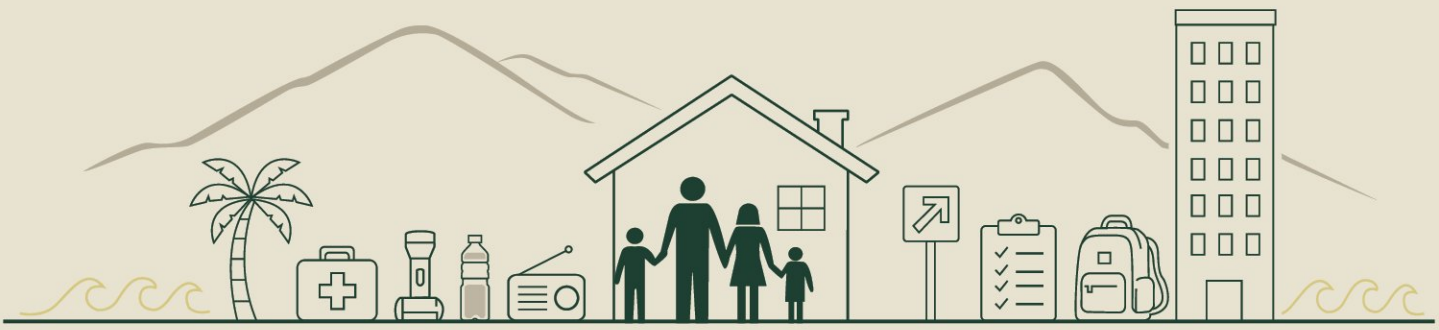
IKIGO CY’UBWAMI BW’AMAHORO N’UBUTABERA.

Gahunda yo guhugura abaturage: Gucunga ibyago no kwitegura ibihe byihutirwa

TSUNAMI

Igice cya 2

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

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

| Ihindurwa rya mbere · Nzeri 2026
TSUNAMI ICYICIRO CYA 2 – IGICE CYA 3: NYUMA © 2026 By' Ikigo Cy'ubwami bw'Amahoro N'ubutabera iri munsi y'amabwiriza y'uruhushya rwa Creative Commons Atribución–NoComercial–SinDerivadas –NoComercialSinDerivadas 4.0 Internacional (CC BY-NC-ND 4.0). Kugira ngo ubone kopi y'uru ruhushya, sura kuri: https://creativecommons.org/licenses/by-nc-nd/4.0/

• IHINDURWA:
Ikigo cy'Ubwami bw'Amahoro n'Ubutabera.

• ICYERECYEZO:
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
Web: www.centrodelreinodepazyjusticia.com
E-mail: centrodelreinodepazyjusticia@gmail.com

TSUNAMI

IGICE CYA 2 | ICYICIRO CYA 3: NYUMA

Intego y'icyigisho

Kugira ngo abitabiriye bashobore kumenya no gushyira mu bikorwa ingamba z'umutekano nyuma ya tsunami, bakomeze kwirinda ahantu hashobora guteza ibyago kugeza igihe inzego zibifitiye ububasha zitangiye uruhushya rwo kuhagaruka, bamenye ibyago bishobora gukomeza kubaho, bamenye amazi n'ibiribwa byizewe byo gukoresha, bakomeze gukurikirana amakuru atangwa n'inzego zemewe, kandi barinde abantu bakeneye ubufasha bwihariye, kugira ngo bashobore gusubira mu byabo no gutangira ibikorwa byo kwisuganya no gusana ibyangiritse mu buryo bwizewe.

Amazi gusubira inyuma **ntibivuze ko ibyago birangiye.**
Nyuma y'ingaruka za mbere za tsunami, ibyago bikomeye bishobora gukomeza kubaho mu gihe cy'amasaha menshi, kandi bitewe n'ubukana bw'ibiza, bishobora kumara iminsi cyangwa igihe kirenzeho.



Muri byo harimo:

- Imiraba mishya n'imigezi ikomeye bifitanye isano na tsunami;
- Imitingito ikurikiraho ishobora guterwa n'umutingito waba yarateje iyo tsunami;
- Imyuzure;
- Inyubako n'ibindi bikorwaremezo byangiritse kandi bitagifite umutekano uhagije;
- Imihanda n'ibiraro byangiritse.
- Insinga z'amashanyarazi zaguye hasi;
- Imiyoboro ya gaze isohora gaze kubera kwangirika;
- Inkongi z'umuriro;
- Amazi yanduye;
- Amazi yanduye aturuka mu myanda yo mu ngo no mu bwiherero.
- Ibintu by'ubumara;
- Ibice by'ibirahure, ibyuma n'indi myanda y'ibyangiritse;
- Ibikomere n'indwara ziterwa n'ubwandu;
- Ihagarara cyangwa ihungabana rya serivisi z'amazi, amashanyarazi n'itumanaho.

Muri iki cyiciro, iby'ingenzi bigomba kwitabwaho ni ibi bikurikira:

01 Kuguma kure y'ahantu hashobora guteza ibyago kugeza igihe inzego zibishinzwe zitangiye uruhushya rwo kuhagaruka;

02 Gutanga ubuvuzi bwihutirwa ku babukeneye;

03 Kwirinda izindi mpanuka no guhura n'ibintu byanduye bishobora guteza indwara cyangwa ubundi burwayi;

04 Gukoresha no kurya gusa amazi n'ibiribwa byemejwe ko bifite umutekano;

05 Gukomeza gukurikirana amakuru atangwa n'inzego zemewe zibishinzwe;

06 Kurinda by'umwihariko abana, abageze mu za bukuru, abantu bafite ubumuga n'abandi bose bakeneye ubufasha bwihariye;

07 Gusubira mu ngo no gutangira ibikorwa byo gusana ibyangiritse no kwiyubaka ari uko gusa ibintu byamaze kuba bimeze neza kandi nta byago bigihari.

3.1. NTUGASUBIREYO KUGEZA IGIHE INZEGO ZIBISHINZWE ZEMEJE KO HARI UMUTEKANO.

Iri ni ryo tegeko ry'ingenzi kurusha ayandi nyuma ya tsunami:

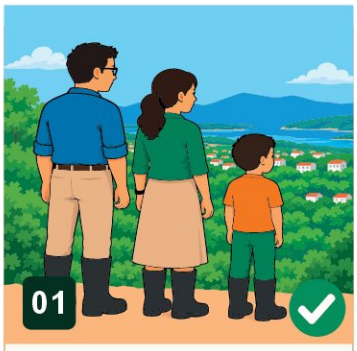
Guma kure y'ahantu hashobora guteza ibyago kugeza igihe inzego zibishinzwe zitangaje ku mugaragaro ko gusubirayo nta kaga biteye.

Tsunami ntiba igizwe n'umuraba umwe gusa byanze bikunze.

Hashobora kubaho imiraba myinshi n'imigezi ifite imbaraga nyinshi mu gihe kirekire, kandi umuraba ukurikiyeho ushobora kuba munini cyangwa ugateza ibyangiritse byinshi kurusha umuraba wa mbere.



Ni yo mpamvu:



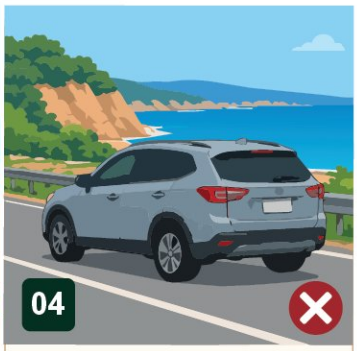
Guma mu gace gatekanye;



Kurikirana amakuru atangwa n'inzego zemewe;



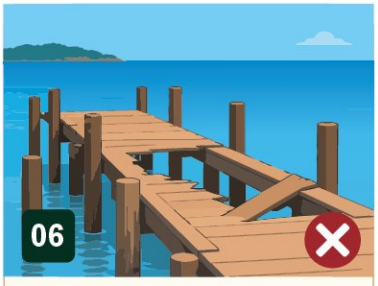
Ntumanuke ngo ujye ku mucanga wo ku nkombe y'inyanja;



Ntukanyure mu mihanda yo ku nkombe y'inyanja;



Ntukegere ahabera akaga kugira ngo urebe cyangwa uhafate amashusho n'amafoto.



Ntukajye ku biraro byinjira mu nyanja cyangwa mu zindi nyubako zangiritse.



Ntugerageze kurokora cyangwa kugarura ubwato n'ibindi bintu byangiritse cyangwa byatwawe n'amazi.

Inzego zibifitiye ububasha ni zo zonyine zigomba kugena igihe abantu bashobora kuva mu gace k'umutekano bagatangira gusubira mu ngo zabo.

3.2.NTUKORESHE UBUREBURE CYANGWA INTERA RUNAKA NK'IGIPIMO CYA GUSA CYO KWEMEZA KO AHANTU HATEKANYE.

Mu gihe cy'ubutabazi bwihutirwa, guma mu gace gatekanye kagenwe aho utuye, ahantu hagenwe ho guhurira n'abandi bantu, cyangwa ahandi hantu herekanwe n'inzego zibishinzwe.



Intera amazi ya tsunami ashobora kugeramo mu butaka iterwa n'impamvu zitandukanye, zirimo:



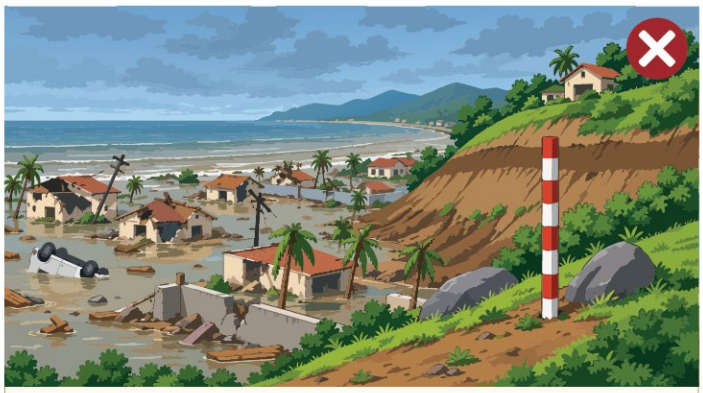
- Imiterere y'ubutaka n'uburyo buri hejuru cyangwa hasi;
- Imiterere y'inkombe z'inyanja.



- Ubukana bwa tsunami n'imiterere yayo.



- Kuba hari imigezi, aho imigezi isukira mu nyanja n'imiyoboro y'amazi;
- Imiterere n'ibihe byihariye by'aho hantu.



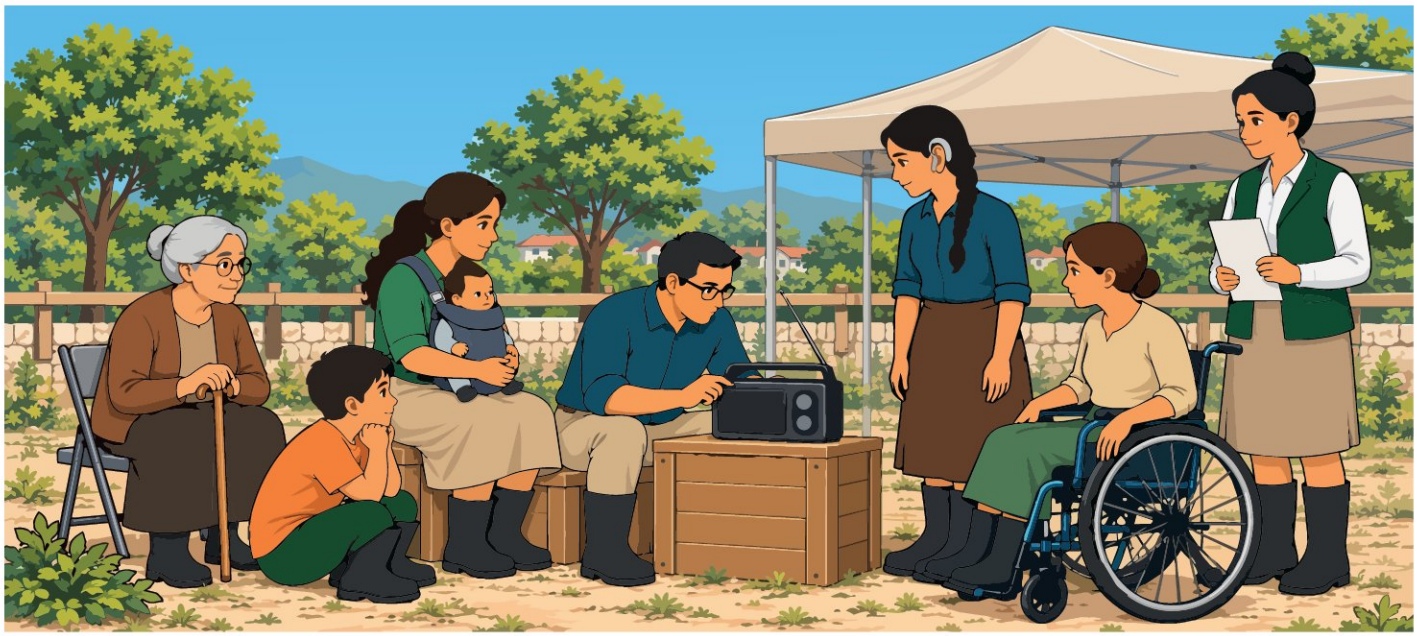
Ntabwo hagomba gukoreshwa icyo bita "ubuhagarike bwa metero 30" nk'itegeko rusange rikoreshwa hose mu kugena niba umuntu ari ahantu hatekanye.



Kubera iyo mpamvu, amakarita yemewe agaragaza ahantu hashobora kwibasirwa na tsunami, uduce tugomba kwimukirwamo n'amabwiriza atangwa n'inzego z'ibanze ni byo bigomba gushyirwa imbere kurusha amabwiriza rusange ashingiye ku buhagarike cyangwa ku ntera.

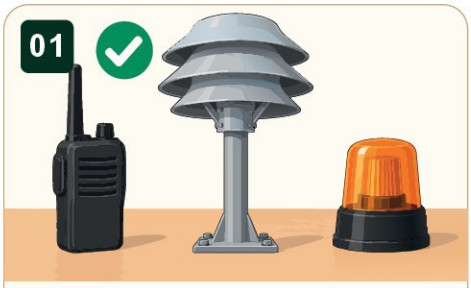
3.3. KOMEZA KUMENYA AMAKURU

Nyuma y'ingaruka, kurikirana amakuru unyuze ku miyoboro yemewe.



Koresha uburyo buhari:

01



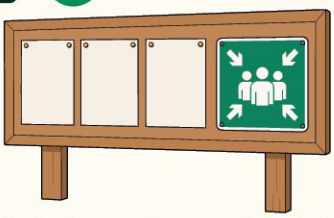
- Radiyo;
- sisitemu zemewe zo gutanga ubutumwa bw'imbuzi

02



- Telefoni igendanwa;
- Ubutumwa bugufi;
- Porogaramu zemewe.

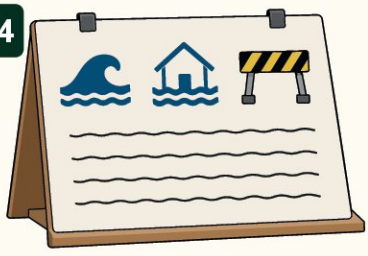
03



- Imiyoboro y'inzego z'ubutabazi;
- Ubundi buryo bwashyizweho n'inzego z'ibanze zibifitiye ububasha.

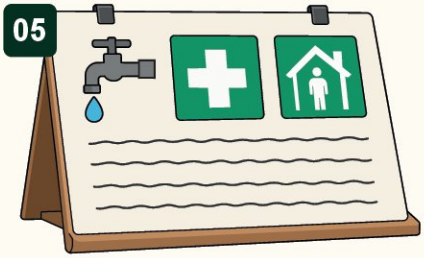
Amakuru yemewe ashobora kugaragaza:

04



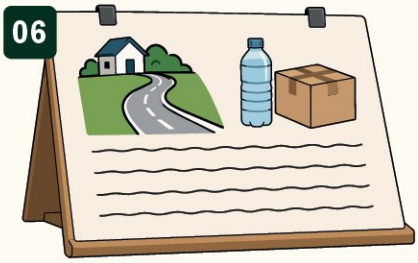
- Niba imiraba ikomeje kugera ku nkombe;
- Uturere tugikomeje kuba twarimuwe;
- Inzira zifunze.

05



- Aho ubuhungiro buri;
- Aho bashobora kubona ubuvuzi;
- Niba amazi yo kunywa ari meza kandi afite umutekano.

06

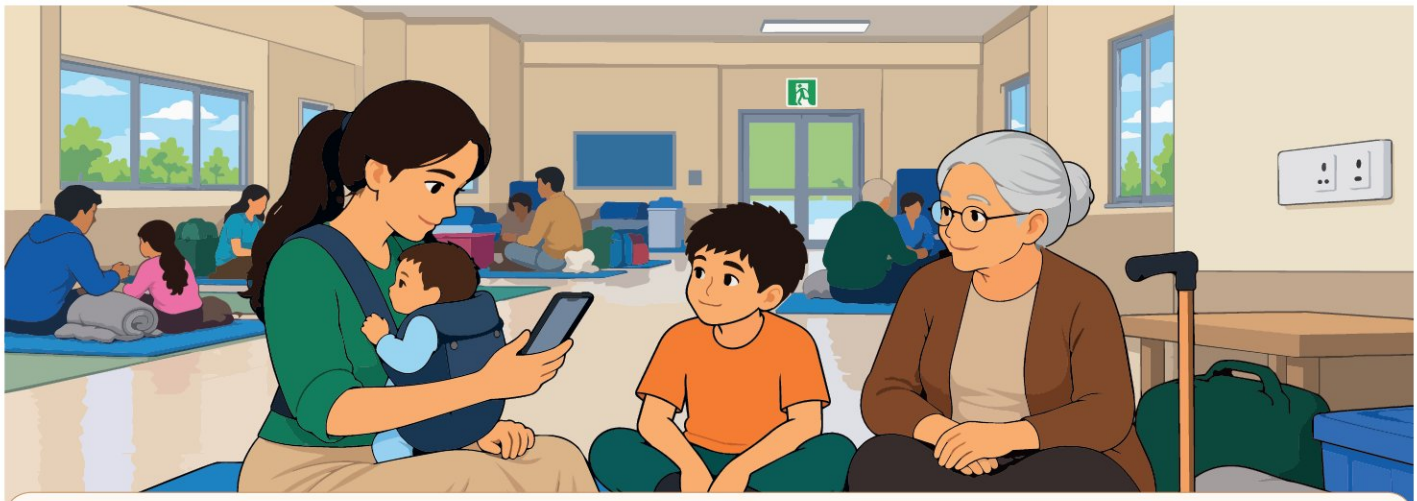


- Aho ibiribwa n'ibikoresho by'ibanze bitangirwa;
- Igihe abantu bashobora gutangira gusubira mu byabo.

Ntugafate ibyemezo bijyanye n'umutekano ushingiye gusa ku bihuha, ku makuru atagenzuwe cyangwa ku butumwa bwoherezwa ku mbuga nkoranyambaga.

3.4. KORESHA ITANGAZAMAKURU MU BURYO BUBONEYE.

Nyuma y'ibiza, imiyoboro y'itumanaho ishobora kuba yuzuye abantu benshi bayikoresha cyangwa igahagarara igice.



Ariko, **ntibigomba gufatwa nk'itegeko ridakuka ko ubutumwa bugufi (SMS) cyangwa imbuga nkoranyambaga ari byo byonyine bishobora gukoreshwa.**

Niba ukeneye gusaba ubuvuzi, kumenyesha ibyihutirwa cyangwa kuvugana n'inzego z'ubutabazi kandi imiyoboro ya telefoni ikora, koresha uburyo buboneye buhari.

Iyo itumanaho rikora:

01



Koresha ubutumwa bugufi kugira ngo umenyeshe umuryango wawe ko uri ahatekanye.

02



Irinde guhamagara telefoni igihe kirekire bitari ngombwa.

03



Kurikiza amabwiriza y'inzego zibishinzwe n'ay'abatanga serivisi z'itumanaho.

04



Zigama umuriro wa telefoni igendanwa.

05



Koresha itumanaho ry'ubutabazi gusa igihe bibaye ngombwa.

Ubutumwa bugufi na porogaramu zohererezanywamo ubutumwa bishobora gufasha iyo imiyoboro ya telefoni yuzuye abantu benshi bayikoresha.

3.5. ITEGURE IMITINGITO ISUBIRA.

Niba tsunami yatewe n'umutingito wabereye hafi, hashobora kubaho indi mitingito ikurikiraho.



Umutingito ukurikiyeho na wo **ushobora guteza indi tsunami.**

Niba wakiriye indi mbuzi cyangwa wongeye kubona ibimenyetso kamere by'akaga, hita ukurikiza amabwiriza ajyanye no kwimuka uva ahantu hateje akaga.

Imitingito imwe ikurikiyeho ishobora gukomera bihagije ku buryo:



- Gusenya inyubako zari zarangiritse mbere;
- Guteza inkangu;
- Gutuma ibintu bigwa.



- Kwangiza imihanda;
- Guhagarika serivisi;
- Kubangamira ibikorwa byo gutabara.

Niba wumvise umutingito ukurikiyeho:



Hita wikingira;



Jya kure y'inyubako zidafite umutekano, igihe ushobora kubikora nta kaga.



Ntuhagarare hafi y'inkuta, inkingi, ibice by'inyuma by'inyubako cyangwa ibindi bintu byangiritse.



Kurikiza amabwiriza y'inzego zibishinzwe.

Koresha ubu buryo: UNAMA – WIKINGIRE – WIKOMEZE

3.6. NTUHITE WINJIRA MU DUCE TWIBASIWE N'IBIZA.

Nubwo inzego zibishinzwe zaba zatangaje ko nta kaga ko kuza kw'indi miraba ikurikiraho, uduce tumwe na tumwe dushobora gukomeza kuba duteje akaga gakomeye.



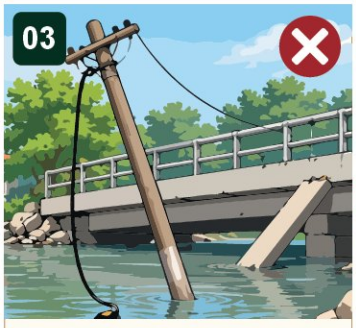
Irinde:



- Imihanda yuzuye amazi;
- Uduce twuzuye ibyondo.



