

Umurongo usabirwaho ubufasha n'abahuye n'ibiza - [www.disasterdistress.samhsa.gov/](http://www.disasterdistress.samhsa.gov/)  
Niba hari umuntu uzi wagezweho n'ibiza cyangwa akeneye ubufasha, hamagara umurongo usabirwaho ubufasha  
n'abahuye n'ibiza utishyuzwa kuri 1-800-846-8517 kugira ngo ubone andi makuru, ubufasha n'ubujyanama. Hari na

**Ku yandi makuru:**  
Ishami rya Amerika rishinzwe ibihe bitunguranye (FEMA) - [www.ready.gov](http://www.ready.gov)  
Umuryango utabara imbabare muri Amerika - [www.redcross.org](http://www.redcross.org)

91

INYANDIKO Z'UMUGEREKA

1

# Imfashanyigisho igenewe impunzi

*Soma aka gatabo kandi ukurikize ibyo wasomyemo*

ADMINISTRATION FOR  
**CHILDREN & FAMILIES**



Ibiro bishinzwe gutuza impunzi

Ibiro bishinzwe guhugura abaturage mu bijyanye no kwitegura no guhangana n'ibihe bitunguranye



Photo courtesy UNHCR



**9-1-1**  
**ubutabazi bwihutirwa**

Mu bihe bitunguranye nk'inkongi y'umuriro, ubujura cyangwa ikibazo cy'ubuzima gikomeye (urugero: kubura umwuka, guhahamuka cyangwa kuvirirana), hamagara **9-1-1** kuri telefoni iyo ari yo yose. Basobanurire ubwoko bw'ibihe bitunguranye uhuye nabyo kugira ngo ubashe kubona ubufasha buboneye nk'ubwa polisi, ishami rishinzwe kuzimya inkongi cyangwa imbangukiragutabara. Ntuzuyaze kubahamagara nubwo waba utavuga icyongereza—N'ubundi bashobora kugufasha.

Byongeye kandi ibihe bitunguranye byibasiye umuntu ku giti cye cyangwa abantu benshi bishobora kuba byatewe n'ibiza bituruka ku miterere y'isi cyangwa ibikorwa bya muntu. Ibiza bikomeye kandi bitandukanye byangiza bikomeye sisitemu y'ubushyuhe, umuriro w'amashanyarazi n'itumanaho.

Dore zimwe mu ngero z'ibiza biterwa n'imiterere y'isi— na zimwe mu nama wakurikiza mu gihe byateye kugira ngo wirinde n'umuryango wawe. Izindi ngero z'ibiza bishobora guterwa n'imiterere y'isi harimo imyuzure, gushya kw'amashyamba, ubushyuhe bukabije n'inkangu. Menya ibindi kuri: <http://www.ready.gov/natural-disasters>

**Serwakira:** Ni inkubi y'umuyaga ukaze ugizwe n'igicu cyibuditse kimeze nk'umubirikira kiva mu kirere cyerekeza ku butaka. Serwakira zishobora gusenyanya inyubako.



- Niba aho uri ari hamwe mu haburiwe ko hazanyura Serwakira, shaka aho uhungira ako kanya!
- Jya mu igorofa yo hasi niba ariyo urimo, witarure amadirishya n'inzugi.
- Benshi bakomeretswa n'ibintu bitwarwa n'umuyaga, bityo kingira umutwe wawe.

**Andika iri jambo maze urishyire mu idirishya kugira ngo abaturanyi bamenye ko UMEZE NEZA**

**OK**

# Andika iri jambo maze urishyire mu idirishya kugira ngo abaturanyi bamenye ko ukeneye UBUFASHA<sup>14</sup>

# HELP

**SUmutingito:** Ni ugutigita gutunguranye k'ubutaka. Imitingito ishobora gusatura ubutaka maze igatuma amazu asenyuka.

3



- Niba uri mu nzu, RYAMA HASI, WIHISHE muni y'ameza akomeye maze UFATE UKOMEZE kugeza umutingito urangiye.
- Niba uri hanze, gumayo kugeza umutingito urangiye. Itarure inyubako, amapoto y'amataro yo ku mihanda n'intsinga z'amashyamba.

