Tegereza itangazo ryemewe n'inzego zibishinzwe ryemerera abantu gusubira aho bari bavuye.

IMYITWARIRE IGOMBA KWIRINDWA

Mu gihe cya tsunami cyangwa igihe hari ibyago byayo:

- **Ntu**jye ku mucanga w'inyanja kureba ibyabaye.
- **Ntu**tegereze kubona umuraba mbere yo kwimuka.
- **Ntu**tegereze itangazo ryemewe igihe ibimenyetso kamere bigaragaza neza akaga bihari.
- **Ntu**gasubire inyuma gushaka ibintu byawe.
- **Ntu**kongere kwinjira mu gace abantu basabwe kwimukamo.
- **Ntu**kave mu nzira itekanye ujya gushaka abo mu muryango bari mu nshingano z'ikindi kigo.
- **Ntu**kurikire itungo ryo mu rugo ujya mu gace gashobora guteza akaga.
- **Ntu**koreshe ibyuma bizamura abantu mu nyubako (ascenseurs) mu gihe cyo kwimukira mu igorofa ryo hejuru nyuma y'umutingito.
- **Ntu**kibwire ko inyubako ndende iyo ari yo yose ari ahantu hatekanye ho kwikinga.
- **Ntu**nyure mu duce twarengewe n'amazi.
- **Ntu**tware ikinyabiziga werekeza mu mazi.
- **Ntu**kegere inzuzi, imiyoboro y'amazi, aho inzuzi zisuka mu nyanja cyangwa ibyambu ugamije kureba tsunami.
- **Ntu**kwirakwize ibihuha cyangwa amakuru ataremezwa.
- **Ntu**hagarike kwimuka kugira ngo ufate amashusho, amafoto cyangwa ngo utangaze ibyabaye.
- **Ntu**subireyo nyuma y'umuraba wa mbere.
- **Ntu**fate ko ibyago birangiye kugeza igihe inzego zibishinzwe zibitangarije.



AMABWIRIZA Y'INGENZI YO KUROKOKA

Iyo hari ibyago bya tsunami, ibuka:

- **I KINGIRE UMUTINGITO**
  Niba umutingito ukomeje kuba, banza wikinge. Imuka ukimara kubona ko ushobora kugenda mu mutekano.
- **MENYA IBIMENYETSO KAMERE**
  Umutingito ukomeye cyangwa umara igihe kirekire, ihinduka ritunguranye kandi ridasanzwe ry'urwego rw'amazi y'inyanja, cyangwa urusaku rukomeye ruturuka mu nyanja bishobora kuba ibimenyetso kamere biburira ibyago bya tsunami.
- **NTUTEGEREZE**
  Niba ubonye ibimenyetso kamere bya tsunami uri mu gace gashobora kwibasirwa na yo, hita wimuka ujya ahantu hatekanye.
- **JYA KURE Y'INKOMBE Z'INYANJA**
  Jya ahantu hatekanye hagenwe, ukurikiza inzira zemewe zo kwimuka.
- **JYA AHANTU HIRENGEYE CYANGWA UJYE IMBERE MU GIHUGU, KURE Y'INKOMBE Z'INYANJA**
  Iyo nta makuru y'aho uri ahari, jya kure y'inkombe z'inyanja, werekeza ahantu harehare kandi kure cyane mu gihugu uko bishoboka.
- **IMUKA UGENDA N'AMAGURU IYO BISHOBOKA**
  Irinde guteza ubucucike bw'ibinyabiziga. Icyakora, kurikiza amabwiriza yihariye agenga kwimuka. Yashyiriweho ako gace n'ibikenewe n'abantu bakeneye ubwikorezi.
- **NTUGIRE ICYO USUBIRAYO GUSHAKA.**
  Ntusubire inyuma gushaka amafaranga, ibyangombwa, telefoni, ibinyabiziga, ibikinisho, ibintu byawe bwite cyangwa amatungo yo mu rugo igihe kubikora byagusubiza mu kaga.
- **FASHA ABANDI UTISHYIZE MU KAGA**
  Fasha abana, abantu bakuze, abantu bafite ubumuga, abakomeretse n'abandi bakeneye ubufasha, igihe ushobora kubikora utabangamiye umutekano wawe.
- **NTUKAJYE KUREBA TSUNAMI.**
  Si puede observarlo desde una zona de peligro, debe continuar alejándose.
- **UMURABA WA MBERE USHOBORA KUTABA ARI WO MUNINI KURUSHA IYINDI.**
  Tsunami ishobora guteza imiraba myinshi n'imigezi y'amazi iteje akaga mu gihe kirekire.
- **GUMA AHANTU HATEKANYE.**
  Ntugafate ko amazi asubiye inyuma bivuze ko ibyago birangiye.
- **SUBIRAYO GUSA IYO BYEMEJWE N'INZEGO ZIBISHINZWE.**
  Ntukave ahantu hatekanye kugeza igihe inzego zibishinzwe zitangarije ku mugaragaro ko ibyago byarangiye kandi ko gusubirayo nta kaga biteje.

MU GIHE CYA TSUNAMI, BURI MUNOTA UBA USHOBORA KUGENA UBUZIMA BW'UMUNTU

Kurokoka ahanini biterwa no kumenya vuba akaga no gushyira mu bikorwa bidatinze ingamba zari zarateguwe mbere.

Ntutegereze kubona tsunami.
Ntukegereze inyanja.
Ntugatinde ugerageza kurokora ibintu bifatika.
Ntugahimbe inzira zo guhunga kandi hari gahunda yo kwimuka ahari.
Ntuve mu gace k'umutekano kubera gusa ko bisa n'aho umuraba wa mbere washize.

Menya ibimenyetso by'akaga. Hunga ako kanya. Jya kure y'inkombe z'inyanja. Shaka ahantu hatekanye. Fasha abakeneye ubufasha igihe ushobora kubikora utishyize mu kaga. Ntugaruke kugeza igihe inzego zibishinzwe zemeje ko ari umutekano.



Gahunda y'amahugurwa ya gisivili: Gucunga ibyago no kwitegura mu gihe cy'ibyihutirwa

TSUNAMI

IGICE CYA 2

ICYICIRO CYA 2: MU GIHE

INYANDIKO YIGISHA IGENEWE ABATURAGE BO MURI AMERIKA Y'EPFO NA LETA ZUNZE UBUMWE ZA AMERIKA

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