- Inyubako zasenyutse;
- Inyubako zangiritse cyane.



- Ibiraro byangiritse;
- Ahantu hari insinga z'amashanyarazi zaguye.



- Ahantu hari imyuka ya gaze isohokera;
- Ahantu hakorerwa ibikorwa byo gushakisha no gutabara abantu.



Nti winjire mu duce twabujijwe kugeramo.



Kwinjira mu duce twibasiwe n'ibiza hakiri kare bishobora guteza izindi mpanuka zigahitana abantu kandi bikabangamira ibikorwa by'abashinzwe kuzimya inkongi, serivisi z'ubuvuzi, abapolisi, inzego zishinzwe kurengera abaturage n'amatsinda y'ubutabazi.

3.7. IRINDE AMAZI Y'UMWUZURE N'IBYONDO.

Amazi asigara nyuma ya tsunami **ntagomba gufatwa nk'amazi meza kandi adafite umwanda.**



Ashobora kuba arimo:



- Amazi yanduye ava mu ngo no mu bwiherero;
- Imigera itera indwara;
- Ibikomoka kuri peteroli;
- Amavuta.



- Imiti yica udukoko;
- Imiti mvaruganda;
- Amabati;
- Ibirahure.

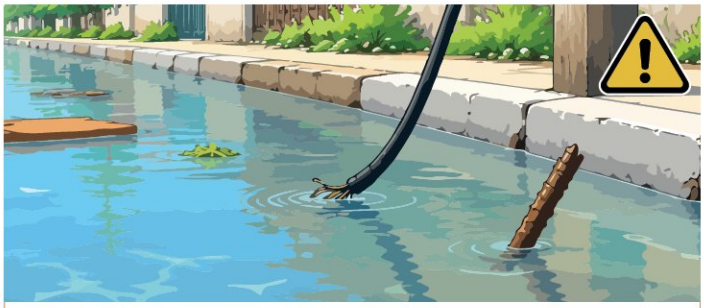


- Ibintu bikomeretsa;
- Ibisigazwa by'ibikoresho by'ubwubatsi;
- Ibindi bintu bihumanya.

Byongeye kandi, amazi yanduye kandi atagaragara neza ashobora guhisha:



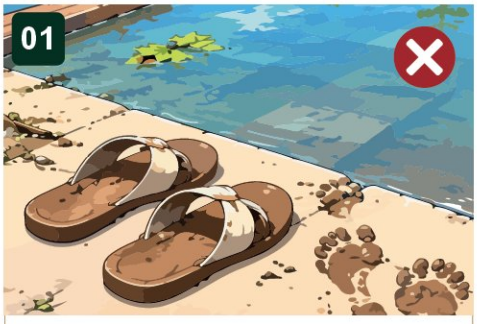
- Imyobo;
- Imiyoboro y'amazi ifunguye;
- Ahantu ubutaka buri ku rwego rutangana.



- Ibintu bifite imitwe ityaye;
- Insinga z'amashanyarazi;
- Izindi ngaruka zishobora guteza akaga.



Por isso:



Irinde kugendera mu mazi y'umwuzure bitari ngombwa.



Ntukemere ko abana bakinira muri ayo mazi.



Ntukemere ko amatungo yawe anywa ayo mazi.



Irinde ko ayo mazi akora ku bikomere bitarafunga.



Koresha ibikoresho bikingira umubiri uko bikwiye niba imirimo yo gusukura yemewe ituma bidashoboka kwirinda guhura n'ayo mazi.

Niba uruhu rwawe rukozweho n'amazi y'umwuzure, karaba aho hantu vuba bishoboka ukoresheje amazi meza n'isabune.

Niba igikomere gikozweho n'amazi yanduye, kigomba gusukurwa neza kandi kigakurikiranirwa hafi kugira ngo harebwe niba nta bimenyetso by'ubwandu bwacyo bigaragara.

3.8. INSINGA Z'AMASHANYARAZI, IBYUMA BIKORESHA AMASHANYARAZI N'AKAGA KO GUKUBITWA N'AMASHANYARAZI.

Fata insinga izo ari zo zose z'amashanyarazi zaguye nk'ikintu giteje akaga. Ntuzikoreho.



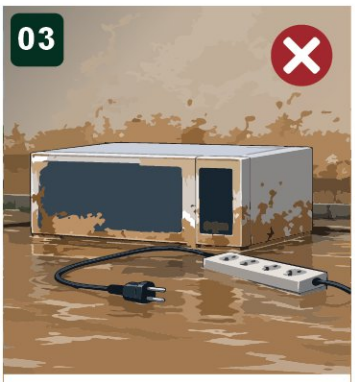
Ntukore no kuri ibi bikurikira:



Ibintu bikora ku nsinga z'amashanyarazi.



Inkingi z'amashanyarazi zangiritse.



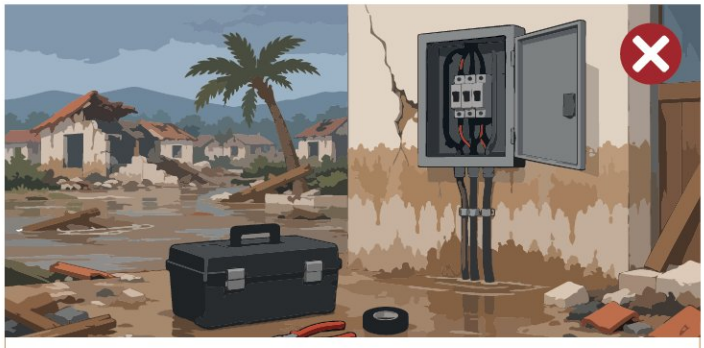
Ibikoresho by'amashanyarazi bitose.



Ibyuma n'imiyoboro by'amashanyarazi byarengewe n'amazi y'umwuzure.



Rinda abana n'abandi bantu ubabuze kwegera ibyo bintu, kandi umenyeshe inzego zibishinzwe aho insinga cyangwa ibikoresho by'amashanyarazi biteje akaga bihereye.



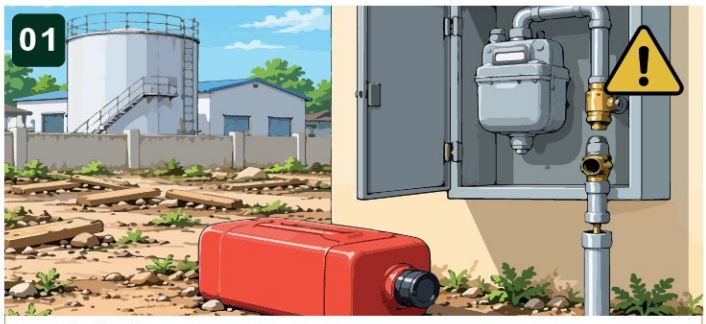
Ntugerageze gusana ibikoresho by'amashanyarazi byangiritse niba utabifitiye ubumenyi n'uburenganzira bwo kubikora.

Amazi ashobora gutwara amashanyarazi.

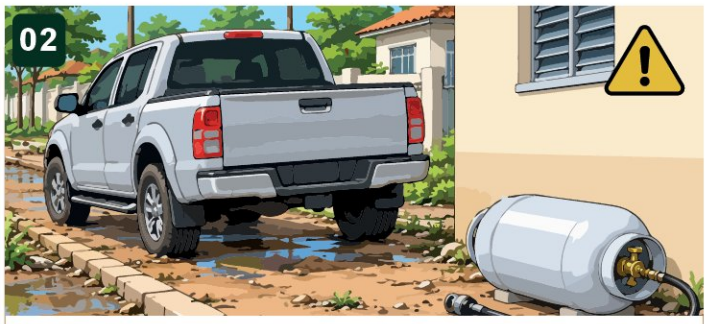
3.9. GAZE, IBITWIKA N'AKAGA K'INKONGI.



Umutingito na tsunami bishobora kwangiza:



- Imiyoboro ya gaze;
- ibigega bibikwamo ibikomoka kuri peteroli;
- inganda n'ibikoresho byazo.



- Ibinyabiziga;
- Sisitemu zo mu ngo.

Niba wumvise impumuro ya gaze, wumvise gaze isohoka cyangwa ubonye ibimenyetso by'ibikomoka kuri peteroli byamenetse:



- Jya kure y'aho hantu.



- Ntucane umuriro;
- Ntunywe itabi.



- Ntukoreshe ututubuto dufungura cyangwa tuzimya amashanyarazi



- Bimenyeshe inzego zibishinzwe.

Ntugerageze kugenzura ibikoresho byangiritse niba kubikora bisaba kwinjira mu nyubako idafite umutekano.

3.10. NTIWINJIRE MU NYUBAKO ZANGIRITSE UTABIHEREWE UBURENGANZIRA.



Kuba inyubako igihagaze ntibivuze ko igifite umutekano uhagije mu miterere yayo.

Umutingito, imbaraga z'amazi, imyanda yatwawe n'umuhengeri, isuri y'ubutaka n'imitingito yakurikiyeho bishobora kuba byarateje ibyangiritse bitagaragara.

Por isso:



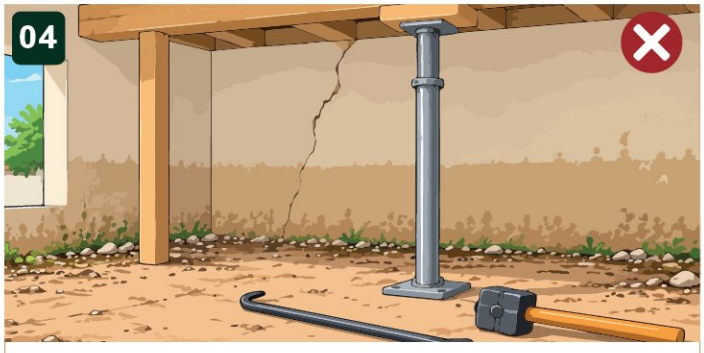
Kubahiriza inzitizi n'ibibujijwe.



Nti winjire mu nyubako zangiritse cyane.



Ntukemere ko abana binjira mu nyubako kugira ngo bajye kuyitemberamo.



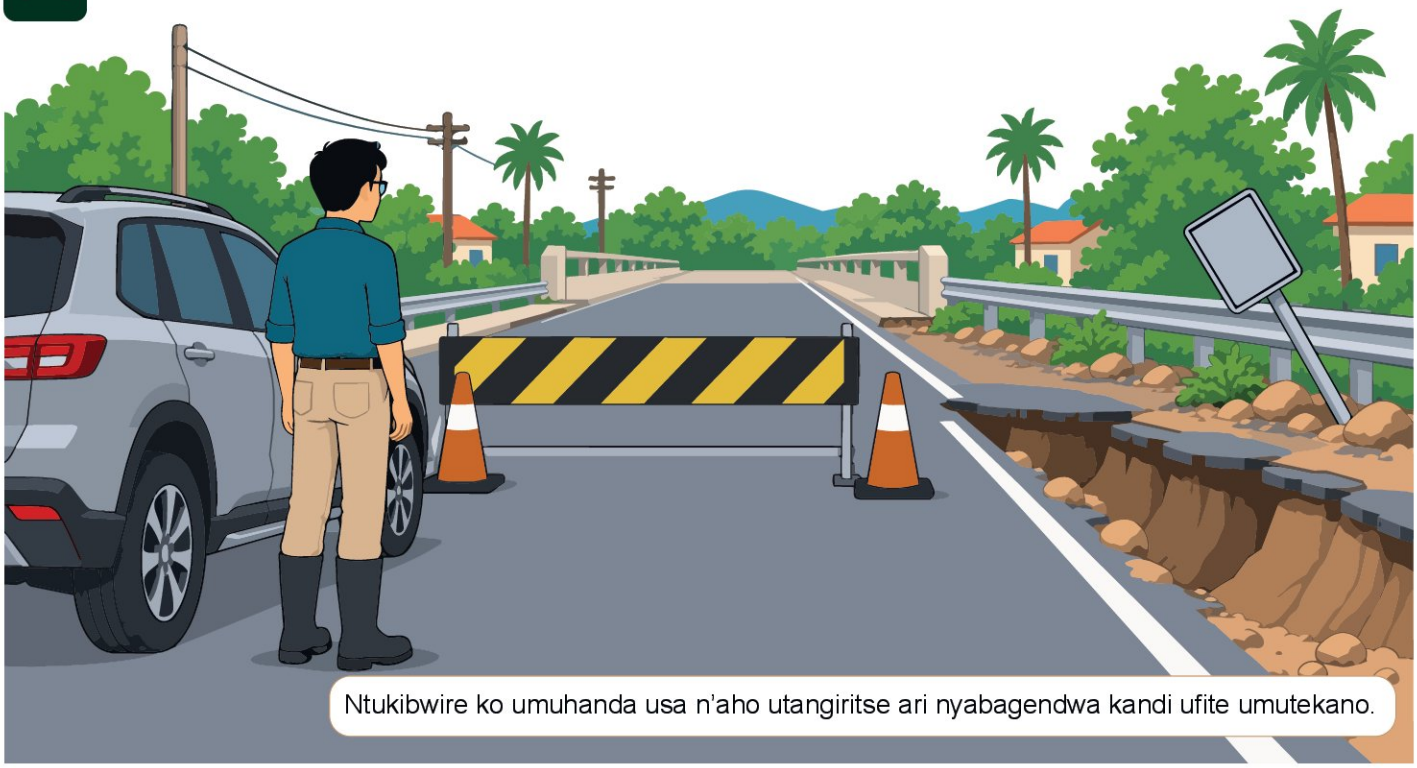
Ntukureho ibice bigize umutambiko w'inyubako.



Ntugerageze kurokora ibintu byawe igihe aho biri hatizewe.

Iyo inzego zibishinzwe cyangwa abahanga babiherewe ububasha bemeje ko ushobora kwinjira, jya winjiramo witonze kandi ukomeze kuba maso ku bindi byago bishobora kuvuka.

3.11. IMIHANDA, IBIRARO N'IBINYABIZIGA



Ntukibwire ko umuhanda usa n'aho utangiritse ari nyabagendwa kandi ufite umutekano.

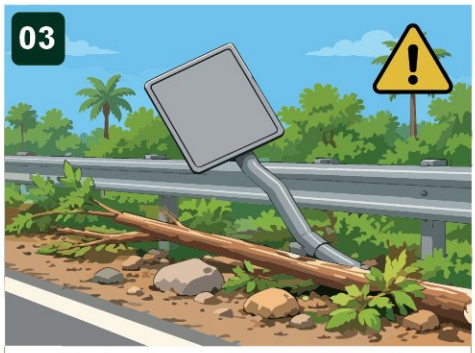
Amazi ashobora kuba afite:



- Yaracukuye cyangwa yarangije ubutaka buri munsi y'umuhanda.
- yarangije cyangwa yangije ibiraro, bigatuma bitakigira umutekano.



- Gucukura imyobo minini mu muhanda.
- Gukura mu mwanya imiyoboro y'amazi iri munsi cyangwa ku ruhande rw'umuhanda.



- Gusiga imyanda mu muhanda.
- Kwangiza ibyapa n'ibimenyetso biyobora



- Kubahiriza inzitizi zose n'ibifunga inzira.



- **Ntuzigere utwara ikinyabiziga unyura ahantu hakiri amazi menshi y'umwuzure.**



Ntukoreshe ibinyabiziga kugira ngo winjire ahantu habujijwe kwinjiramo cyangwa kugira ngo ujye kureba ibyangiritse.

3.12. AMAZI MEZA YO KUNYOBWA N'ABANTU.

Nyuma ya tsunami, amazi meza yo kunywa ashobora kuba yarandujwe.

Ariko, **ntibikwiye gushyirwaho nk'itegeko rusange ko amazi yose ava mu robine aba atemewe kunyobwa nyuma ya tsunami iyo ari yo yose.**

Itegeko rikwiye ni iri:

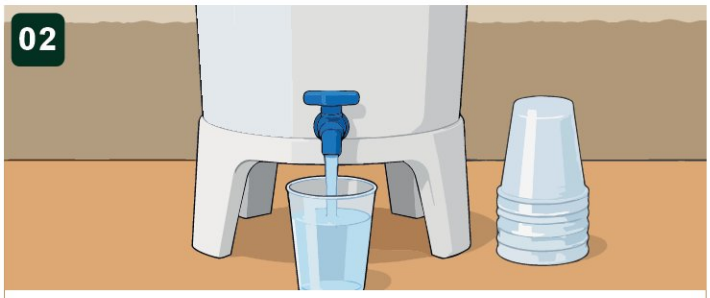
Kurikiza amabwiriza atangwa n'inzego z'ubuzima n'abashinzwe gutanga amazi.



Niba hari itangazo rimenyesha ko amazi yanduye cyangwa niba inzego zibishinzwe zimenyesheje ko amazi adafite umutekano wo kuyakoresha:



Koresha amazi apfunyitse mu macupa.



Cyangwa ukoreshe amazi yatunganyijwe neza hakurikijwe amabwiriza y'inzego zishinzwe ubuzima.

Amazi meza yo kunywa agomba gukoreshwa atari mu kunywa gusa, ahubwo no mu bindi bikorwa bikurikije amabwiriza y'inzego zishinzwe ubuzima, birimo:



- Gutegura amafunguro;
- Gutegura amata y'ifu agenewe impinja.



- Koza amenyo;
- Gukora barafu.



- Koza ibikoresho bikoreshwa mu gutegura no kuriraho amafunguro;
- Ibindi bikorwa byose bishobora gutuma amazi yinjira mu mubiri anyujijwe mu kanwa.

Amariba y'amazi yarengewe n'amazi y'umwuzure ashobora gukenera kugenzurwa, gusukurwa n' imiti yica mikorobe no gupimwa mbere yo kongera gukoreshwa.

Kugaragara neza, impumuro isanzwe cyangwa uburyohe busanzwe bw'amazi ntibihamya ko afite umutekano wo kunyobwa.

3.13. IBIRIBWA NYUMA Y'UMWUZURE

Ibiribwa byahuye n'amazi y'umwuzure bishobora kuba byanduye.



Ariko kandi, ntibikwiye kuvugwa ko ibiribwa byose biri mu gace katewe n'umwuzure bigomba kujugunywa.

Bimwe mu biribwa bipfunyitse mu bikoresho byabugenewe bitangiritse bishobora kurokorwa hakurikijwe uburyo bwihariye bw'isuku.

Kurikiza amabwiriza y'inzego zishinzwe ubuzima.

Jugunya Ibyo Kurya Bikurikira:



Byahuye n'amazi y'umwuzure mu buryo butaziguye kandi bidakingiwe n'ipfunyika rifatwa nk'iritekanye; biri mu mapaki yafunguwe cyangwa yangiritse.



Bifite impumuro, ibara cyangwa imiterere bidasanzwe; byamaze igihe bidashyizwe ahakonjeshwa ku buryo umutekano wabyo ushobora kuba warahungabanye.

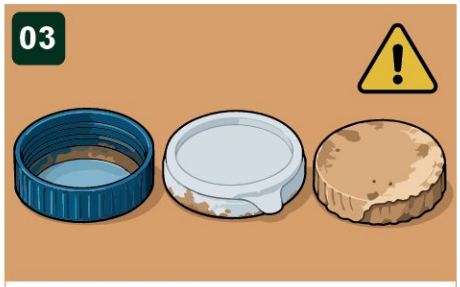
Witondere cyane ibipfunyika bya:



- ikarito,
- impapuro,



- ibikoresho byinjiza amazi,



- Imifuniko idashobora gusukurwa cyangwa kwicwa mikorobe uko bikwiye.

Ntugasogongere ku biribwa kugira ngo umenye niba bifite umutekano.

Niba ushidikanya ku mutekano w'ibiribwa, bijugunye.

3.14. ISUKU Y'AMABOKO

Isuku ni ingenzi cyane cyane nyuma y'umwuzure.



Karaba intoki ukoresheje amazi meza n'isabune:



- Mbere yo gutegura ibiribwa;
- mbere yo kurya;



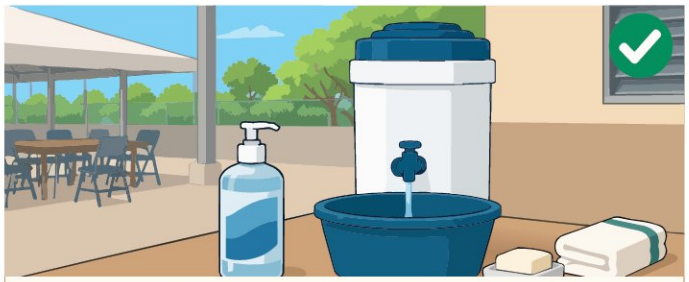
- Nyuma yo gukoresha ubwiherero;
- Nyuma yo guhindura impapuro z'abana zibarinda kwandura.



- Nyuma yo gukora ku myanda;
- Nyuma yo kwitabira imirimo y'isuku.



- Nyuma yo gukora ku bintu byandujwe n'amazi y'umwuzure cyangwa amazi y'imyanda.



Iyo amazi n'isabune bidahari ako kanya, hashobora gukoreshwa by'agateganyo umuti uboneye urimo alukoro, igihe bibaye ngombwa kandi bishoboka.



Ariko, iyo intoki zigaragara ko zanduye cyangwa zifite umwanda, zigomba gukarabwa neza n'amazi meza akimara kuboneka.

3.15. IBISEBE N'IMVUNE

Ibirahuri, imisumari, ibyuma, ibiti byamenetse n'indi myanda y'ibyasenyutse bishobora gutera ibikomere.

Ntukirengagize igikomere ngo ni uko gisa n'aho ari gito.



Niba ukomeretse:



- Va mu gace k'akaga;
- Hagarika kuva cyane kw'amaraso ukoresheje ubutabazi bw'ibanze bukwiye.



- Sukura ibikomere ukoresheje amazi meza yo kunywa igihe bishoboka;
- Pfuka ibikomere ukoresheje ibikoresho bisukuye.



- Shaka ubuvuzi igihe uburemere bw'igikomere bubisaba.

Ibikomere byahuye n'amazi y'umwuzure bigomba gukurikiranwa by'umwihariko.