**Isata:** Ni inkubi y'umuyaga ihuhera ku nyanja irimo imiyaga ikaze, imvura nyinshi n'imihengeri ikaze. Umuyaga n'umwuzure biterwa n'isata byangiza inyubako



- Iyo bigaragara ko isata ishobora gutera, utega amatwi radiyo cyangwa ukareba televiziyo cyangwa ugashakira kuri interineti amakuru ajyanye n'icyo wakora.
- Guma mu nzu, witarure amadirishya n'inzugi.
- Sohoka mu nzu niba wabibwiwe n'abayobozi b'ibanze.

**Umuyaga ukaze n'ubukonje bukabije:** Amasimbi menshi, ubushyuhe bwo hasi cyane, imiyaga ikaze n'urubura.



- Guma mu nzu mu gihe cy'inkubi y'umuyaga.
- Ntiwitose. Imyenda itose ituma ubushyuhe bw'umubiri bugabanuka.
- Ntutware imodoka keretse bibaye ngombwa kuko imihanda irimo urubura ishobora guteza impanuka z'imodoka.
- Ntukoreshe amashyamba ya kijyambere kugira ngo ushushye mu nzu.

Dore ingero z'ibiza biterwa n'ibikorwa bya muntu — na zimwe mu nama z'icyo wakora mu gihe byateye kugira ngo wirinde n'umuryango wawe. Izindi ngero harimo impanuka zibera ahakorera ibitwaro bya kirimbuzi, ibura ry'umuriro w'amashanyarazi n'ibitero by'iterabwoba. Menya ibindi kuri: <http://www.ready.gov/accidental-emergencies>

4

**Imiti y'ubutabire ishobora guteza impanuka:** Imwe mu miti y'ubutabire ishobora kwangiza inyubako no kwangiza ubuzima iyo birekuwe ku bw'impanuka. Rimwe na rimwe hashobora kubaho uguturika guhambaye, ubundi ukaba utabonye cyangwa utanukiwe n'iyi miti.



- Tega amatwi radiyo cyangwa urebe televiziyo cyangwa ushakire kuri interineti amakuru ajyanye n'icyo wakora.
- Sohoka mu nzu niba wabisabwe n'abayobozi b'ibanze.
- Niba wasabwe kuguma mu nzu, funga amadirishya n'inzugi. Siba imyenge iyo ariyo yose isohoka hanze.

**Inkongi z'umuriro mu ngo:** Buri munsu, abanyamerika bahura n'inkongi z'umuriro mu ngo zabo. Inkongi y'umuriro ikwirakwira vuba vuba bityo ukaba ufite akanya gato gashoboka kugira ngo usohoke.

- Iyo akuma gatahura umwotsi gasonnye, sohoka vuba vuba.
- Iyo hari umwotsi, urakambakamba ukawunyura munsu kugira ngo usohoke.
- Niba imyenda yawe yafashwe n'umuriro, ryama hasi wipfuke mu maso n'intoki zawe maze wigaragure hasi kugeza umuriro uzimye. Hita wihutira kuja kwa muganga.
- Niba udashobora gusohoka, funga urugi kandi ufunge ahanyura umwotsi n'umwanya uri munsu y'urugi kugira ngo umwotsi utinjira. Hamagara 9-1-1 maze ubabwire aho uherereye.



Utwuma dutahura umwotsi dushyirwa ku bisenge. Turasakuza cyane iyo hari umwotsi. Reba neza ko batiri ikora kandi uyisimbuzwe buri mwaka.

## Kwirinda umwuka wa karuboni uhumanya!

13

Mu gihe cy'ibiza, inzu yawe ishobora kubura umuriro w'amashanyarazi. Iyi paji isobanura uburyo bumwe na bumwe bwo gushyushya cyangwa guteka ibiryo udakoresheje umuriro w'amashanyarazi bishobora gutera umwuka wa karuboni uhumanya n'icyo ushobora gukora kugira ngo wirinde.