Shaka ubuvuzi igihe ugaragaje ibimenyetso bikurikira:

- kwiyongera k'ububabare;
- kwiyongera k'ugutukura;
- kubyimba;
- gusohora amashyira;
- umuriro;
- ibindi bimenyetso by'ubwandu.

Abantu bafite ibikomere byimbitse, ibyatewe n'ibintu bibahinguranyije cyangwa ibyanduye bashobora gukenera isuzuma ry'inyongera kwa muganga, harimo no kugenzura niba bakingiwe tetanosi.

3.16. UBUTABAZI BW'IBANZE N'UBUVUZI



Nusanga umuntu wakomeretse bikomeye:



Saba ubufasha bw'abaganga b'inzobere.



Rinda uwo muntu kugira ngo atagerwaho n'akaga kamwegereye.



Ntumwimure bitari ngombwa niba ukeka ko yakomeretse bikomeye, keretse iyo kuguma aho ari byamushyira mu kaga gakomeye kurushaho.



Kurikiza amabwiriza y'inzego z'ubutabazi igihe ushoboye kuvugana na zo.



Ntukinjire wenyine mu nyubako zasenyutse ugiye gutabara abantu niba udafite amahugurwa, ibikoresho n'uburenganzira bwo kubikora.

Isenyuka ry'inyubako rikurikiraho, imitingito ikurikiye umutingito wa mbere n'ibikoresho bidahamye bishobora gutuma umuntu ugiye gutabara na we ahinduka undi wahohotewe n'akaga.

3.17. UBUKORERABUSHAKE NO GUFASHANYA MU MURYANGO.



Ubufatanye bw'abaturage ni ingenzi cyane nyuma y'ibiza, ariko bugomba gutegurwa neza.

Niba wifuza gutanga umusanzu:



Kurikiza amabwiriza y'inzego zibishinzwe; igihe bishoboka, fatanya n'imiryango cyangwa amatsinda ahuza ibikorwa;



Kora gusa imirimo ufitiye ubushobozi;
Koresha ibikoresho birinda umutekano bikenewe;



Ntukivange mu bikorwa by'umwuga byo gushakisha no gutabara.

Bishobora kuba ingirakamaro cyane gutanga ubufasha, igihe byateguwe kandi byemewe, mu bikorwa bikurikira:



Gutanga amazi n'ibiribwa;
Kuyobora abantu;
Gufasha abageze mu zabukuru cyangwa abafite ubumuga;



Gutegura aho abantu bacumbikirwa;
Guhuza abagize imiryango batandukanye;
Imirimo ijyanye n'ibikoresho n'imitunganyirize y'ibikorwa.



Indi mirimo ifitiye umuryango akamaro kandi idafite ibyago byinshi.

Kugira ubushake bwo gufasha ntibisimbura ubumenyi n'amahugurwa akenewe kugira ngo umuntu akore ibikorwa by'umwuga byo gutabara, yinjire mu nyubako zasenyutse, akore ku mashanyarazi, kuri gaze, ku bintu bishobora guteza ibyago cyangwa ku bindi bintu bisaba ubumenyi bwihariye.

3.18. MONOGISIDE YA KABONI: AKAGA KATAREBWA N'AMASO



Gucika kw'amashanyarazi nyuma y'ibiza bishobora gutuma abantu bakoresha moteri nto zitanga amashanyarazi, amashyiga akoreshwa mu ngando cyangwa ibindi bikoresho bitwika ibicanwa.

Ibi bikoresho bitanga **monogiside ya karuboni,** gaze itaboneshwa amaso kandi itagira impumuro, ishobora gutera uburozi bukomeye cyangwa urupfu.

Ntuzigere ukoresha:

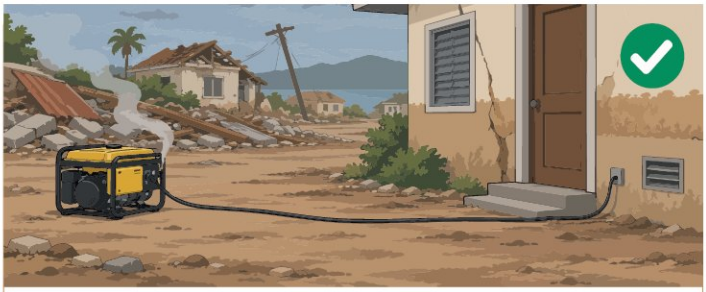


- Moteri zitanga amashanyarazi;
- Amashyiga yo kwotsaho inyama;
- Amashyiga y'amakara.



- Amashyiga akoresha ibicanwa;
- Motéri.

Mu nzu zo guturamo, muri garaje, mu mazu yo munsi y'ubutaka, mu mahema, mu buhungiro bufunze cyangwa ahandi hantu hatabona umwuka uhagije.



Imashini zitanga amashanyarazi zigomba gukoreshwa hanze, ahantu hari intera ihagije hagati yazo n'inzugi, amadirishya n'aho umwuka winjirira, hakurikijwe amabwiriza y'umutekano yatanzwe n'uruganda ruzikora n'inzego zibishinzwe.



Ntuzigere usiga imodoka ifunguye moteri iri gukora muri garaje cyangwa ahandi hantu hafunze.

3.19. GUSUKURA NA YO ISHOBORA GUTEZA AKAGA

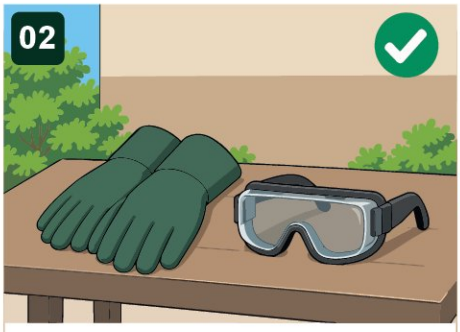
Igihe kwinjira bizaba byemewe kandi imirimo yo gusana no gusubiza ibintu mu buryo itangiye, koresha ibikoresho birinda umutekano bikwiye bijyanye n'ingaruka zishobora kubaho.



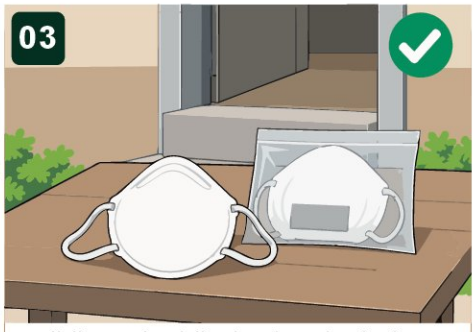
Bishobora kuba ngombwa gukoresha:



- Inkweto zikomeye zirinda ibirenge;
- Ipantalo ndende.

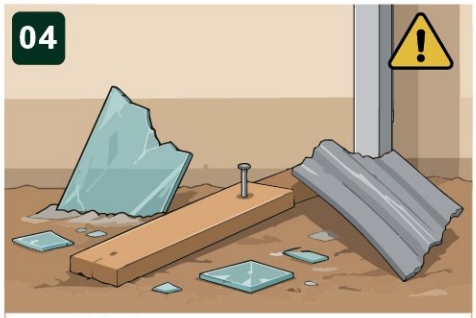


- Uturindantoki dukwiye;
- Indorerwamo zo kurinda amaso.



- Ibikoresho bikwiye byo kurinda imyanya y'ubuhumekero mu mirimo imwe n'imwe.

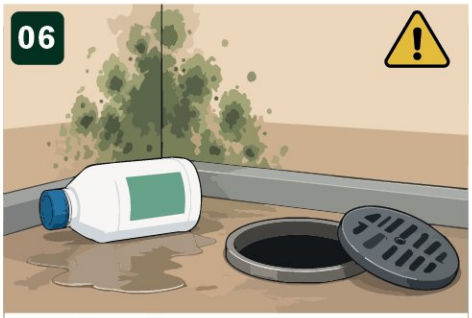
Witondere cyane:



- Ibirahure;
- Imisumari;
- Ibyuma



- Ahantu hanyerera;
- Ibintu biremereye bidafashe neza.



- Ibyondo;
- Imiti;
- Amazi mabi yanduye.

Ntukemere ko abana bakora imirimo y'isuku ishobora kubateza akaga.

Gusana no kugarura ibintu byangiritse ntibigomba na rimwe gushyirwa imbere y'umutekano w'abantu.

3.20. IHAME RY'IBANZE RY'IKI CYICIRO

Nyuma ya tsunami, intego si ugusubira aho wari uri vuba bishoboka, ahubwo ni ugusubirayo igihe hatekanye.
Kuba amazi atakigaragara ntibivuze ko ibyago byashize.





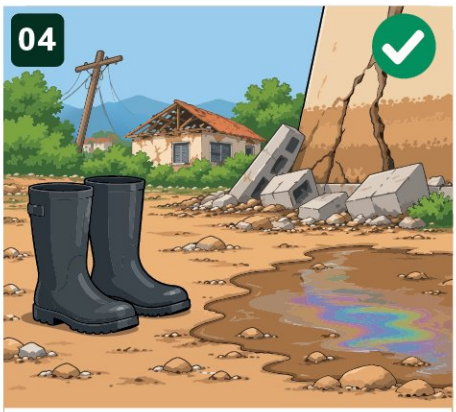
Komeza gukurikirana amakuru.



Kubahiriza ahantu hafunzwe cyangwa hatemerewe kwinjirwamo.



Rinda ubuzima bwawe.



Irinde amazi yanduye n'inyubako zangiritse.



Fasha mu buryo buteguye neza.

Kandi wibuke:

Ibihe by'amage ntibirangira kugeza igihe inzego zibishinzwe zimenyesheje ko ibyago byashize kandi ko imiterere y'aho hantu ituma bishoboka gutangira ibikorwa byo gusana no kugarura ibintu mu buryo butekanye.

3.21. ABANA BATARAGEZA KU MYAKA Y'UBUKURE NYUMA YA TSUNAMI

Nyuma ya tsunami, abana n'ingimbi n'abangavu bakeneye kurindwa by'umwihariko.

Akaga ntikagarukira gusa ku kuba hashobora kubaho indi miraba y'amazi. Ahantu nyuma y'ibiza hashobora kuba hari amazi yanduye, ibyondo, ibisigazwa by'ibyasenyutse, ibirahure, ibyuma, insinga z'amashanyarazi, inyubako zidafite umutekano n'izindi ngaruka abana bashobora kutamenya.

Muri icyo gihe kandi, bashobora kugira ubwoba, agahinda gakabije, urujijo, ihinduka ry'imigendere y'ibitotsi cyangwa guhangayikishwa n'abagize umuryango, inshuti, amatungo yo mu rugo, aho batuye cyangwa ishuri ryabo.



Ni yo mpamvu ibyihutirwa ari:



• Kubabuza kugera mu duce tw'akaga;



• Kugenzura neza ko bahoranye n'ababarera;



• Kubaha amazi meza yo kunywa n'ibiribwa bimeze neza;



• Kubungabunga isuku ihagije;



• Gufasha kongera guhuza imiryango yatandukanye;



• Gutanga amakuru yumvikana neza;
• Kumva no kwita ku mpungenge zabo;



• Kugabanya kubereka amashusho no kubumvisha ibiganiro bibabangamira bitari ngombwa;



• Gushaka uko bishoboka kose gusubizaho gahunda zisanzwe n'icyizere cy'umutekano.

3.22. GUMA HAMWE N’ABANA MU GACE GAFITE UMUTEKANO

Ntukemere ko abana basubira ku nkombe, aho batuye, ku ishuri cyangwa mu kandi gace abantu bavanywemo kugeza igihe inzego zibishinzwe zemereye ko bahasubira.



Sobanura mu buryo bworoshye impamvu bagomba gutegereza.

Ushobora gukoresha interuro nka:

“Turacyakeneye kuguma hano kugeza igihe bazatubwirira ko gusubirayo bifite umutekano.”.

“Amazi yamaze kugenda, ariko haracyashobora kuba hari akaga.”.

Ntukemere ko amatsiko atuma begera:



- Inkombe z’inyanja;
- Inzuzi cyangwa imiyoboro y’amazi;



- Ahantu huzuye amazi;
- Inyubako zangiritse;



- Ibinyabiziga byatwawe n’amazi;
- Imashini;



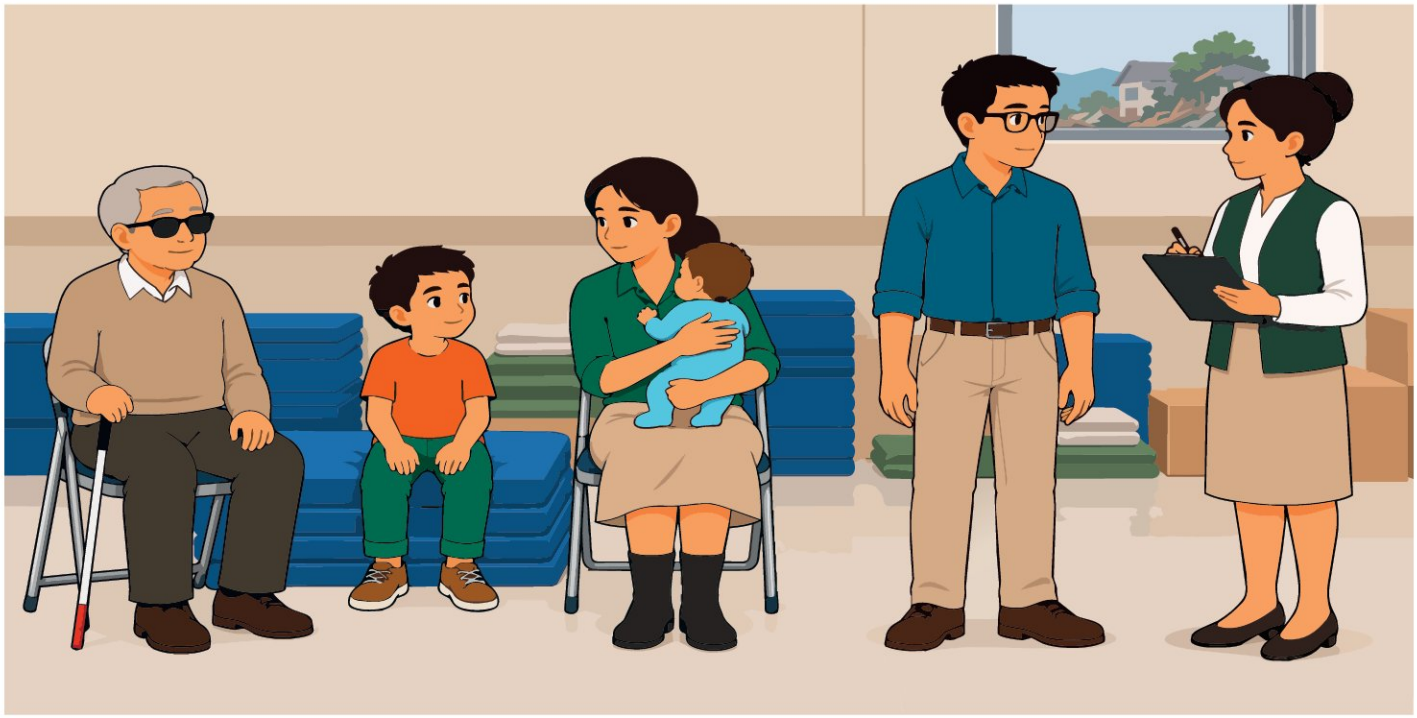
- Ahakorerwa ibikorwa byo gutabara;
- Ibisigazwa by’ibyasenyutse.

Abana ntibagomba kwigendera bonyine mu gace katewe na tsunami.

3.23. GUCUNGA NO GUKURIKIRANA IBIGO BY'UBUHUNGIRO N'AHANTU HO GUHURIRA

Ahantu ho gucumbikira abahuye n'ibiza n'ahantu ho guteranira hashobora kuba hari abantu benshi kandi hakaba ari ahantu abana batamenyereye.

Komeza kugenzura abana uko bikwiye, cyane cyane abana bato.



Gerageza kwemeza ko:



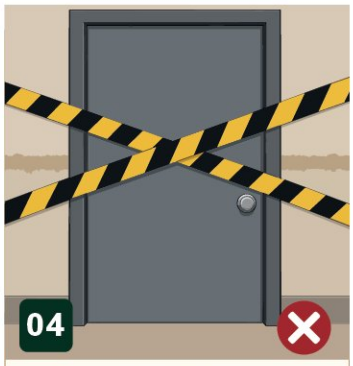
- Bamenye umuntu mukuru ubashinzwe;



- Bagume hamwe n'umuryango wabo cyangwa itsinda barimo;



- Ntibave mu buhungiro bonyine;



- Ntibinjire mu duce twabujijwe kugeramo;



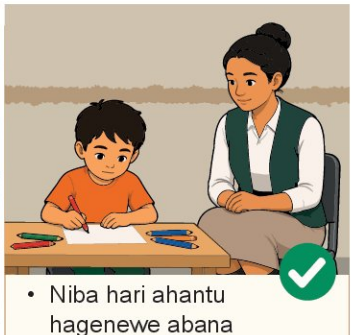
- Ntibakore ku bikoresho by'ubutabazi;



- Ntibegere ibinyabiziga cyangwa imashini;



- Ntibatoragure ibintu basanze mu bisigazwa by'ibyasenyutse.



- Niba hari ahantu hagenewe abana by'umwihariko, hakoreshe hakurikijwe amabwiriza agenga aho buhungiro.

3.24. NTUKEMERE KO ABANA BAKINIRA MU MAZI, MU BYONDO CYANGWA MU BISIGAZWA BY'INYUBAKO ZASENYUTSE.



Abana:



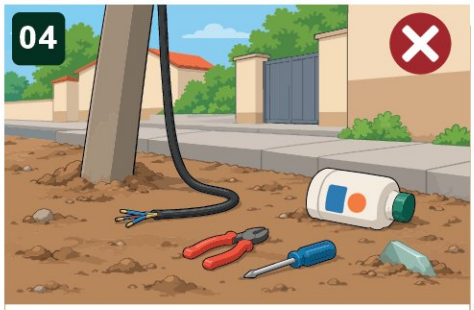
- Ntibagomba gukinira mu mazi y'umwuzure;



- Ntibagomba kugenda ibirenge byambaye ubusa mu duce twibasiwe n'ibiza;



- Ntibagomba gukinira ku bisigazwa by'inyubako zasenyutse;



- Ntibagomba gukora ku nsinga, ibikoresho bibikwamo ibintu, ibikoresho by'akazi cyangwa ibintu batazi;



- Ntibagomba kwinjira mu nyubako zangiritse;



- Ntibagomba kugira uruhare mu mirimo y'isukura ishobora guteza ibyago.

Ahantu hatwikiriwe n'ibyondo hashobora gusa n'ahantu umuntu ashobora kunyura, nyamara bihishe ibirahure, ibyuma, imyobo, ahantu hataringaniye cyangwa izindi ngaruka zishobora guteza ibyago.

3.25. AMAZI N'IBIRIBWA BY'ABANA

Abana bagomba kunywa amazi yemejwe n'inzego zishinzwe ubuzima ko ari meza.



Hagomba kwitabwaho by'umwihariko amazi abana bakoresha mu:



- kunywa;
- gutegura ibiribwa;



- gutegura amata y'abana;
- koza amenyo;



- koza ibikoresho bijyanye no kugaburira abana.



Ntugahe abana ibiribwa byandujwe n'amazi y'imyuzure.



Kurikiza amabwiriza y'inzego zishinzwe ubuzima ku bijyanye no kurya no kubika ibiribwa.

3.26. ISUKU Y'ABANA



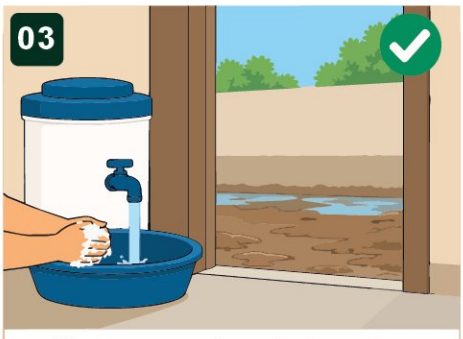
Fasha abana gukomeza kugira isuku ikwiye, cyane cyane:



- Mbere yo kurya;
- Nyuma yo kuva mu bwiherero;



- Nyuma yo gukora ku matungo;
- Nyuma yo gufata imyanda;



- Nyuma yo gukora ku byondo cyangwa ku mazi y'imyuzure ku bw'impanuka.

Koresha amazi meza yo kunywa n'isabune igihe bihari.



Iyo umwana afite igikomere, nubwo cyaba gito, irinde ko ahura n'amazi y'imyuzure.



Ibikomere byandujwe bigomba gusukurwa neza kandi bigakurikiranwa.

Shaka ubuvuzi igihe bibaye ngombwa, cyane cyane iyo hari ibikomere byimbitse, kurumwa, umuriro, ububabare bwiyongera, kubyimba, gutukura cyangwa ibindi bimenyetso by'ubwandu.

3.27. GUHUMURIZA NO GUSHYIGIKIRA ABANA MU BYIYUMVO NYUMA Y'IBIZA



Bashobora:

- Kurira;
- Kugaragaza ubwoba;
- Guceceka bikabije;
- Kurakara vuba;
- Kwizirika cyane ku bantu bakuru;
- Kugira ikibazo cyo gusinzira;
- Guhora babaza ibyabaye.
- Guhangayikishwa n'abagize umuryango cyangwa amatungo boroye;
- Kugaragaza by'agateganyo imyitwarire iranga abana bato kurusha imyaka yabo.

Abana bose ntibabyitwaramo kimwe.

Umuntu mukuru agomba kuba hafi y'umwana, kumutega amatwi no kumuha ibisobanuro bijyanye n'imyaka ye.

Irinde gukoresha amagambo apfobya cyangwa agaragaza ko ibyiyumvo byabo nta gaciro bifite, nka:

- “Nturire.”
- “Ntugire ubwoba.”
- “Ibyo byararangiye, byibagirwe.”
- “Abana bakuru ntibarira.”

Ni byiza gukoresha amagambo nka:

- “Ndumva ko ufite ubwoba.”
- “Byari ibintu bikomeye cyane.”
- “ turi kumwe.”
- “Ubu turimo gukurikiza amabwiriza kugira ngo tugume mu mutekano.”

3.28. NTIWIZEZE ABANA IBINTU UTIZEYE KO BIZABA.



Irinde kwizeza ibintu utizeye ko bizaba:

“Nta kindi kintu kibi kizongera kuba.”
“Inzu yacu imeze neza.”
“Bose bameze neza.”
Niba utarabona amakuru ahagije akwemerera kubyemeza.

Niba utarabona amakuru ahagije atuma ubyemeza.

Abana bakeneye guhumurizwa no kumva bafite umutekano mu byiyumvo, ariko ni ngombwa kubibafashamo tutabahaye amakuru atari ukuri.

Ushobora kuvuga uti:

“Ubu turi ahantu hatekanye kandi tugiye gukurikiza amabwiriza.”

“Ntituramenya uko inzu yacu imeze; igihe bizaba bitekanye, tuzashaka amakuru.”

“Turimo kugerageza kumenya aho abandi bari.”

3.29. GABANYA KUREBA CYANE AMASHUSHO N'AMAKURU Y'IBIZA



Si ngombwa guhisha umwana ibyabaye, ariko kandi si byiza kumureka akomeza guhura buri gihe na:

- Amashusho y'abantu bakomeretse cyangwa bapfuye;
- Amashusho ya videwo yisubiramo agaragaza tsunami;
- Amafoto ateye ubwoba cyane;
- Ibiganiro birambuye ku bijyanye n'impfu;
- Amakuru y'ibihuha;
- Ibiganiro biteye ubwoba bikabije;
- Amakuru ahora asubirwamo.



Sobanurira umwana ibyabaye ukoresheje amakuru y'ukuri, yoroshye kandi ajyanye n'imyaka ye.



Abantu bakuru bagomba kuzirikana ko abana bumva ibiganiro n'iyo baba basa n'abari gukina cyangwa gukora ikindi gikorwa.

3.30. SUBIRA KU MIRIMO YA BURI MUNSI IGIHE BISHOBOKA

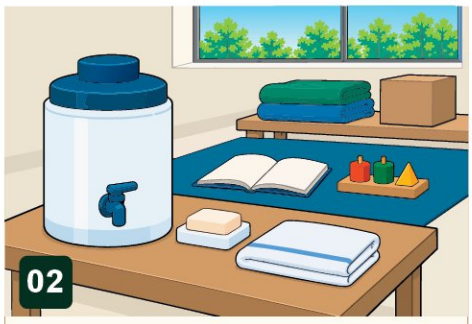
Mu gihe cy'ibiza, gahunda ntoya za buri munsi zishobora gufasha kongera kumva ko ibintu bigenda mu buryo busanzwe.



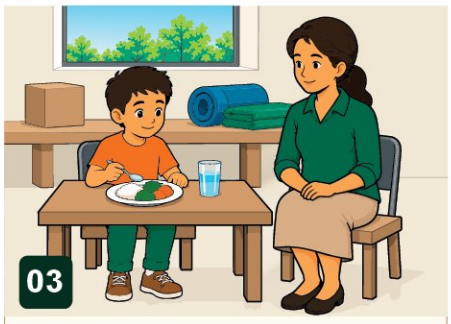
Igihe ibihe bibyemereye, gerageza gukomeza:



- Ibihe bisanzwe byo gufata amafunguro;
- Ibihe byo kuruhuka;



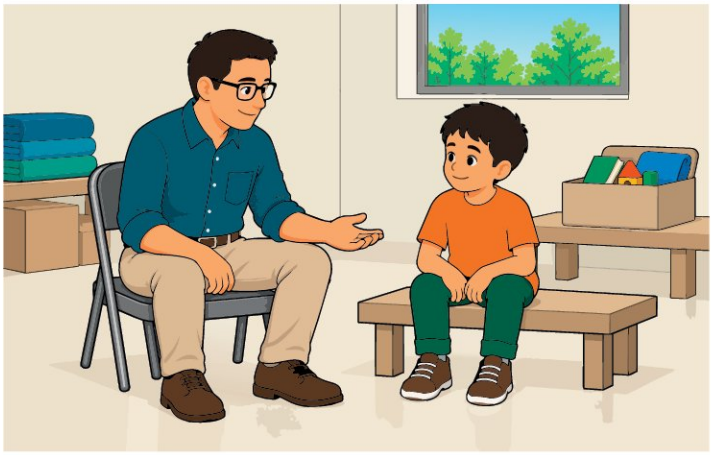
- Isuku;
- Ibikorwa bituje;



- Imikino;
- Gusoma;
- Guhura n'abantu baziranye.



Niba umwana afite igikinisho, igitabo, igitambaro cyangwa ikindi kintu akunda kandi yari yarashyizwe mu gikapu cy'ubutabazi, kikaba gihari, ashobora kugikoresha.



3.31. IGIHE CYO GUSHAKIRA UMWANA UBUNDI BUFASHA BUKENEWE

Ubwoba, agahinda n'impinduka zimwe na zimwe z'igihe gito bishobora kuba ibisubizo bisanzwe nyuma y'ibiza.



Hagomba kwitabwa cyane ku mwana niba:



- Gukomeza kugira agahinda gakabije;
- Kugaragaza impinduka zikomeye kandi zihoraho mu myitwarire;
- Kunanirwa gusinzira mu gihe kirekire;
- Kureka kurya cyangwa kunywa uko bikwiye.
- Kugaragaza ibimenyetso by'umubiri bidakira bifitanye isano n'ihungabana;
- Kunanirwa na rimwe na rimwe gutandukana n'umuntu mukuru umwitaho;
- Kugaragaza imyitwarire ishobora kumushyira mu kaga;
- Kugaragaza kwiheba gukabije cyangwa ibitekerezo byo kwigirira nabi.

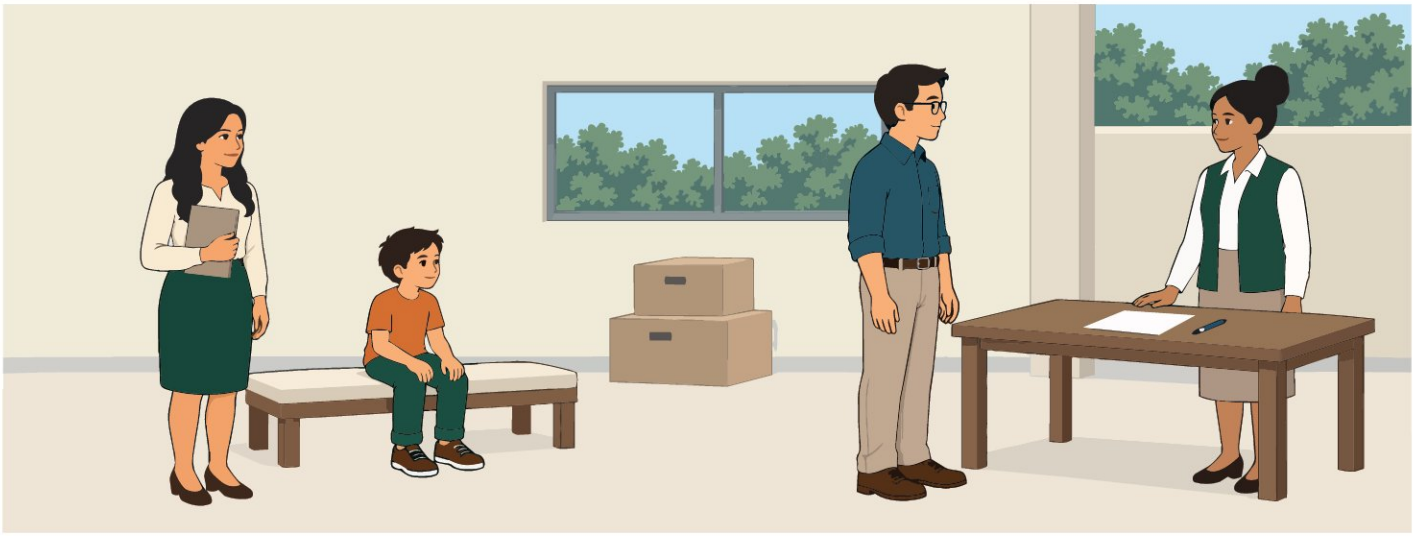


Ariko rero, shaka ubufasha bw'inzobere igihe imyitwarire y'umwana ikabije, ikomeza igihe kirekire, irushaho gukomera cyangwa ibangamira cyane imibereho ye ya buri munsi.

Kuvurwa hakiri kare bishobora gufasha kugabanya ingaruka zishobora kuza nyuma.

3.32. GUSUBIZANYA ABANA N'IMIRYANGO YABO

Nyuma yo kwimurwa ahari ibyago, gusubiza abantu mu miryango yabo bigomba gukorwa mu buryo buteguye neza.



Niba umwana yarimuwe n'ishuri, ikigo cy'uburezi, ikipe, urusengero cyangwa ikindi kigo:



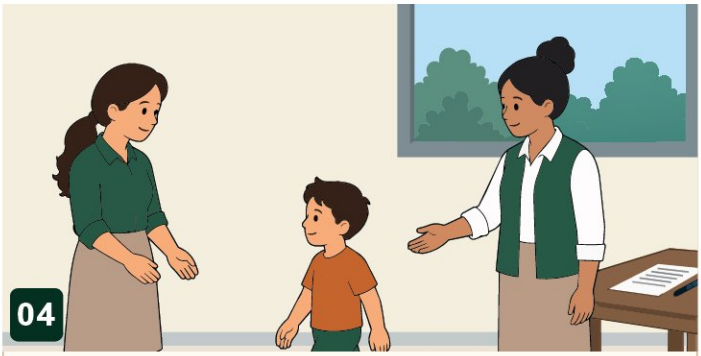
Kurikiza uburyo bwo gusubiza umwana mu muryango bwashyizweho;



Jya ahantu hamenyeshejwe n'ikigo cyangwa inzego zibishinzwe;



Erekana umwirondoro wawe hakurikijwe uburyo bwateganyijwe;



Kurikiza uburyo bukoreshwa mu gushyikiriza abana ababishinzwe bemerewe kubatwara;

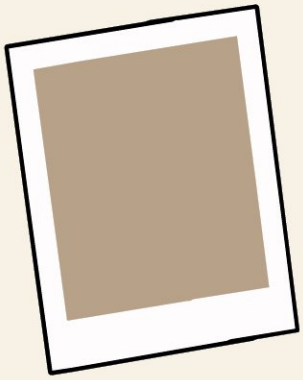


Ntukinjire ku bwawe mu duce twabujijwe kwinjirwamo ushaka umwana.

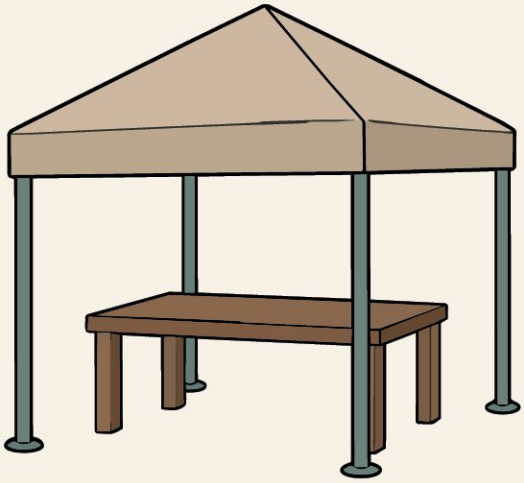
Abana ntibagomba guhabwa abantu batabyemerewe, kabone n'iyo baba bavuga ko babazi.

Ibigo bigomba gukomeza kugenzura abana kugeza igihe basubirijwe mu miryango yabo hakurikijwe uburyo bwateganyijwe.

3.33. NIBA HARI UMWANA WABURIWE IRENGERO







Niba nyuma yo kwimuka utabashije kubona umwana:

- Bimenyeshe ako kanya inzego zibishinzwe cyangwa abashinzwe ubuhungiro;
- Tanga amakuru nyayo yerekeye uwo mwana;
- Vuga ahantu ha nyuma yabonywe;
- Vuga uwo yari ari kumwe na we;
- Tanga ifoto ye iheruka, niba ihari;
- Kurikiza uburyo bwemewe bwo kumushakisha no kumusubiza mu muryango we.

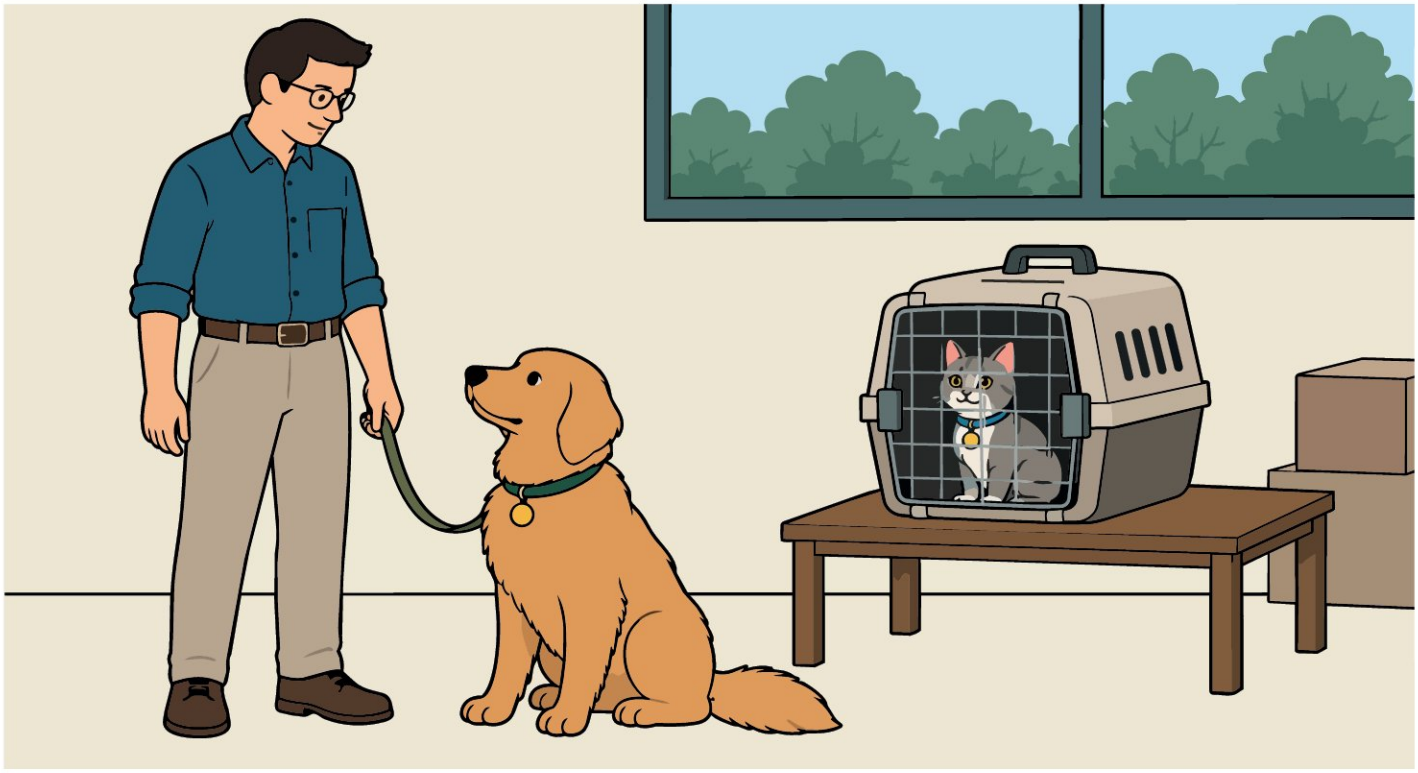


Ntusohoke mu gace k'umutekano ngo usubire wenyine mu gace kibasiwe n'ibiza cyangwa kamaze kwimurwamo abantu.

Gushakisha mu buryo butateguwe bishobora gutuma habaho abandi bantu baburirwa irengero kandi bikagora ibikorwa byo gushakisha bikorwa n'ababifitiye ubumenyi.

3.34. AMATUNGO YO MU RUGO NYUMA YA TSUNAMI

Inyamaswa zororerwa mu rugo na zo zishobora gukomereka, gutakaza icyerekezo, kwanduzwa n'ibyanduye cyangwa kugira ihungabana rikomeye nyuma ya tsunami.



Ibyo zikeneye by'ingenzi ni:



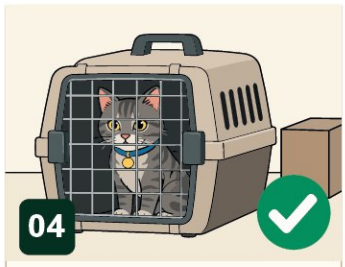
- Kuguma kure y'ahantu hashobora guteza ibyago;



- Kubona amazi meza yo kunywa;



- Kubona ibiryo bitanduye;



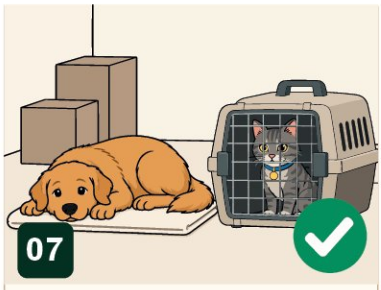
- Kuguma acunzwe;



- Gusuzumwa kugira ngo harebwe niba nta bikomere afite;



- Kwirinda guhura n'amazi y'imyuzure bitari ngombwa;



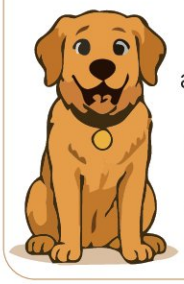
- Kugabanya ibihe bishobora gutuma zihunga, zirumana cyangwa zirwana.

3.35. NTUGARUKE MU GACE K'IBYAGO UGIYE GUSHAKA INYAMASWA YAWE.



Niba inyamaswa yororerwa mu rugo yaratorotse mu gihe cyo kwimuka cyangwa yasigaye mu gace kagezweho n'ibiza,Ntu kinjire muri ako gace igihe cyose inzego zibishinzwe zikibujije kuhagera cyangwa hakiri ibyago.

Menyesha inzego z'ubutabazi, aho bacumbikira abahuye n'ibiza cyangwa imiryango iri guhuza ibikorwa by'ubutabazi, ku bijyanye n'iyo nyamaswa, igihe ubwo buryo bwo gutanga amakuru buhari.



Inyamaswa yororerwa mu rugo yazimiye ishobora gutera agahinda n'impungenge, ariko kuyishakisha mu gihe ibyago bikiriho bishobora gutuma habaho abandi bahitanwa n'ibiza.





3.36. GENZURA AMATUNGO YORORERWA MU RUGO.

Nyuma y'ibiza, n'amatungo asanzwe atuje ashobora kugaragaza imyitwarire itandukanye bitewe n'ibi bikurikira:

- Ubwoba;
- Ububabare;
- Urusaku;
- Kuba hari abantu batazi;
- Izindi nyamaswa;
- Amasireni;
- Imashini n'ibikoresho;
- Impinduka mu bidukikije

Mantenha:



Imbwa zambaye imikufi cyangwa ziri ahantu hatekanye;



Injangwe n'izindi nyamaswa nto mu dusanduku twabugenewe two kuzitwaramo, igihe bishoboka.



Shyira inyamaswa kure y'ahantu hashobora guteza ibyago.

Ntukemere ko inyamaswa yororerwa mu rugo izerera mu gace kagezweho n'ibiza.

Inyamaswa yataye icyerekezo ishobora kuzimira, gukomereka, guhura n'ibintu bishobora guteza ibyago cyangwa kubangamira ibikorwa by'ubutabazi.

3.37. AMAZI Y'AMATUNGO YORORERWA MU RUGO

Ntukemere ko inyamaswa zinywa:

- Amazi y'imyuzure;
- Amazi yo mu nyanja;
- Amazi yaretse gutemba;
- Amazi aturuka ahantu hatazwi niba atekanye.

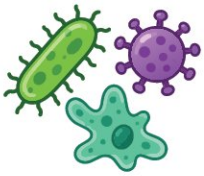
Tanga amazi meza yo kunywa.



Amazi y'imyuzure ashobora kuba arimo:



• Amazi mabi yo mu miyoboro y'imyanda;



• Udukoko duto dutera indwara; N'ibindi bintu bihumanya.



• Ibikomoka kuri peteroli;



• Imiti n'ibindi binyabutabire;

Kunywa amazi y'umunyu na byo bishobora guteza ibibazo bikomeye by'ubuzima.

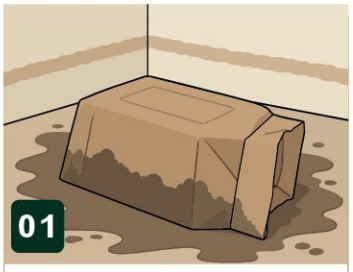
Niba ukeka ko inyamaswa yanyoye amazi menshi y'umunyu cyangwa yanduye kandi ikaba igaragaza ibimenyetso by'uburwayi, yerekeze kwa muganga w'amatungo vuba bishoboka.

3.38. KUGABURIRA AMATUNGO YO MU RUGO



Koresha ibiribwa byabitswe birinzwe kugira ngo bitagerwaho n'amazi y'umwuzure kandi biri mu mimerere itekanye.

JUGUNYA IBIRYO BY'AMATUNGO:



Byatohejwe n'amazi y'umwuzure;



Biri mu bipfunyika byangiritse;



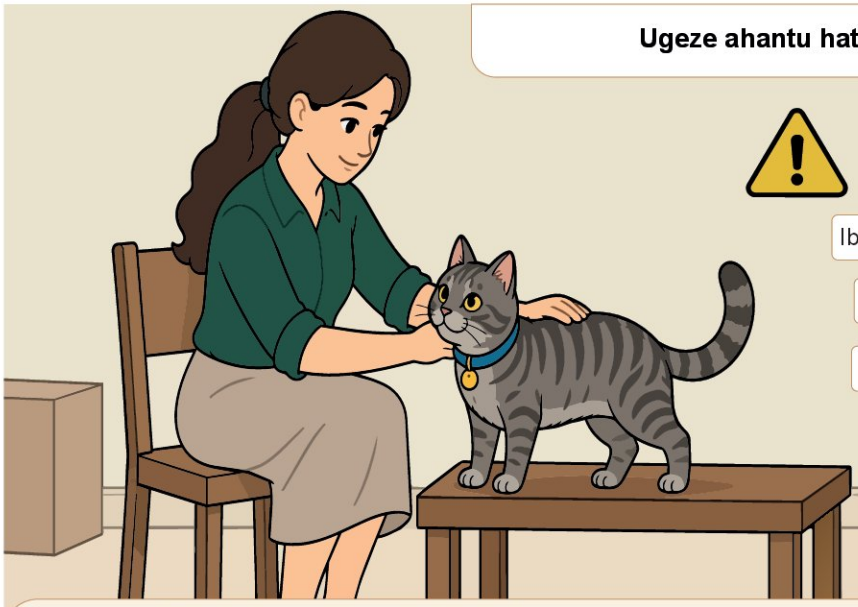
Byandujwe n'imiti cyangwa ibindi binyabutabire;



Byangiritse.