Umwuka wa karuboni uhumanya ni umwuka utaboneshwa amaso, utakwihumura cyangwa ngo uwumve ku rurimi, ariko ushobora kudukungabanyiriza ubuzima—ndetse no kutwica— iyo twuhumetse cyane. Umwuka wa karuboni uhumanya uterwa no gutwika ibikomoka kuri peterori. Gutwika ibikomoka kuri peterori mu mazu bishobora guteza umwuka wa karuboni uhumanya iyo ukwiye mu nzu ushobora kwica abantu.

- NTUZIGERE na rimwe ukoreshe amashyamba akoreshe gazi kugira ngo ushyushye mu nzu.
- NTUZIGERE na rimwe utekera mu nzu yaba ku makara cyangwa ku cyokezo gikoreshe gazi.
- NTUZIGERE na rimwe ukoreshe moteri itanga amashyanyarazi mu nzu, mu magaraji cyangwa muri parikingi y'imodoka. Moteri yimukanwa ni imashini ikoreshe risansi n'ibikomoka kuri peterori ishobora gukoreshe ibikoreshe bike bikoreshe n'umuriro w'amashanyarazi iyo nta muriro w'amashanyarazi uhari.
- Koreshe GUSA moteri yimukanwa hanze kandi kure y'amadirishya y'ahanyura umwotsi bifunguye.
- NTUCANE na rimwe nta mwanya unyuramo umwotsi uhari.
- Reba neza ko mu nzu hari utwuma tugenze umwuka wa karuboni uhumanya n'umwotsi.

### Ibimenyetso byo guhumeka n'umwuka wa karuboni uhumanya:

Kuribwa umutwe, umunaniro ukabije, kubura umwuka, isereri, isesemi.

### Niba utekereza ko wahumetse umwuka wa karuboni uhumanya:

Va mu nzu ufate akayaga. Shaka muganga vuba.

Utwuma dutahura umwuka wa karuboni uhumanya n'umwotsi dushobora guhurizwa mu gikoreshe kimwe cyangwa akaba ari ibikoreshe bitandukanye. Reba neza ibikoreshe biri mu nzu yawe!





# Niba habaye ikintu kibi

## Genzura niba hari abo mu muryango wawe bakomeretse:

- Niba umuntu ari kuvirirana cyane, niba bishoboka fata ku gisebe uterure igihimba kugira ngo ugabanye kuva kw'amaraso.
- Mufashe kuguma atuje kandi atekanye.
- Mufashe kuguma ashyushye.
- Hamagara 9-1-1 kugira ngo ubone ubufasha.

## Kwita ku nzu yawe:

- Tega amatwi radiyo cyangwa urebe televiziyo cyangwa ushakire kuri interineti amakuru.
- Zimya inkongi z'umuriro zoroheje ukoresheje kizimyamwoto yimukanwa.
- Menya uko bafunga amazi na gazi no gukupa umuriro w'amashanyarazi mbere y'uko habaho ikiza.
  - Mu gihe cy'ikiza, isoko y'amazi ishobora kwandura. Funga amazi aza mu nzu yawe kugeza abayobozi bavuze ko ari meza kugira ngo anyobwe.
  - Kupira umuriro w'amashanyarazi aho ufatira cyangwa muri konteri niba uri kubona ibishashi by'umuriro.
  - Gazi iri gusohoka ishobora guturika. Iyo gazi iri gusohoka, ishobora kunuka nk'amagi yaboze. Nuhumurirwa na gazi cyangwa ukumva isohoka cyangwa iturika, kingura idirishya maze usohoke. Jya mu nzu y'umuturanyi uhamagare sosiyeti icuruza gazi. Nufunga gazi, sosiyeti iyicuruza niyo yonyine igomba kuyifungura.