Hakoreshwa ibiryo ibyo ari byo byose bikwiriye kandi biri mu mimerere itekanye ku buryo bitagira ingaruka ku matungo.

3.39. GENZURA NIBA ITUNGO RYAKOMERETSE.



Ugeze ahantu hatekanye, genzura itungo ryawe.

Shakisha ibi bikurikira:

- Ibintu byafashe ku bwoya;
- Ibikomere; Ibisebe; Kugorwa no kugenda;
- Ububabare; Kuva amaraso; ubushye,
- Kuryaryatwa k'uruhu; Kugorwa no guhumeka;
- Ibikomere ku misaya y'ibirenge by'amatungo.
- Impinduka zikomeye mu myitwarire.

Ububabare n'ubwoba bishobora gutuma itungo risanzwe rigira ituze riruma cyangwa rigashwaratuza umuntu n'inzara.

Niba hari igikomere gikomeye cyangwa ukeka ko itungo ryaba ryanyoye cyangwa ryariye ibintu by'uburozi, shaka ubufasha bw'abaganga b'amatungo igihe bubonetse.

3.40. GUHURA N'ICYONDO CYANGWA AMAZI YANDUYE

Niba itungo ryanyuze mu mazi y'umwuzure cyangwa mu cyondo, uririnde kugira ngo ritarigata ibintu byafashe ku maguru cyangwa ku bwoya bwaryo.

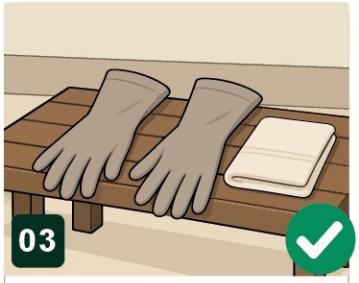
Iyo ibintu bitekanye:



Kuraho umwanda witonze;



Koresha amazi meza mu koza ahanduye igihe bibaye ngombwa;



Rinda intoki zawe niba ukoresha ibintu bishobora kuba byanduye;



Karaba intoki zawe nyuma yo kwita ku itungo.



Ntukoreshe ku itungo imiti cyangwa ibikoresho byo mu rugo byica mikorobe bishobora kurigirira nabi.

Niba ukeka ko ryagezweho n'ibintu bishobora guteza ibyago, saba inama kwa muganga w'amatungo.

3.41. AMATUNGO MU BIRARO NO MU BICE BYAGENWE BYO GUTERANIRWAMO

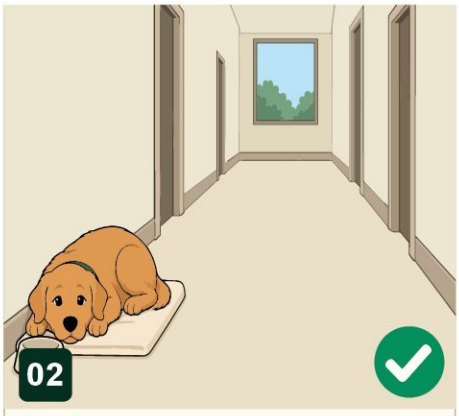
Kurikiza amabwiriza yashyizweho na buri kiraro.

Si ibiraro byose bigenewe abaturage muri rusange bishobora kwakira amatungo yo mu rugo; bityo, kurikiza amabwiriza y'aho uri ku bijyanye n'ahantu hagenewe kwakira amatungo.

Iyo amatungo yemerewe kuhaba:



Yagumane hafi yawe kandi uyagenzure;



Irinde ko yabangamira inzira;



Yirinde kugera ahategurirwa ibiryo;



Gabanya uko bishoboka guhura n'andi matungo bitari ngombwa;



Toragura umwanda wayo;



Wubahe abantu bashobora kugira ubwivumbure ku matungo, kuyatinya cyangwa kugira ibindi byifuzo byihariye.

Niba hari ahantu hihariye hagenewe amatungo, hakoreshe.

3.42. UMWANDA W’AMATUNGO



Toragura ibyitumo n’indi myanda y’amatungo igihe ushobora kubikora mu mutekano, hanyuma ubijugunye ukurikije amabwiriza y’ikiraro cyangwa ay’inzego zishinzwe ubuzima.



Kurikiza gahunda yashyizweho muri ako gace.

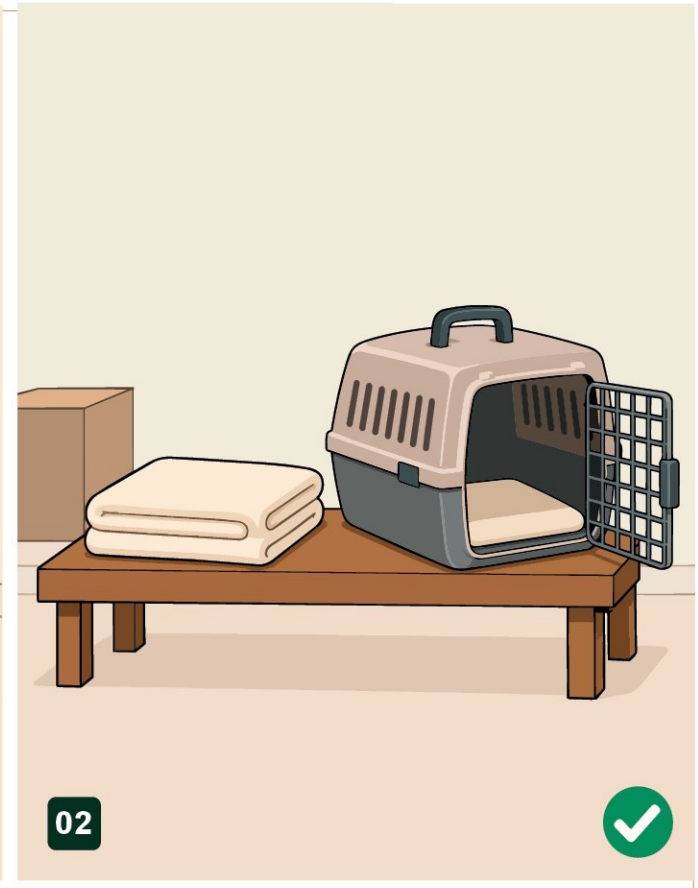
Gucunga neza imyanda bifasha kubungabunga isuku n’ubuzima bwiza mu kiraro.

3.43. UMUNABI N’IMYITWARIRE Y’AMATUNGO YO MU RUGO

Amatungo ashobora kugaragaza:

- Gutitira;
- Gusakuza;
- Kudatuza;
- Kugerageza guhunga;
- Kwihisha;
- Kugaragaza ubukana mu rwego rwo kwirwanaho;
- Kubura ubushake bwo kurya by’igihe gito;
- Kurushaho gukenera kuba hafi y’abazirera.





Komeza kugira imyitwarire ituje kandi idahindagurika uko bishoboka kose.

Ushobora gukoresha ibintu itungo risanzwe rimenyereye, nk’igitambaro cyangwa akazu risanzwe ritwarwamo, igihe cyose bifite umutekano kandi bifite isuku.

Irinde ko abantu itamenyereye bayikorakora bitari ngombwa, mu gihe bigaragara ko ifite ubwoba bwinshi.

Ntuhane itungo kubera imyitwarire iterwa n’ubwoba.

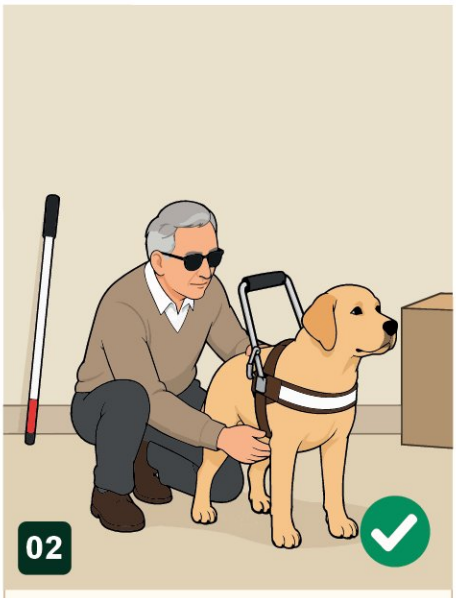
AMATUNGO AFASHA ABANTU

Amatungo afasha abantu afite inshingano zitandukanye n'iz'amatungo yo mu rugo, kandi agomba kugumana n'umuntu afasha igihe cyose bishoboka.

Nyuma ya tsunami:



Menya neza ko bafite amazi meza yo kunywa;



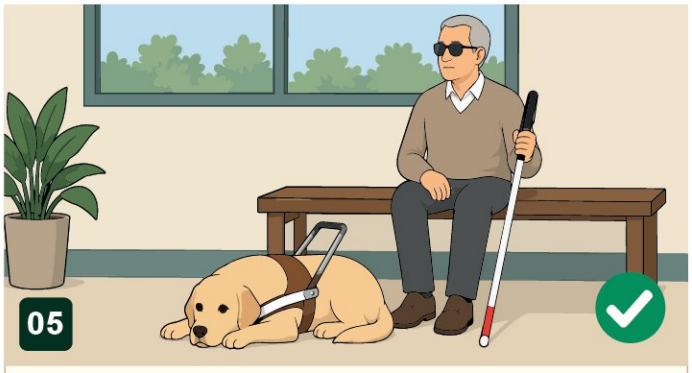
Genzura niba bafite ibikomere;



Irinde ko bahura n'amazi yanduye n'ibisigazwa by'ibyasenyutse;



Bemerere gukomeza inshingano zabo igihe kubikora bifite umutekano;



Wubahe isano iri hagati y'itungo n'umuntu rifasha.

Ntugatandukanye umuntu n'itungo rimufasha mu gihe bitari ngombwa.

Niba itungo ryakomeretse cyangwa ridashobora by'agateganyo kuzuza inshingano zaryo, menyesha abashinzwe ikiraro cyangwa inzego zibishinzwe ko hakenewe ubundi bufasha.

3.45. IHAME RY'INGENZI RYEREKEYE ABANA N'AMATUNGO YO MU RUGO



Nyuma ya tsunami, **amatsiko, icyifuzo cyo gusubira aho mwavuye no gushaka kongera guhura n'abantu, amatungo cyangwa ibintu, ntibigomba na rimwe gutuma umuntu yongera kwishyira mu kaga.**

- Abakuze bafite inshingano zo kurinda abana no guhora babagenzura.
- Amatungo yo mu rugo agomba guhora acungiwe hafi kandi akarindwa kugera mu duce twanduye cyangwa tudatekanye.
- Guhuza imiryango no gushakisha amatungo bigomba gukorwa hakurikijwe uburyo bwateguwe kandi bugenzuwe.

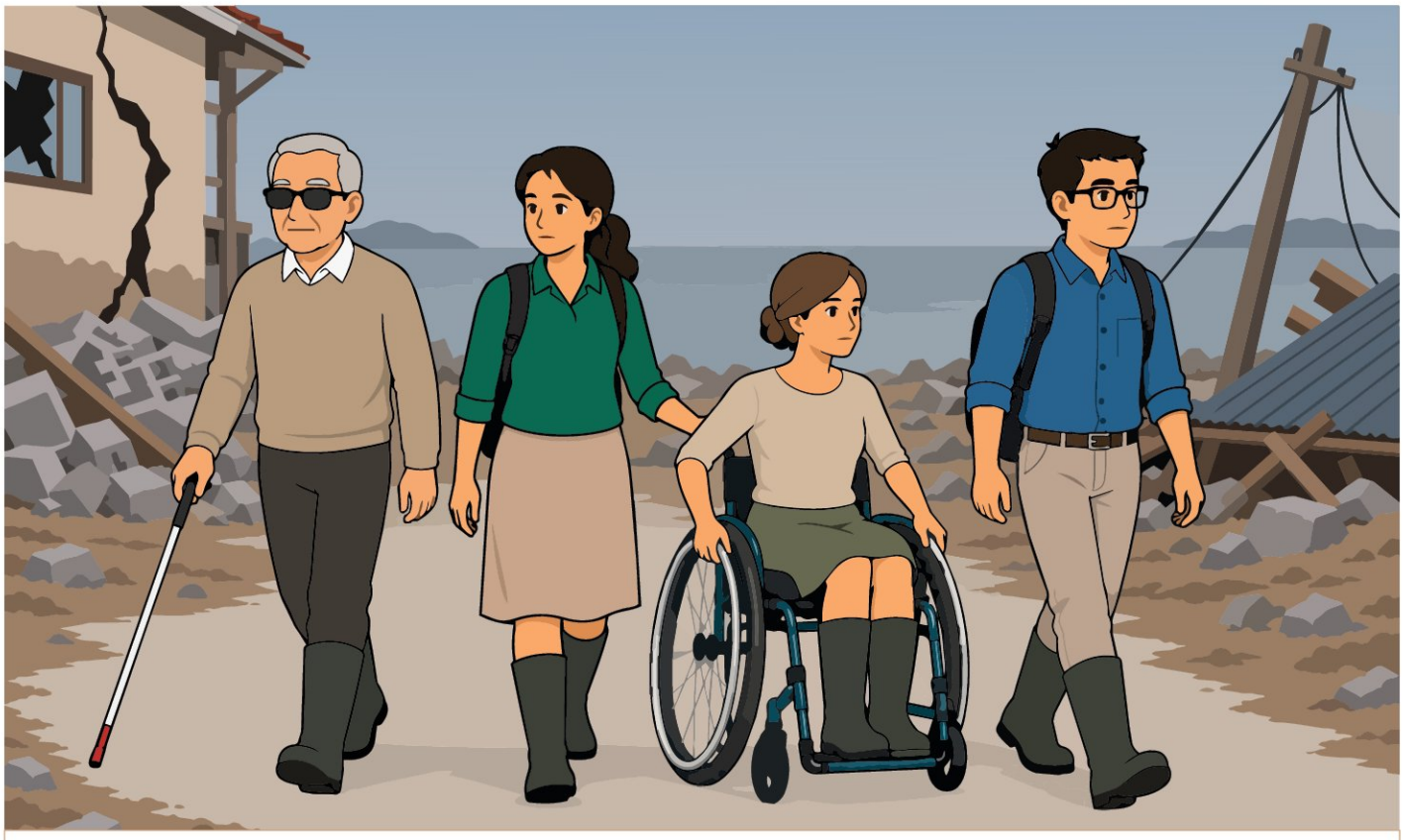
01

Banza urebe ko umutekano wizewe.

02

Hanyuma, utangire ibikorwa byo gusana

3.46. ABANTU BAFITE UBUMUGA N'ABANTU BAKENEYE UBUFASHA BWIHARIYE



Nyuma ya tsunami, uburyo busanzwe bwo kugera ahantu hashobora kuba bwarahindutse cyane.

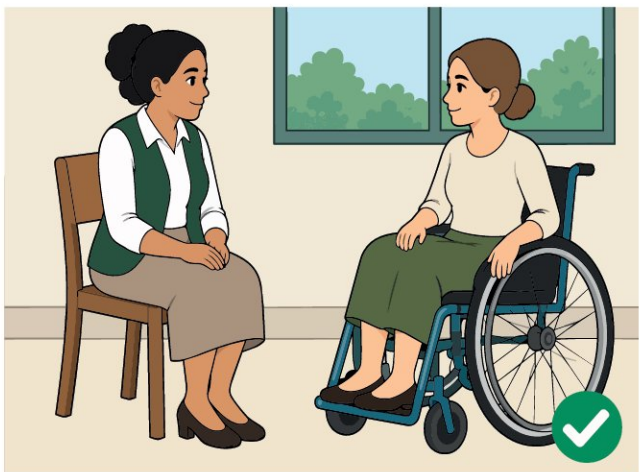
Imihanda, inzira z'ibimoteri, ibyuma bizamura abantu, uburyo bw'ingendo, ibyapa biyobora abantu, amashanyarazi, imiyoboro y'itumanaho n'ibigo nderabuzima bishobora kuba byarangiritse cyangwa bitagikora.

Ni yo mpamvu ibyifuzo bya buri muntu bigomba gusuzumwa ukwabyo.

Umuntu ashobora gukenera ubufasha bujyanye na:

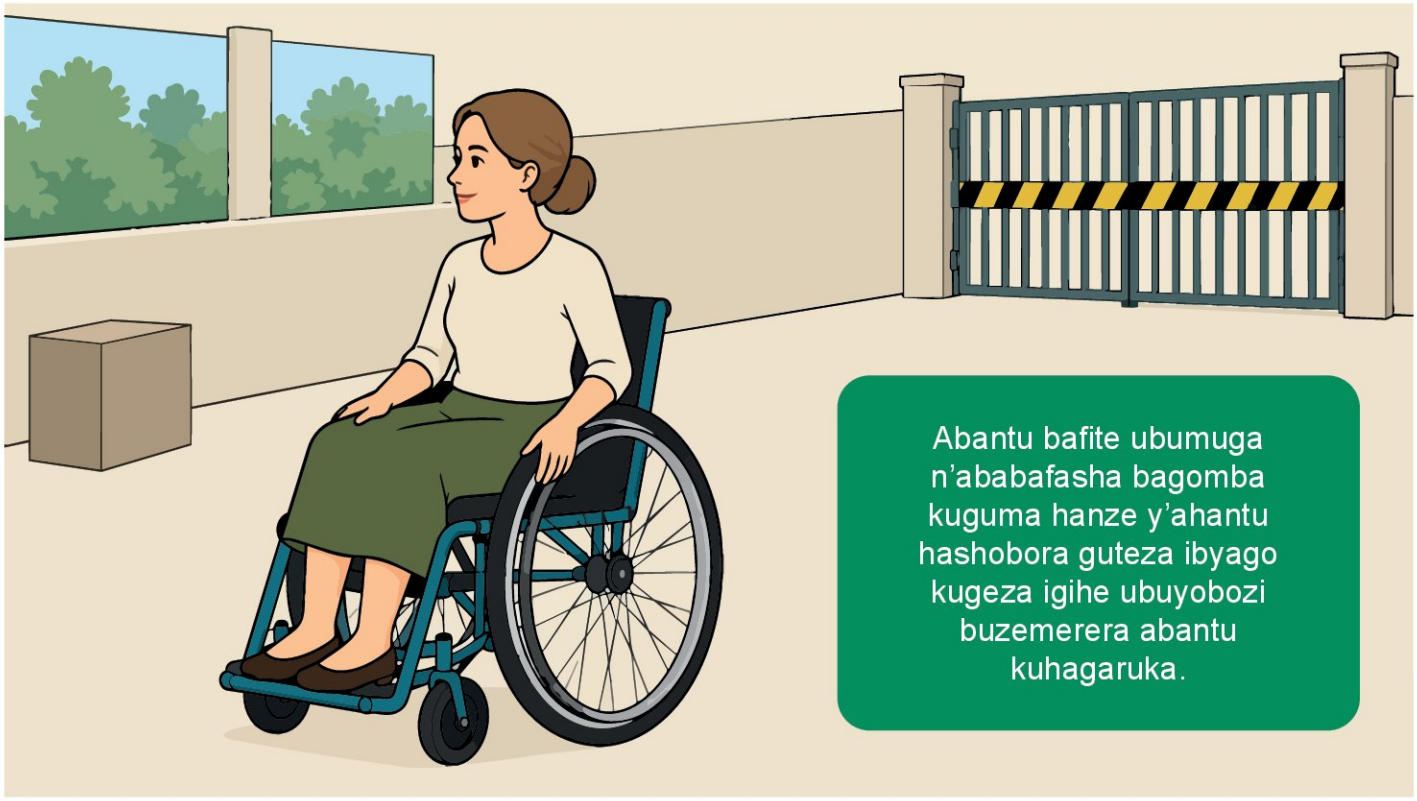
- Kugenda;
- Kuyoborwa;
- Kubona;
- Kumva;
- Gushyikirana;
- Gusobanukirwa;
- Kugaburirwa;
- Imiti;
- Ibikoresho by'ubuvuzi;
- Amashanyarazi;
- Ubwikorezi;
- Ubufasha bw'umuntu ku giti cye;
- Amatungo afasha abantu;
- Kugenzura ibyiyumvo by'umubiri;
- Ibindi byifuzo bijyanye n'ubushobozi bwo gukora ibikorwa bya buri munsi.

Ntibikwiye gufatwa ko abantu bose bafite ubumuga bumwe bakeneye ubufasha bumwe.



Igihe cyose bishoboka, baza uwo muntu mu buryo butaziguye ibyo akeneye n'uburyo bwiza bwo kumufasha.

3.47. GUMA MU GACE GAFITE UMUTEKANO



Abantu bafite ubumuga n’ababafasha bagomba kuguma hanze y’ahantu hashobora guteza ibyago kugeza igihe ubuyobozi buzemerera abantu kuhagaruka.

Ntugaruke gufata:

- imiti;
- ibikoresho;
- intebe z’abamugaye;
- ibikoresho by’ikoranabuhanga;
- inyandiko;
- amatungo;
- ibindi bintu byawe.

niba kubifata bisaba kongera kwinjira mu gace k’akaga cyangwa kabujijwe kwinjirwamo.



Niba imiti, igikoresho cyangwa ibikoresho by’ingenzi byasigaye mu gace kagezweho n’ibiza, menyesha abashinzwe icumbi, inzego z’ubuzima cyangwa ubuyobozi bubishinzwe kugira ngo bashake ubundi buryo butekanye.

3.48. KOMEZA KUBONA UBUFASHA BW'ABAGUFASHA MU GIHE UBUKENEYE



Niba mbere y'ibihe byihutirwa hari hashyizweho urusobe rw'ubufasha rw'umuntu ku giti cye, umuryango, abaturage cyangwa ikigo, komeza kurukoreshe igihe cyose ari ngombwa.

Urusobe rw'ubufasha rushobora gufasha mu:

- Guherekeza umuntu;
- Kubona amakuru;
- Gucunga ibikoresho bikenewe;
- Gufasha mu kugenda.
- Kubungabunga ibikoresho;
- Gushyikirana n'abagize umuryango;
- Gusaba ubufasha;
- Kwirinda ko inshingano zo kwita ku muntu ziremereye umuntu umwe gusa.

Icyakora, gahunda y'ubufasha igomba guhinduka bitewe n'imiterere y'ibintu nyuma y'ibiza.



Umuntu ufite ubumuga agomba gukomeza, uko bishoboka kose, kwigenga no kugira ubushobozi bwo kwifatira ibyemezo.

3.49. IMITI

Niba umuntu ahora afata imiti:

- Reba imiti agifite;
- Reba niba udupaki tw'imiti tutarandujwe n'amazi y'umwuzure;
- Bika imiti ahantu humutse kandi mu buryo bukwiye.
- Bika udupapuro dusobanura imiti, impapuro zandikwaho imiti cyangwa andi makuru ayerekeye;
- Menyesha inzobere mu buzima zibishinzwe;
- Irinde ibyago byo kubura imiti y'ingenzi.



Ntukoreshe imiti yahuye n'amazi yanduye cyangwa iyo ufitiye gushidikanya ku mutekano wayo.

Ntuhindure ingano y'imiti ufata, ntuhagarike imiti cyangwa ngo uyisimbuze indi ku bwawe, keretse ubigiriwemo inama n'inzobere mu buzima.

Niba hari umuti w'ingenzi watakaje, menyesha vuba bishoboka itsinda ry'abakozi b'ubuzima cyangwa abashinzwe icumbi.



3.50. IBIKORESHO BY'UBUVUZI N'IBIFASHA ABANTU



Abantu bamwe na bamwe bakeneye:

- Imashini zitanga umwuka wa ogisijeni;
- Ibikoresho bifasha guhumeka;
- Amapompe;
- Ibikoresho bifasha mu itumanaho;
- Ibikoresho bifasha kumva;
- Ibice by'umubiri byungirizwa;
- Intebe z'ibimuga zikoresha amashanyarazi;
- Ibikoresho bifasha mu kugaburira;
- Ibindi bikoresho by'ubuvuzi cyangwa bifasha abantu bafite ubumuga.

Nyuma ya tsunami, genzura niba igikoresho:

- Cyumye;
- Kigaragaza ibyangiritse bigaragara;
- Gikora neza;
- Gifite umuriro wa batiri uhagije;
- Gikeneye amashanyarazi;
- Gikeneye ibikoresho cyangwa ibice byo gusimbuza ibyashaje.



Ntugacomeke ku mashanyarazi igikoresho cyatose cyangwa gishobora kuba cyarangiritse, kugeza igihe bizemezwa ko kubikora nta kaga biteje.

Menyesha ako kanya itsinda ry'abakozi b'ubuzima cyangwa abashinzwe icumbi igihe igikoresho ari ingenzi ku buzima cyangwa umutekano w'umuntu kandi hari ibyago byo guhagarika imikorere yacyo.

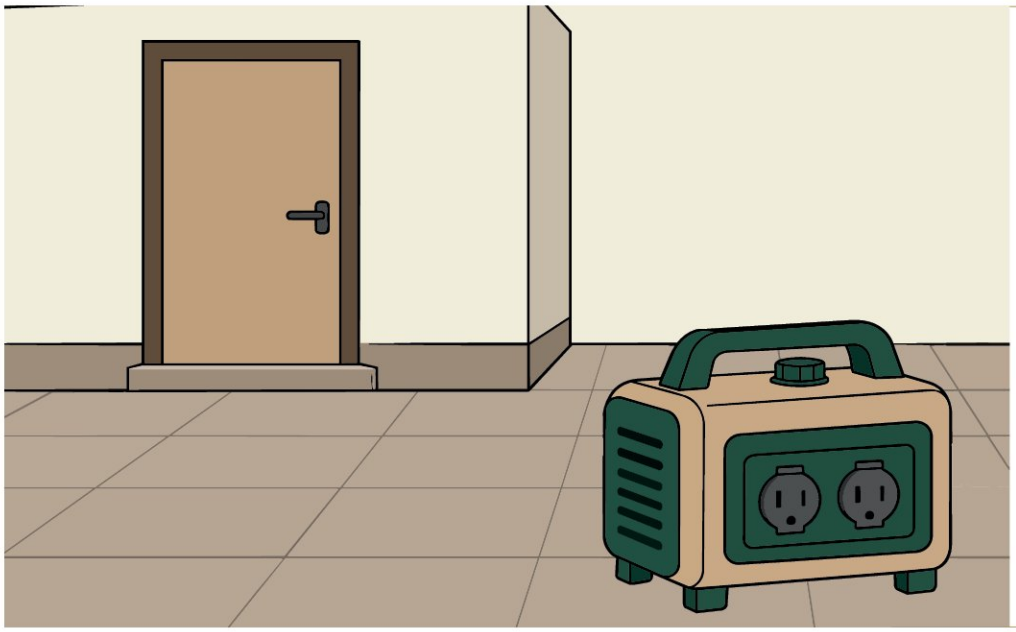
3.51. IBIKENEWE MU BIJYANYE N'AMASHANYARAZI

Gucika kw'amashanyarazi bishobora kugira ingaruka zikomeye cyane ku bantu bishingikiriza ku bikoresho by'ubuvuzi cyangwa ibikoresho bibafasha kugenda no gushyikirana n'abandi.



Niba umuntu akeneye amashanyarazi kugira ngo igikoresho cy'ingenzi gikore:

- Menyesha ibyo ukeneye ukigera mu icumbi;
- Vuga igikoresho akoresha;
- Menyesha igihe icyo gikoresho gishobora kumara gikora gikoresha umuriro wa batiri.
- Koresha ubundi buryo bwo kubona ingufu gusa mu buryo butekanye;
- Shyira imbere mu gucomeka ibikoresho by'ingenzi.



Imashini zitanga umuriro akoreshwa mu buryo bworoherezwa kwimurwa agomba gukoreshwa hubahirizwa amabwiriza y'umutekano, kandi ntagomba na rimwe gukoreshwa mu nzu cyangwa ahantu hafunze, kubera ibyago byo guhumana bitewe na gaze ya monoxyde de carbone.

3.52. IBIKORESHO BYUNGANIRA ABAFITE UBUMUGA N'ABATABASHA KUGENDA NEZA

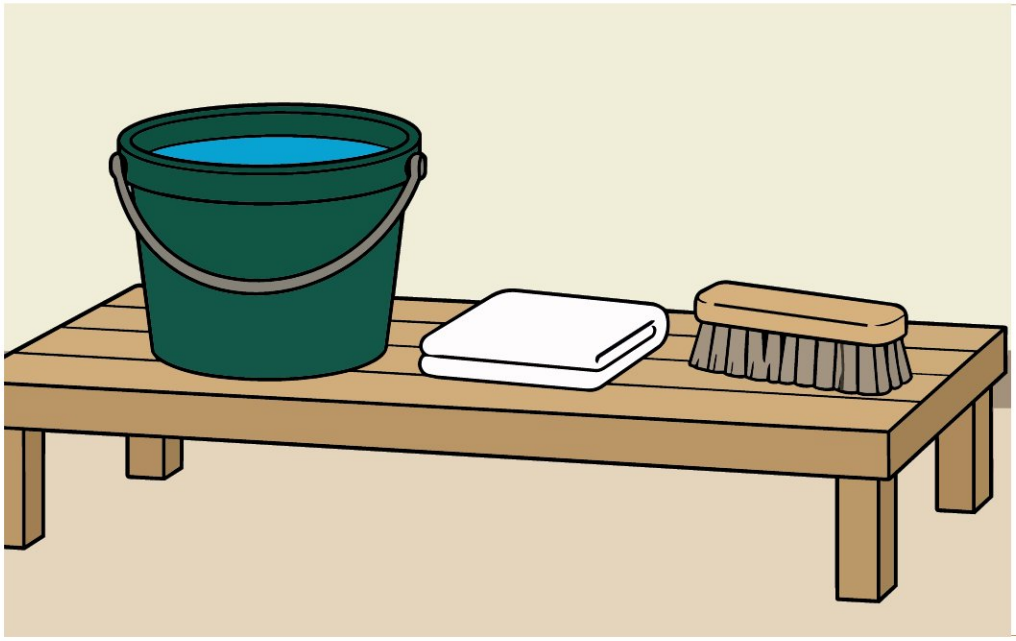
Ibikoresho bifasha umuntu kugenda ni ingenzi mu gutuma agira ubwigenge.



Ntukureho, ngo wimure cyangwa ngo ukore kuri ibyo bikoresho bitari ngombwa kandi utabiherewe uburenganzira.

Niba igikoresho cyangiritse:

- Menyesha abakozi babishinzwe icyo gikoresho akeneye;
- Shaka ikindi gikoresho cy'agateganyo igihe kiboneka.
- Bika ibice n'ibikoresho byunganira bishobora kongera gukoreshwa;
- Irinde kugerageza kugisana mu buryo budakurikije amabwiriza, kuko bishobora gutuma umuntu agwa cyangwa akomereka.



Niba intebe y'abafite ubumuga cyangwa ikindi gikoresho cyaragiyemo amazi yanduye, gishobora gukenera gusukurwa, kandi bitewe n'ubwoko bwacyo, kikabanza kugenzurwa mbere yo kongera gukoreshwa nk'uko bisanzwe.

3.53. KUBONA AHANTU HATUNGANYIJWE KU BANTU BOSE MU BIRARO BY'AGATEGANYO NO MU BICE BYO GUTERANIRAMO

Iyo winjiye mu buhungiro bw'agateganyo, menyesha abashinzwe aho hantu ibyo ukeneye.

Bishobora kuba ngombwa gusaba:

- Inzira yorohereza abantu bafite ubumuga;
- Kuba hafi y'ubwiherero bwagenewe abafite ubumuga;
- Umwanya uhagije wo kunyuramo no gukoresha intebe y'abafite ubumuga;
- Ahantu hizewe kandi hatarimo inzitizi;
- Kugira umuriro w'amashanyarazi.
- Kubika imiti mu buryo bukwiye;
- Ubufasha mu gufata amafunguro;
- Ahantu hatarimo ibintu byinshi bishobora kurangaza;
- Ubundi buryo bwo gutumanaho;
- Ibindi bikorwa byo guhuza ahantu n'ibyo umuntu akeneye.

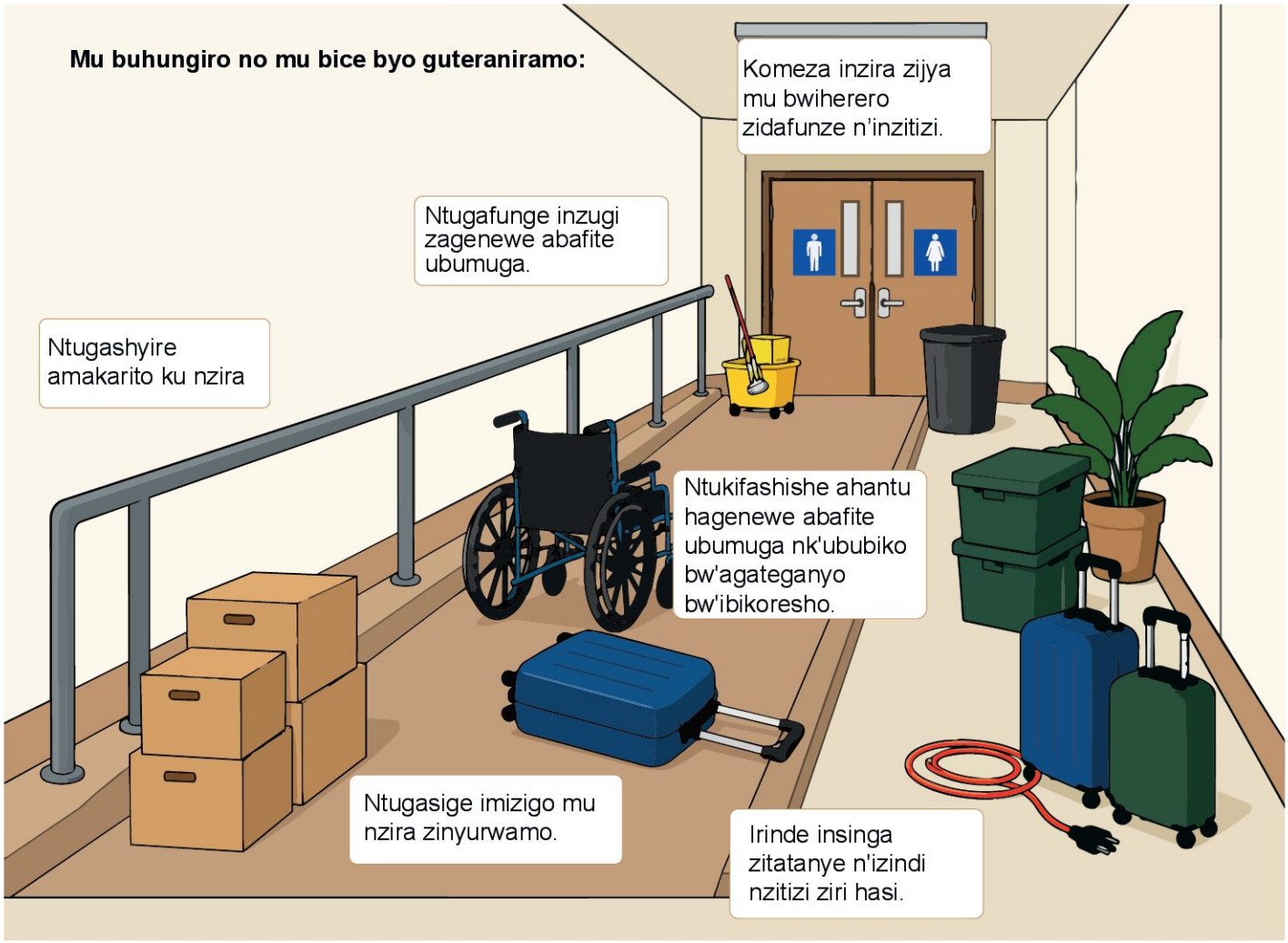


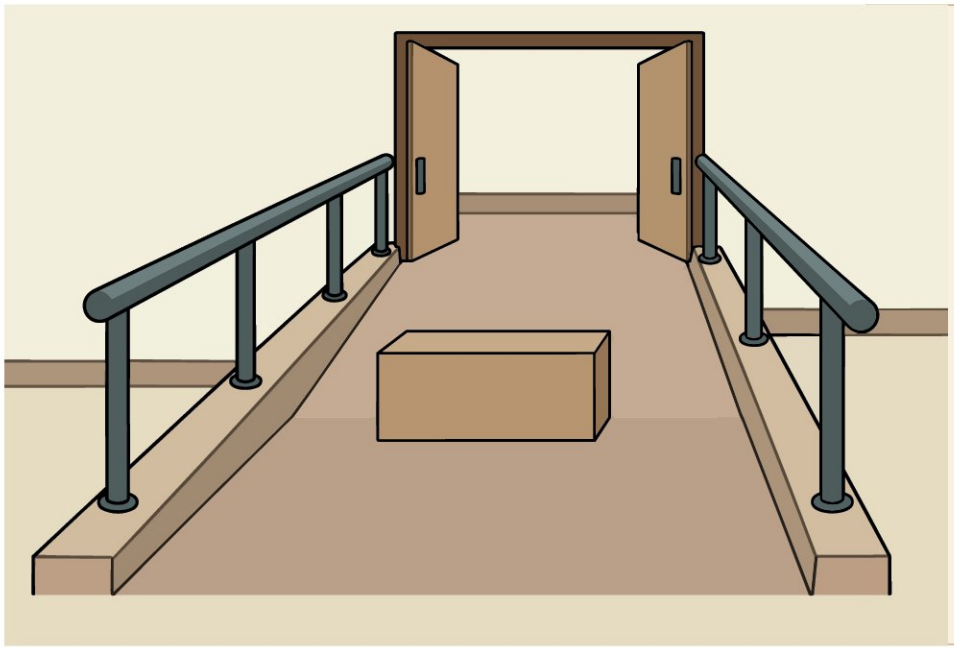


Igihe cyose bishoboka, umuntu ubwe agomba kubazwa aho yumva yakwiriye gushyirwa n'ubufasha akeneye.

3.54. GUMA UREKA INZIRA ZIGENEWE ABANTU BOSE ZITARIMO INZITIZI

Mu buhungiro no mu bice byo guteraniramo:



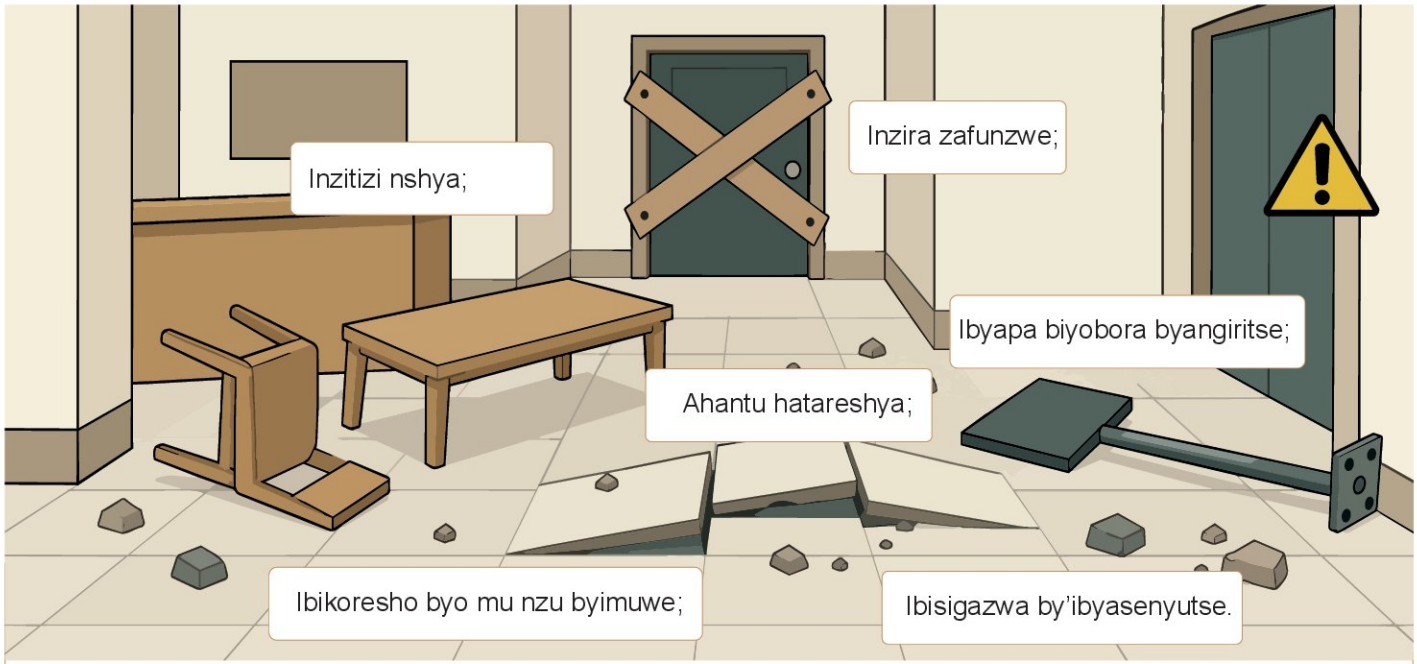


Nyuma y'ibiza,
inzitizi isa n'aho ari nto
ishobora kubuza burundu
umuntu ufite ubushobozi
buke bwo kugenda kwimuka
cyangwa igatuma agwa.

3.55. ABANTU BAFITE UBUMUGA BWO KUTABONA

Nyuma ya tsunami, ahantu umuntu yari asanzwe azi hashobora kuba harahindutse burundu.

Hashobora kubaho:

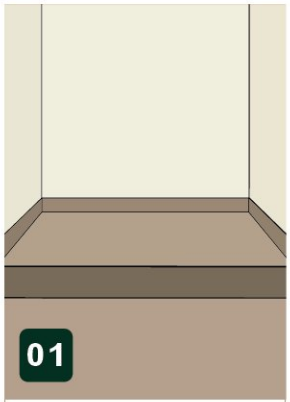


Iyo umuntu asabye ubufasha:

- Banza wivuge;
- Mubaze uko yifuza ko muyobora;
- Muhe ukuboko kwawe igihe ari bwo buryo ihisemo bwo kuyifashisha.
- Sobanura inzitizi z'ingenzi zihari;
- Menyesha umuntu ahari intambwe n'ahantu harehare cyangwa hagufi bitangana;
- Erekana neza aho agomba guhindukira;
- Sobanura impinduka zikomeye zabaye mu hantu.

NTUKORESHE AMAGAMBO ATUMVIKANA NEZA NKA "HIRYA" CYANGWA "URABE MASO".