# Gutangira

Ushobora kwitegura ibiza mbere y'uko biba. Ni ngombwa kwitegura wowe n'umuryango wawe bityo bakamenya icyo bakora n'aho bagana kugeza babonye ubufasha. Paji nke zikurikira ziguha inama z'uko waba maso kandi utuje.

Menya ibiza bishobora gutera cyane cyane mu gace utuyemo. Menya amakuru y'uko wakwitegura buri kimwe. Vugana n'umuryango wawe ku cyo mwakora mbere y'ikiza na nyuma yacyo. Menya neza niba buri wese azi aho basohokera n'aho kizimyamwoto ziri mu nzu/inyubako yawe.

Niba wowe n'umuryango wawe mwaburanye nyuma y'ikiza kandi mudashobora kujya mu rugo, muvugane aho mugomba guhurira. Andika hano ahantu muhurira: \_\_\_\_\_

Niba udashobora kuguma mu nzu, shaka inshuti, umuvandimwe cyangwa umugiraneza wahungiraho. Andika hano amakuru yabo:

Izina: \_\_\_\_\_ Telefoni: \_\_\_\_\_ Aderesi: \_\_\_\_\_

Nyuma ya bimwe mu biza, inkambi zishobora kubakwa. Kurikirana itangazamakuru cyangwa ubaze abantu uzi niba wajya mu nkambi.

Niba ikiza cyari gikomeye kandi kibasiye abantu benshi, abashinzwe ubutabazi bashobora kutabasha guhita bakugeraho kugira ngo bagufashe. Ugomba kuba witeguye kugira ngo wiyiteho ndetse unite no ku muryango wawe nibura mu gihe cy'iminsi 4—cyangwa irenga bitewe n'uko ikiza kimeze.

# Kwitegura:

## Tegura ibikoresho by'ubutabazi bw'ibanze kugira ubitunge mu nzu

Ibintu ugomba kuba ufite mu nzu mu gihe cy'ibihe bitunguranye:

- ☐ Ibikoresho by'ubutabazi bw'ibanze (bigomba kuba bikubiyemo bande, amavuta ya antibiyotiki, imakasi, utwuma bahanduza, ibipfuko, ibitambaro birinda mikorobe)



- ☐ Radiyo ikoreshwa n'amabuye cyangwa bakaraga (mu gihe umuriro w'amashanyarazi wabuze)



- ☐ Amatoroshi na bateri
- ☐ Ifirimbi yo kumenyesha ko hakenewe ubufasha



- ☐ Siparadara



- ☐ Urupapuro n'ikaramu y'igiti/ikaramu



- ☐ Imiti



- ☐ Inkweto n'uturindantoki bikomeye



- ☐ Ibiribwa byo mu bikopo/byumye n'urufunguzo

- ☐ Ibikoresho by'abana



- ☐ Amasashi ajoyamo imyanda n'udutambaro two guhanagura umwana kugira ngo agumane isuku



- ☐ Ipensi yo gufunga amazi n'amashanyarazi



- ☐ Andi mafaranga



Ufite ibiribwa n'amazi bihagije byagutunga byibuze iminsi 4:

- Ukeneye litiro 4 z'amazi ku muntu buri muni.
- Dufite abantu \_\_\_\_ mu muryango wacu x iminsi 4 = litiro \_\_\_\_ z'amazi.

## Inyandiko z'ingenzi

11

Kumenya aho inyandiko z'ingenzi zibikwa. Bishobora kugufasha uzibitse ahantu hamwe.

Itegere kuzijyana bibaye ngombwa ko uva mu rugo.