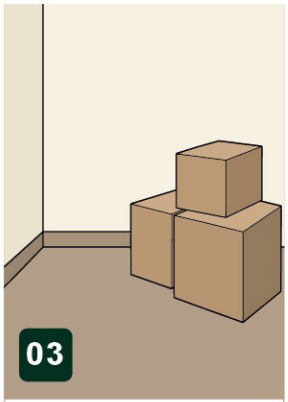
Koresha amabwiriza asobanutse neza, nka:



"Hari intambwe imanuka";



"Urugi ruri iburyo bwawe";



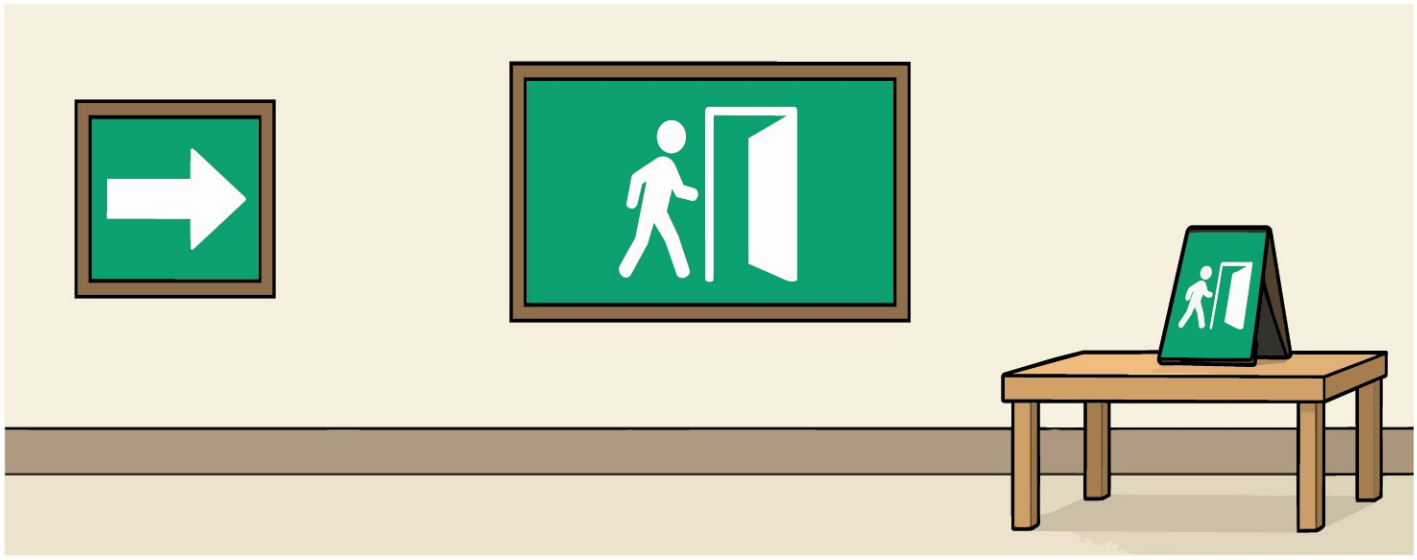
"Hari udusanduku imbere yawe; reka tuzenguruke tunyure ibumoso bwatwo."



Ntugahatire umuntu guhora afashe ukuboko kw'uyobora. Mumuhe ubufasha kandi wubahe uburyo bwo kuyoborwa ahisemo.

3.56. ABANTU BAFITE UBUMUGA BWO KUTUMVA CYANGWA ABATUMVA

Amakuru nyuma ya tsunami agomba no gutangwa hakoreshejwe amashusho n'inyandiko.



Ntukishingikirize gusa kuri:

- Indangururamajwi na za sirene;
- Amatangazo atangwa mu magambo;
- Radiyo.



Igihe bishoboka, koresha:

- Ubutumwa bwanditse;
- Ibyapa;
- Televiziyo;
- Ubutumwa bugufi bwo kuri telefoni;
- Porogaramu zo kuri telefoni;
- Amashusho asobanura ubutumwa;
- Ururimi rw'amarenga, igihe ruboneka;
- Ubundi buryo buboneye bwo gutanga amakuru.

Menya neza ko umuntu agezwaho amakuru y'ingenzi agezweho yerekeye:

- Imiburo mishya;
- Amabwiriza yo kwimuka;
- Impinduka z'aho abantu bacumbikiwe;
- Itangwa ry'ibikoresho by'ibanze;
- Serivisi z'ubuvuzi;
- Uruhushya rwo gusubira mu byabo.



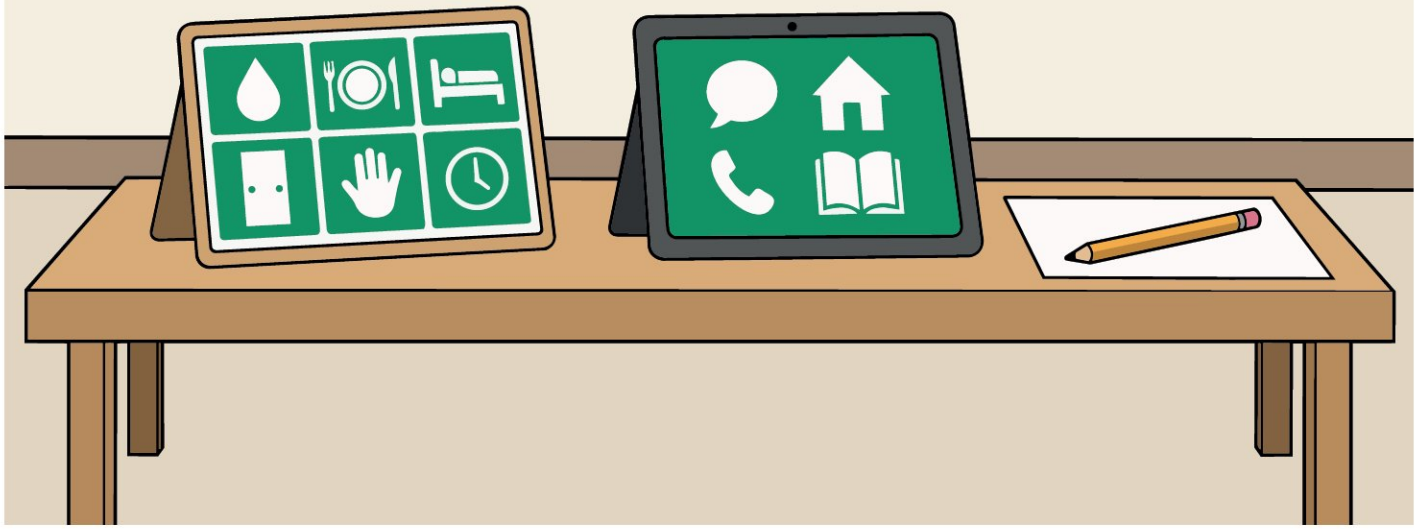
3.57. ABANTU BAGIRA INGORANE MU GUTANGA NO KWAKIRA AMAKURU

Hari abantu bashobora gukoresha:

- Imbonerahamwe zifasha mu itumanaho;
- Ibikoresho by'ikoranabuhanga;
- Amashusho asobanura ubutumwa;
- Kwandika;
- Ibimenyetso by'umubiri;
- Uburyo bwunganira cyangwa busimbura imvugo mu itumanaho.

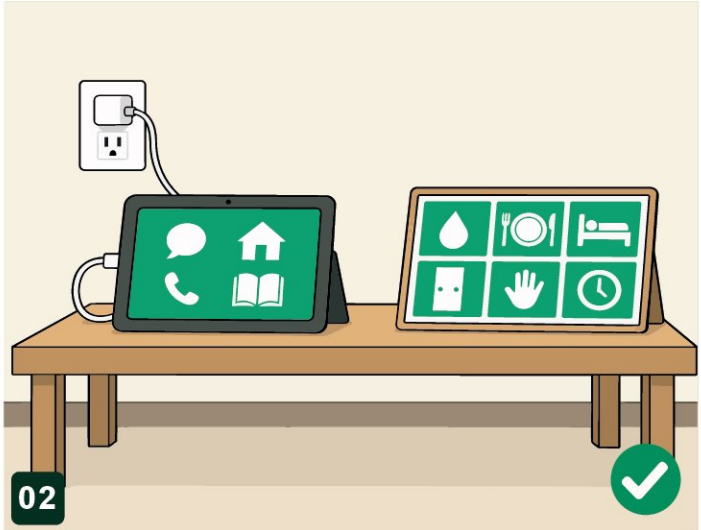
Ntukitiranye ingorane zo kuvuga n'ingorane zo kumva cyangwa gufata ibyemezo.

Ha umuntu igihe gihagije cyo gusubiza igihe ibintu bibyemera.





Bika ibikoresho umuntu akoresha mu itumanaho hafi ye kandi byuzuye umuriro igihe cyose bishoboka.



Vugana n'uwo muntu ubwe, aho kuvugana gusa n'umuntu umuherekeje.

3.58. ABANTU BAFITE UBUMUGA MU BWENGE, MU IMITEKEREREZE CYANGWA MU MIKURIRE, N'ABANTU BAFITE IMITERERE YIHARIYE Y'IMIKORERE Y'UBWONKO



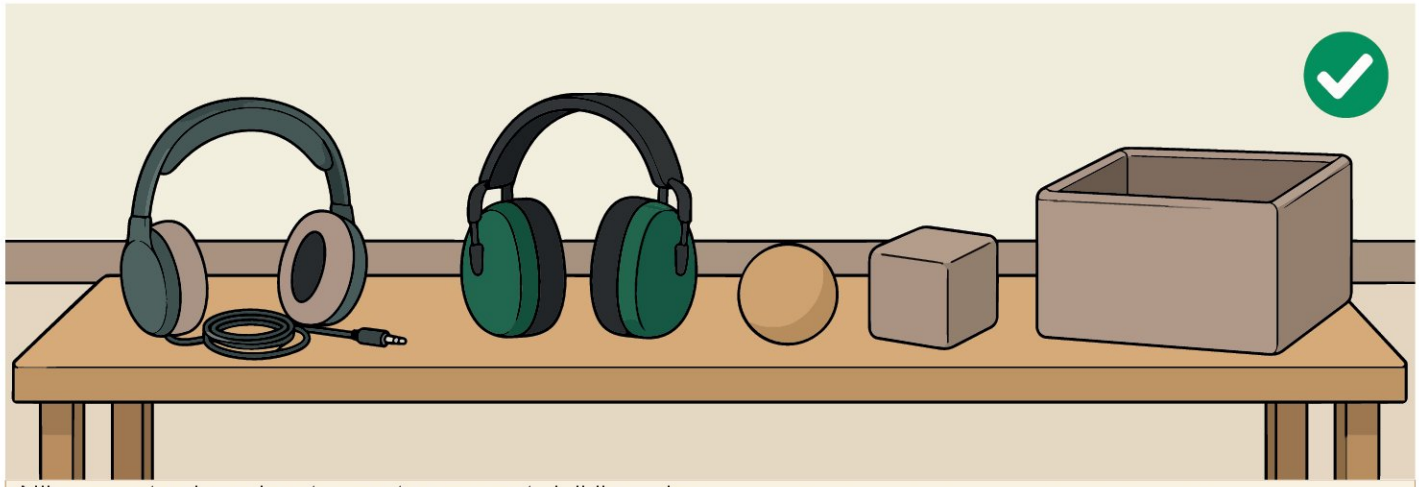
Ahacumbikirwa hashobora kuba hari:

- Urusaku rwinshi;
- Amatara ahora yaka;
- Imbaga y'abantu benshi;
- Impumuro zitamenyerewe;
- Gukorwaho kenshi;
- Guhagarika gahunda zari zisanzwe;
- Kubura ahantu hihariye umuntu agira ubuzima bwite.

Ibi bintu bishobora gutera abantu bamwe agahinda gakabije cyangwa kubangamirwa n'ibyiyumvo by'umubiri.

Igihe bishoboka:

- Tanga ahantu hatuje kurushaho;
- Gabanya ibintu bitera ibyiyumvo bitari ngombwa;
- Komeza gahunda zisanzwe zimenyerewe;
- Koresha amabwiriza magufi;
- Sobanura mbere impinduka zigiye kuba;
- Emerera umuntu gukoresha ibikoresho asanzwe akoresha mu kugenzura ibyiyumvo by'umubiri;
- Irinde gukora k'umuntu utabanje kubimumenyesha.



Niba umuntu akoresha utwuma two mu matwi, ibikoresho birinda urusaku, ibikoresho bimufasha kugenzura ibyiyumvo cyangwa ibindi bikoresho, kandi bikaba bihari, mufashe kubikoresha igihe bibaye ngombwa.

Ntibikwiye kwibwira ko abantu bose bafite ubumuga bw'iterambere cyangwa autism bakeneye kwitandukanya n'abandi. Ubufasha bugomba gutangwa hashingiwe ku byifuzo bya buri muntu ku giti cye.

3.59. ABANTU BAFITE UBUMUGA N'AMAZI YANDUYE

Abantu bose bagomba kwirinda uko bishoboka kose guhura n'amazi y'imyuzure n'ibyondo bitari ngombwa.



Witondere by'umwihariko igihe umuntu:

- Afite ibikomere bidapfutse;
- Akoresha ibikoresho bihora bikora ku ruhu igihe kirekire;
- Afite ingorane zo kumenya ko yakomeretse;
- Adashobora kwisuzuma ibice bimwe na bimwe by'umubiri;
- Akeneye ubufasha mu kwita ku isuku ye bwite.

Iyo habayeho guhura n'amazi yanduye:

- Kora isuku ikwiye ukoresheje amazi meza yo kunywa;
- Reba niba hari ibikomere;
- Sukura neza ibikoresho byahuye n'amazi yanduye;
- Shaka ubuvuzi igihe bibaye ngombwa.

Ntibikwiye kuvuga ko abantu bose bafite ubumuga bahita bagira ibyago byinshi byo kwandura indwara. Ibyago biterwa n'imimerere barimo n'ubuzima bwa buri muntu ku giti cye.



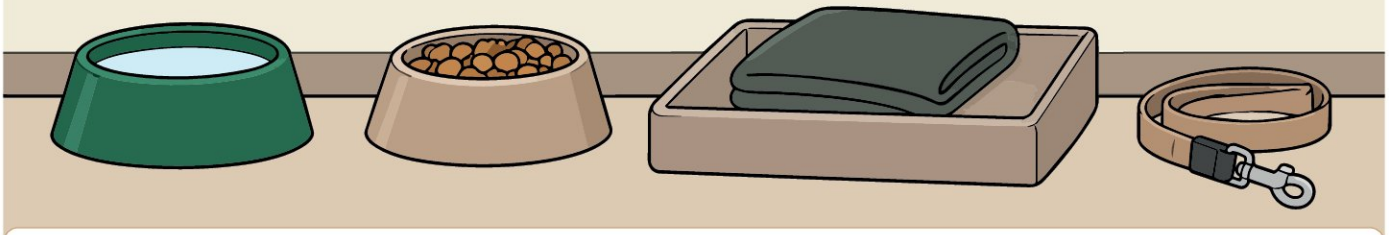
3.60. INYAMASWA ZIFASHA

Igihe cyose bishoboka, inyamaswa zifasha abantu zigomba kugumana n'abo zifasha.



Kugenzura ko:

- Amazi meza yo kunywa;
- Ibiryo biboneye;
- Ahantu ho gukorera isuku;
- Kuyitaho no kuyigenzura uko bikwiye;
- Kuyisuzuma kugira ngo hamenyekane niba hari ibikomere.



Ntugatandukanye umuntu n'inyamaswa imufasha kubera gusa ko izindi nyamaswa zororerwa mu rugo zitemerewe mu gice runaka, utabanje kugenzura amabwiriza abigenga no gushaka igisubizo kiboneye.

Iyo inyamaswa yakomeretse cyangwa itagishoboye gukomeza gukora inshingano zayo, hita umenyesha ko umuntu ishaka akeneye ubundi bufasha busimbura ubwo yahabwaga na yo.

3.61. ABAGEZE MU ZABUKURU N'ABANTU BAFITE IBYIFUZO BYIHARIYE MU KWITA KU BUZIMA BWABO

Bamwe mu bageze mu zabukuru cyangwa abantu bafite ibyifuzo byihariye mu kwita ku buzima bwabo bashobora gukenera:

- Imiti;
- Indyo yihariye;
- Ubufasha mu kugenda.
- Ibikoresho by'ubuvuzi;
- Serivisi z'ubuvuzi;
- Ubufasha mu gusobanukirwa amakuru;
- Ubufasha mu kuvugana n'abagize umuryango;



Ntukibwire ko umuntu adashoboye gukora ibintu kubera gusa imyaka ye.



Baza umuntu ubufasha akeneye kandi wubahe uburenganzira bwe bwo kwifatira ibyemezo.

Ita ku bimenyetso bya:

- Kubura amazi mu mubiri;
- Umunaniro ukabije;
- Kudatekereza neza;
- Umuriro;
- Kugorwa no guhumeka;
- Kwangirika kw'indwara yari asanganywe.

Saba ubuvuzi igihe bibaye ngombwa.

3.62. INSHINGANO Z’IBIGO NYUMA YA TSUNAMI



Mu matorero, mu nsengero, mu makipe, mu mashyirahamwe, mu miryango ifasha abantu, mu bigo rusange by’abaturage no mu bindi bigo byigenga, inshingano ntizirangirira igihe abantu bageze ahantu hatekanye.



Abashinzwe kubikurikirana bagomba gushyira mu bikorwa icyiciro cya nyuma cya gahunda y’ubutabazi bwihutirwa.



Ibyihutirwa ku bigo ni:

- Kurinda abantu bimuwe;
- Kugenzura abageze ahantu hatekanye;
- Kumenya abantu baburiwe irengero;
- Kumenya abakomeretse cyangwa abantu bakeneye ubufasha;
- Gukomeza kuvugana n’inzego zibishinzwe;
- Kwirinda gusubira mu duce twavanywemo abantu mbere y’igihe;
- Korohereza kongera guhuza imiryango;
- Gutanga amakuru yagenzuwe;
- Gufatanya n’inzego z’ubutabazi zibishinzwe.

3.63. KORA IBARURA AHANTU HATEKANYE

Iyo imimerere ibyemeye, buri muyobozi w'itsinda agomba kugenzura abantu ashinzwe.

Ibarura rigomba gukorerwa ahantu hatekanye, hatabayeho gutinza iyimurwa ry'abantu bari mu nyubako cyangwa mu gace kari mu kaga.





Koresha:

- Urutonde rw'abitabiriye;
- Ibyanditswe mu bitabo by'ibarura;
- Urutonde rw'amazina y'abantu;
- Amakuru y'abashinzwe amatsinda;
- Ubundi buryo buhari.



Menya:

- Abantu bahari;
- Abantu bakomeretse;
- Abantu bakeneye ubufasha;
- Abantu batazwi aho bari.

Menyesha ubuyobozi bw'ikigo abantu batabonetse, kandi igihe bibaye ngombwa ubimenyeshe n'inzego z'ubutabazi bwihutirwa.

3.64. NTUTUME ABANTU GUSHAKA ABABURIWE IRERENGIRO

Iyo umuntu aburiwe irengero:

- Kusanya amakuru ku hantu umuntu aheruka kubonwa;
- menya uwo yari ari kumwe na we;

Andika amakuru ye;
menyesha inzego zibishinzwe cyangwa amakipe abishinzwe ayo makuru.



01 Ntutegure amatsinda atabigenewe yo gusubira mu gace kibasiwe n'ibiza mu gihe hakiri akaga cyangwa uburenganzira bwo kuhagera bwarabujijwe.



02 Ntukemere ko abagize imiryango, abakorerabushake cyangwa abanyamuryango b'ikigo basubirayo buri wese ku giti cye.



Gushakisha abantu mu duce twarengewe n'amazi, mu nyubako zangiritse cyangwa zasenyutse bisaba ubufatanye n'inzego zibishinzwe, kandi akenshi bisaba amahugurwa yihariye.



3.65. KWITA KU BANTU BAKOMERETSE

Menya vuba abantu bakeneye ubuvuzi.

Tanga ubutabazi bw'ibanze ukurikije amahugurwa abari aho bahawe.



Saba ubufasha bw'inzobere mu gihe:

- Kuva amaraso menshi;
- kugorwa no guhumeka;
- guta ubwenge;
- ibikomere bikomeye;
- Gushya;
- kuvunika amagufwa;
- ibikomere byimbitse;
- izindi ndwara zikomeye zitunguranye.



01 Ntukore ibikorwa by'ubuvuzi utabihuguriwe.



02 Komeza inzira zikoreshwa n'inzego z'ubutabazi bwihutirwa zidafunze.



3.66. GUTEGURA AHANTU HO GUTANIRIRA

Iyo ikigo gikeneye kumara igihe runaka ahantu hatekanye, tegura aho hantu kugira ngo ugabanye ibyago.

Igihe ibintu bizaba byemeye, tegura ahantu hagenewe:

- Abantu bakeneye ubutabazi bw'ibanze;
- abana;
- abantu bakeneye ubufasha bw'inyongera;
- Gutanga amazi;
- gutanga amakuru no kwandika;
- guhuza abantu n'imiryango yabo.



Komeza:

- Inzira z'abantu banyuramo zidafunze;
- inzira zo kugeramo zidafunze;
- Ibikoresho byateguwe neza;
- imyanda igenzurwa;
- amakuru akusanyirizwa hamwe.



Ntugahindure ahantu ho guteranira ahantu hatarangwa n'imitunganyirize, ku buryo bidashoboka kumenya ababahari cyangwa abakeneye ubufasha.



3.67. AMAKURU Y'IKIGO

Igihe bishoboka, genaho umuntu ushinzwe gukusanya amakuru yose hamwe.



Ikigo kigomba gutanga amakuru gusa:

- Yemejwe;
- Akenewe;
- Asobanutse;
- Aturuka ku nzego zemewe.

01

Irinde gutangaza:

- Ibihuha;
- Imibare itaremezwa;
- Amazina y'abantu bakekwaho kuba bahuye n'ibyago mbere y'uko byemezwa neza;
- Amakuru avuguruzanya;
- Ubutumwa butera ubwoba.

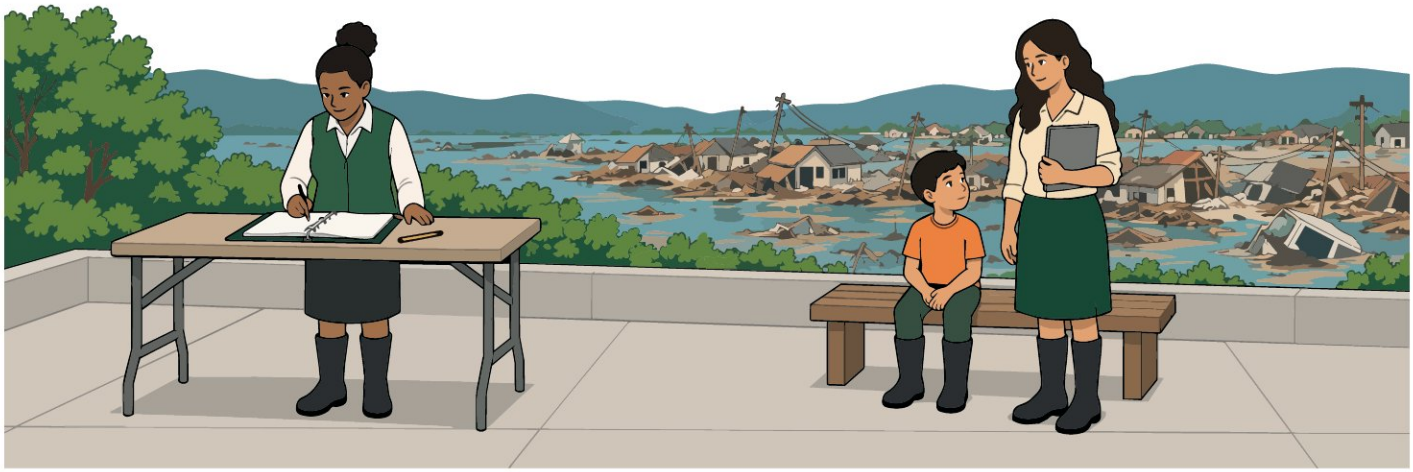
02

Amakuru agomba kugaragaza neza ibyo abantu bagomba gukora.



3.68. GUSUBIZA ABANTU MU MASHURI N'IBIGO

Quando crianças ou pessoas dependentes tiverem sido evacuadas sob responsabilidade institucional, aplique o procedimento de reunificação previamente estabelecido.



Mbere yo gushyikiriza umwana:

- Reba indangamuntu y'umuntu mukuru;
- Emeza ko yemerewe kumwakira;

Andika ko umwana yashyikirijwe uwo muntu, igihe uburyo bw'ikigo bubiteganya.



01 Ntukemere ko akajagari nyuma y'ibiza gatuma ingamba z'ibanze zo kurinda abantu zitubahirizwa.



02 Niba umuryango we utarahagera, komeza kumugenzura kandi ukurikize uburyo bubigenewe.



3.69. NTUKEMERE KO HAGIRA USUBIRAYO KU BUSHAKE BWE

Ikigo ntigikwiye kwemeza ubwacyo ko ahantu himuwe abantu hatekanye kubera gusa ko:

- Amazi yasubiye inyuma;
- nta yindi miraba mishya igaragara;
- abandi bantu batangiye kugaruka.

Inyubako isa n'aho itangiritse; umuntu yatangaje mu buryo butemewe ko ibyago byarangiye.



Tegereza uruhushya rutanzwe n'inzego zibishinzwe.



Icyemezo cyo gusubira inyuma kigomba gushingira ku makuru atangwa n'inzego zibishinzwe, aho gushingira ku myanzuro bwite.



3.70. KUGENZURA INYUBAKO Y'IKIGO

Iyo gusubira muri rusange mu gace byemewe, ntibivuze ko buri nyubako yihariye ihita iba ifite umutekano wo kongera gukoreshwa.

Mbere yo gusubukura ibikorwa, hagomba kugenzurwa uko inyubako n'ibikoresho byayo bimeze, hashingiwe ku buremere bw'ibyangiritse.



Ita kuri ibi:

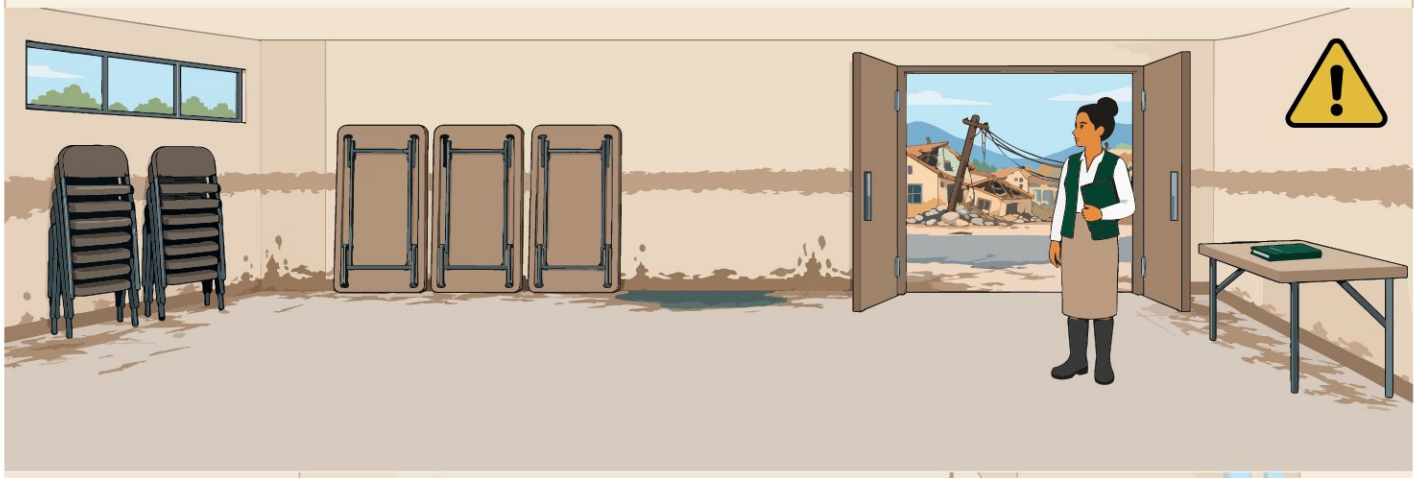


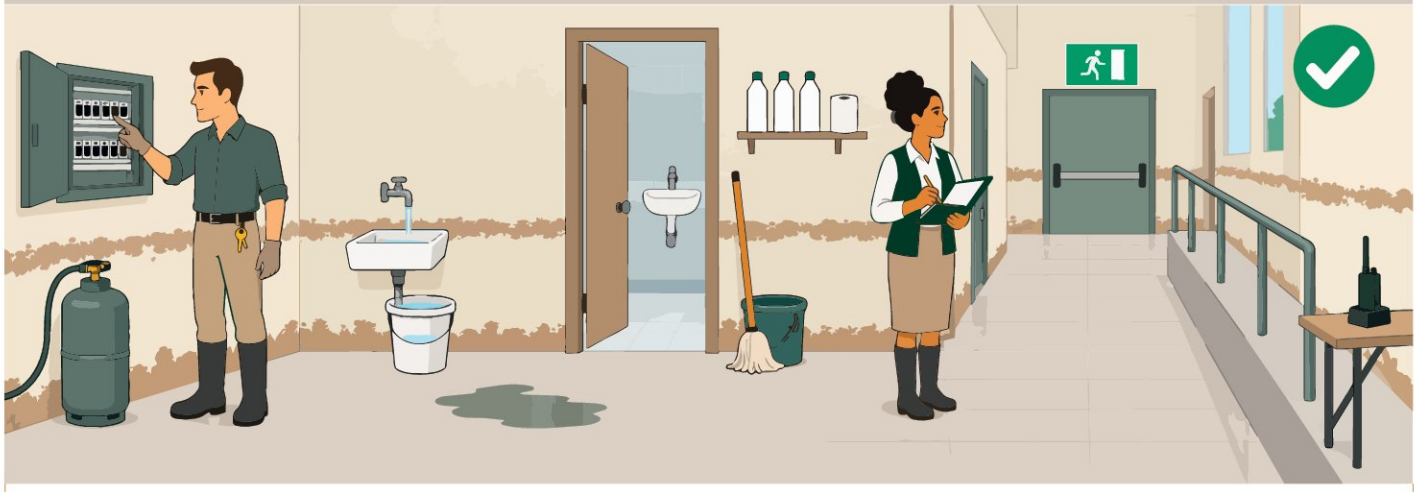
Niba hari ibimenyetso by'uko inyubako yangiritse mu miterere yayo y'ingenzi, ntihakagire umuntu winjiramo kugeza igihe isuzuma ryemeza ko bishobora gukorwa mu mutekano.



3.71. NTIMUSUBUKURE IBIKORWA MU GIHE KIDAKWIRIYE.

Kuba ikigo cyemerewe gusubira mu nyubako zacyo ntibivuze ko byanze bikunze kiba gishobora gusubukura ibikorwa byacyo bisanzwe.





Mbere yo kongera gufungura, hagomba kwitabwa kuri ibi:

- Umutekano w'imiterere y'inyubako;
- Amashanyarazi;
- Gazi;
- Kuboneka kw'amazi meza yo kunywa;
- Isuku n'isukura;
- Imikorere y'ubwiherero.
- Kugera ahantu hose ku bantu bose;
- Inzira zo gusohokamo mu gihe cy'ubutabazi;
- Itumanaho;
- Imimerere y'isuku;
- Ibyago bituruka ku bushuhe cyangwa ku kwandura;
- Ubushobozi bwo guhangana n'ikindi cyago gishya.

Gukomeza ibikorwa ntibigomba na rimwe gushyirwa imbere y'umutekano.



3.72. GUSUKURA INYUBAKO.

Imirimo y'isuku igomba gutegurwa hakurikijwe ibyago bihari.



Ntukemere ko abantu bakurikira bagira uruhare mu mirimo ishobora guteza ibyago:

- Abana;
- Abantu badafite ibikoresho bihagije bibarinda;
- Abantu badafite ubumenyi n'amahugurwa akenewe ku murimo runaka.

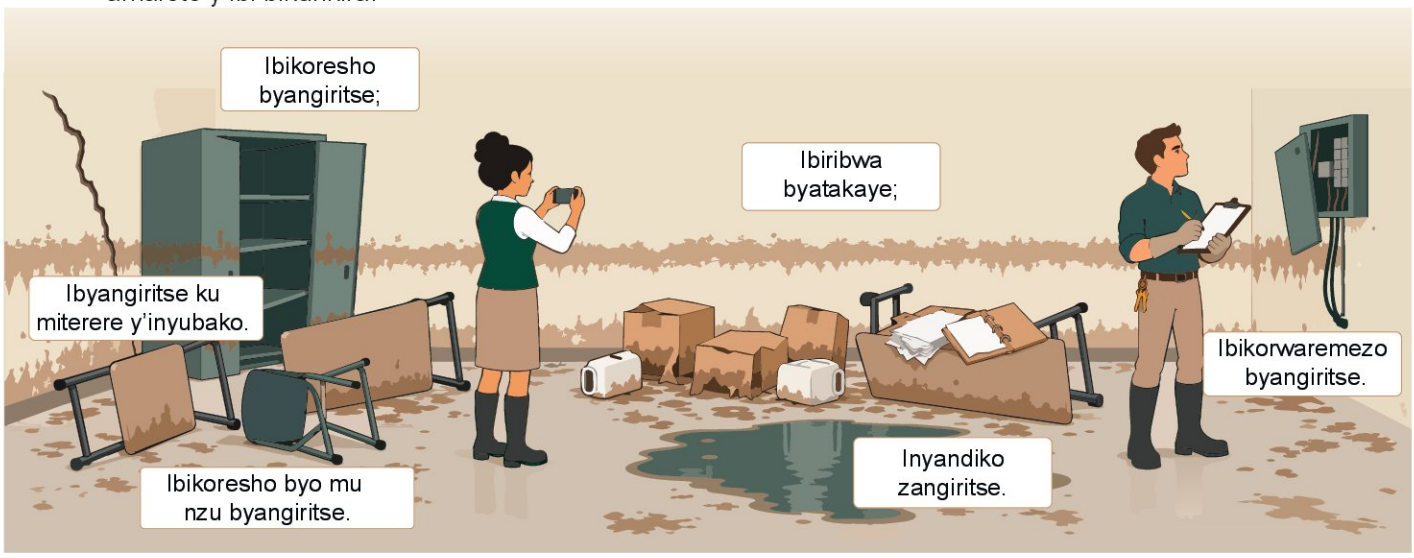
Abakorerabushake ntibagomba kwikorera ku giti cyabo:

- Insinga z'amashanyarazi;
- Imiyoboro ya gazi;
- Ibinyabutabire bitazwi;
- Ibikoresho by'inyubako bidahagaze neza;
- Ibindi bintu biteje akaga.



3.73. ANDIKA IBYANGIRITSE MU GIHE BISHOBOKA KANDI BITEKANYE.

Iyo inzego zibishinzwe zemeye ko abantu binjira kandi nta kaga biteye, ikigo gishobora kwandika no gufata amafoto y'ibi bikurikira:



Koresha amafoto, amashusho, urutonde rw'ibintu cyangwa izindi nyandiko zibika amakuru igihe bikenewe mu bikorwa by'ubwishingizi, ubufasha, isanwa cyangwa imicungire y'ikigo.



Ntuzigere winjira mu gace gateje akaga ugamije gufata amafoto cyangwa kwandika amakuru.



3.74. RINDA AMAKURU N'INYANDIKO BY'IKIGO.

Iyo inyandiko z'ikigo zangijwe n'amazi cyangwa ibindi byangiritse ku mubiri wazo:

- Bika ibishobora kurokorwa igihe kubikora nta kaga biteye;
- Rinda amakuru bwite n'ay'ibanga;
- Ntugasige inyandiko zikomeye zirimo amakuru y'ibanga ahantu hahurira abantu benshi;
- Koresha kopi z'inyandiko zabitswe mbere mu rwego rwo kwirinda, igihe ziboneka.





Kurinda amakuru ni ingenzi, ariko nta nyandiko n'imwe yatuma umuntu yinjira mu nyubako ishobora guteza akaga.

3.75. UBUFATANYE N'INZEGO ZIBISHINZWE

Ibigo byigenga n'imiryango ishingiye ku baturage bigomba gukorana n'inzego z'ubuyobozi n'izishinzwe guhangana n'ibyihutirwa.





Igihe bibaye ngombwa:

- Menyesha umubare w'abantu bashobora kuba bashinzwe kwitabwaho na cyo;
- Menyesha amakuru ku bakomeretse;
- Menyesha amakuru ku bantu baburiwe irengero.
- Menyesha ibikenewe byihariye;
- Kurikiza amabwiriza ajyanye n'ahantu ho gucumbikira abantu n'iyimurwa ryabo;
- Kubahiriza amabwiriza abuza abantu kugenda mu duce tumwe na tumwe;
- Irinde gusubiramo ibikorwa by'abandi cyangwa kubangamira ibikorwa byo gutabara byihutirwa.



Ikigo gishobora kuba umutungo w'ingenzi ku baturage, ariko kigomba gukora mu bushobozi gifite kandi ku buryo buhuje n'izindi nzego.

3.76. IMPANO N'UBUFASHA BW'IBIKORESHO



Nyuma y’ibiza, hashobora guhita haboneka impano nyinshi cyane.



Mbere yo gukusanya cyangwa gutanga impano:

- Menya ibikoresho bikenewe koko;
- Huza ibikorwa n’imiryango ibishinzwe;
- Tegura uburyo bwo kwakira no kubika ibikoresho;
- Irinde gukusanya ibicuruzwa bitasabwe;
- Genza umutekano w’ibiribwa, amazi n’imiti.

Ntugatange ibiribwa, imiti cyangwa ibikoresho by’isuku bifite inkomoko cyangwa uburyo byabitswe bidashidikanywaho.



Ubufasha bugomba kuba bujyanye n’ibikenewe koko, aho kuba umutwaro w’inyongera mu bijyanye no gutwara no gukwirakwiza ibikoresho.

3.77. ABAKORERA BUSHAKE

Andika amazina y'abakorerabushake kandi ugenzure imikorere yabo igihe ikigo kizaba kigira uruhare mu bikorwa by'ubutabazi.





Tanga inshingano ukurikije:

- Amahugurwa;
- Uburambe;
- Ubushobozi bw'umubiri;
- Ibyago bihari.

Ntukemere ko abakorerabushake badafite amahugurwa akenewe bakora:

- Gushakisha no gutabara abantu hakoreshejwe ubuhanga bwihariye;
- Kwinjira mu nyubako zidafite umutekano;
- Gukora ku bikoresho by'amashanyarazi;
- Gukoresha cyangwa gukora ku miyoboro ya gaze;
- Gukora ku bintu bishobora guteza ibyago;
- Gukora ibikorwa by'ubuvuzi batabifitiye ubushobozi.

Kugira ubushake bwiza ntibikuraho ibyago.



3.78.IMIBEREHO MYIZA Y'ABATANGA UBUFASHA

Abayobozi b'ibigo, abakorerabushake, abita ku bandi n'abagize amatsinda y'ubufasha na bo bashobora kugira:

- Umunaniro ukabije;
- Guhangayika;
- Ubwoba;
- Agahinda;
- Kurakara vuba;
- Kugorwa no kwita ku kintu kimwe.





Teganya ibihe byo kuruhuka igihe ibintu bibyemeye.



Irinde ko umuntu umwe yikorera igihe kirekire imirimo yose yo kwita ku bandi, guhuza ibikorwa cyangwa gutanga ubufasha.



Gusaba ko musimburana cyangwa ko hagira ugufasha igihe bikenewe ni kimwe mu bigize igikorwa cyo gutabara gishinzwe.

3.79. KANDIKA IBYEMEZO N'IBIKENEWE.



Iyo ibyihutirwa by'ibanze bimaze kugabanuka kandi ibintu bibyemeye, andika:

- Abantu bahawe ubufasha;
- Ibikenewe bitarakemurwa;
- Ibikoresho bihari;
- Ibyangiritse byagaragaye;
- Ibyemezo byafashwe;
- Amakuru yemewe yakiriwe;
- Ibikorwa bisaba gukurikiranwa.



Iyi nyandiko izorohereza ikigo gukomeza ibikorwa byo gutabara no kwiyubaka nyuma y'ibiza.



Ntukemere ko imirimo y'ubuyobozi n'iy'inyandiko ibangamira ibikenewe byihutirwa bijyanye n'umutekano no gutanga ubufasha.

3.80. IHAME RY'IKIGO RY'IBYEREKEYE KWISUBIRANA NYUMA Y'IBIZA.



Nyuma ya tsunami, ikigo kigomba gukora gikurikije urutonde rw'ibikorwa rusobanutse:

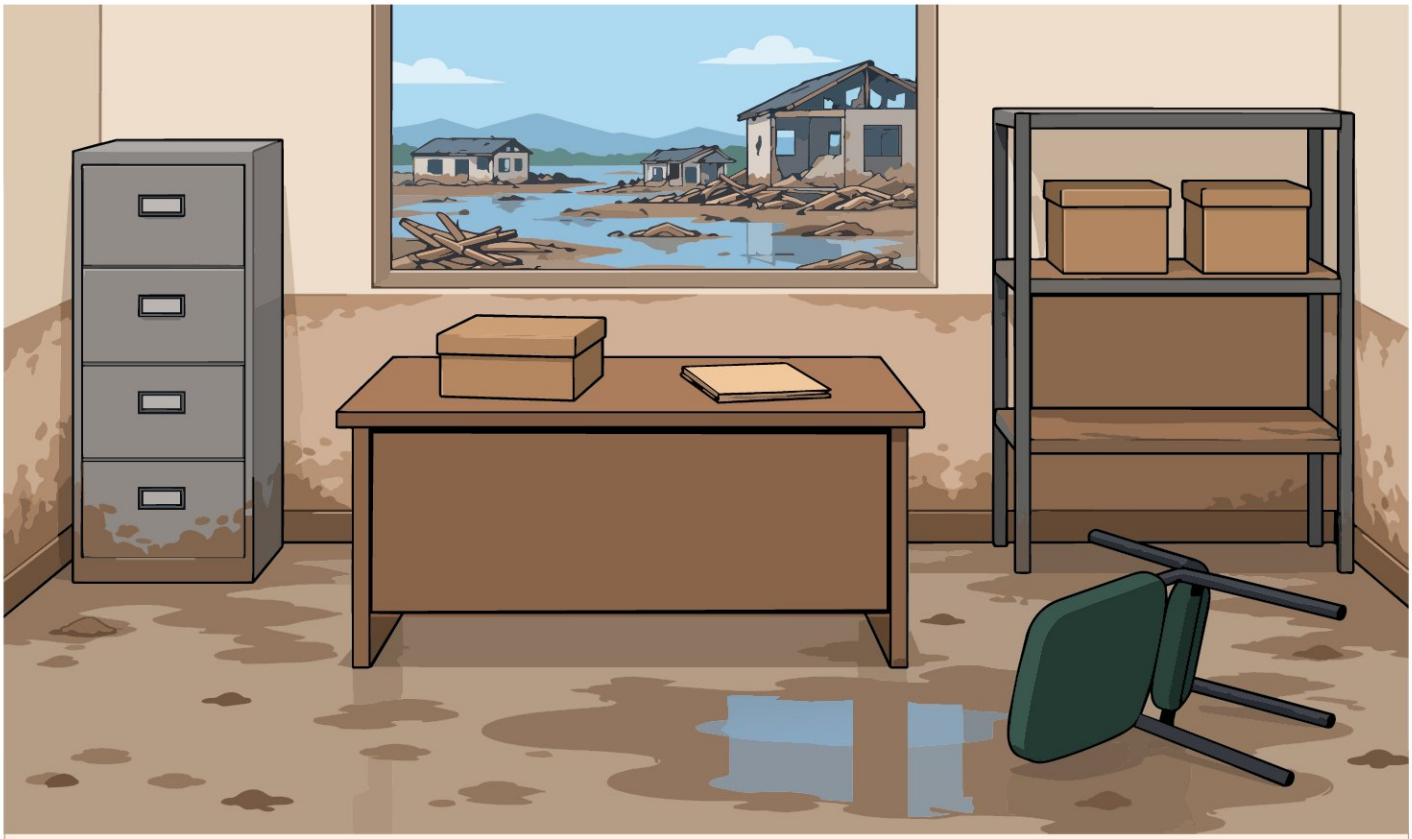
Mbere na mbere, kurinda abantu.

Hanyuma, kugenzura abahari n'abakeneye ubufasha.

Hakurikiraho, guhuza ibikorwa by'ubutabazi no guhuza imiryango.

Ibyo inzego zibishinzwe zimaze kubyemerera, ni bwo hasuzumwa inyubako n'ibyangiritse.

Hanyuma, gutangira ibikorwa byo kwisubiranya mu buryo buteguye kandi butekanye.



Inyubako, ibikoresho, inyandiko n'umutungo bifatika bishobora kugira uruhare rukomeye mu gukomeza imikorere y'ikigo.

Nta na kimwe muri ibyo kigomba gushyirwa imbere y'ubuzima n'umutekano by'abantu.

CENTRO DEL REINO DE PAZ Y JUSTICIA

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

TSUNAMI

IGICE CYA 2

ICYICIRO CYA 3: NYUMA

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

www.centrodelreinodepazyjusticia.com