- ☐ icyemezo cy'amavuko/Ifishi I -94
- ☐ Urwandiko rw'abajya mu mahanga/uruhushya rwo gutwara ibinyabiziga/ibindi byangombwa bikuranga biriho n'ifoto
- ☐ Amakarita y'ubwiteganyirize
- ☐ Amakarita y'ubwishingizi
- ☐ Kopi y'ikarita ya ATM/amakarita abikurizwaho n'amakuru ya banki
- ☐ Kopi z'inyandiko/ingwate
- ☐ Umusoro uheruka kwishyura
- ☐ Amakuru yerekeye ikingirwa
- ☐ Izindi nyandiko: (zishyire ku rutonde) \_\_\_\_\_



# Amazina na nimero za telefoni by'ingenzi

- Nimero ya telefoni yo mu rugo, nimero za telefoni zigendanwa z'abagize umuryango: \_\_\_\_\_
- Akazi: \_\_\_\_\_
- Farumasi: \_\_\_\_\_
- Uwita ku mwana: \_\_\_\_\_
- Ishuri: \_\_\_\_\_
- Nyir'inzu/Isosiyete itanga ingwate: \_\_\_\_\_
- Ubwishingizi bw'inzu/ubukode: \_\_\_\_\_
- Ubwishingizi bw'imodoka: \_\_\_\_\_
- Isosiyete itanga amashanyarazi: \_\_\_\_\_
- Isosiyete itanga gazi: \_\_\_\_\_
- Isosiyete itanga amazi: \_\_\_\_\_
- Amakuru yerekeye umujyi: \_\_\_\_\_
- Amakuru yerekeye gutwara abantu n'ibintu: \_\_\_\_\_
- Aderesi y'umuvugabutumwa: \_\_\_\_\_
- Abavandimwe: \_\_\_\_\_
- Inshuti: \_\_\_\_\_
- Isosiyete ishinze kongera gutuza abantu: \_\_\_\_\_
- Umusosiyari: \_\_\_\_\_



## Kwitegura:

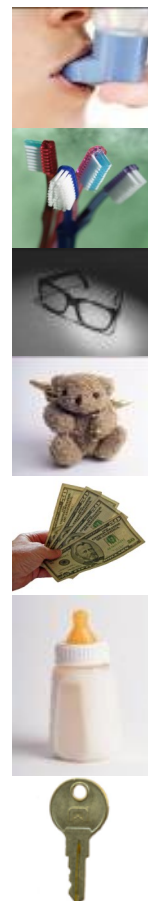
### Tegura ibikoresho by'ubutabazi bw'ibanze

Ibintu bigomba kuba biteguye igihe cyose bibaye ngombwa ko uva mu rugo:

- |   |   |
|---|---|
| <input type="checkbox"/> Imiti (iyo wandikiwe na muganga n'iyi ufite witabaza)                                    | <input type="checkbox"/> Inkweto ugenderamo ntakibazo   |
| <input type="checkbox"/> Ibikoresho birimo imiti  | <input type="checkbox"/> Imyenda yo guhindurira umwana  |
| <input type="checkbox"/> Telefoni zigendanwa na sharijeri   | <input type="checkbox"/> Ikoti ry'imvura  |
| <input type="checkbox"/> Ibikoresho by'isuku by'umuntu ku giti cye (uburoso bw'amenyo, umuti w'amenyo, igisokozo) | <input type="checkbox"/> Ibikinsho cyangwa imikino by'abana                                   |
| <input type="checkbox"/> Amataratara, inyunganiramboni, insimburamenyo  | <input type="checkbox"/> Ibikoresho bituma wumva umerewe neza (ibihekenywa, ibipupe, ibitabo) |
|   | <input type="checkbox"/> Amafaranga n'agatabo ka sheki  |
|   | <input type="checkbox"/> Inyandiko z'ingenzi  |
|   | <input type="checkbox"/> Imfunguzo  |

Ibikoresho byihariye ku bana n'abana bato:

- |  |  |
|--|--|
| <input type="checkbox"/> Bibero                                  | <input type="checkbox"/> Imiti/urushinge rurwanya umuriro ku mwana |
| <input type="checkbox"/> Ibibindo                                | <input type="checkbox"/> Igipimo                                   |
| <input type="checkbox"/> Insimburabere, ibiryo by'abana, bavete  | <input type="checkbox"/> Akonkero                                  |
| <input type="checkbox"/> Udutambaro two guhanagura umwana        | <input type="checkbox"/> Uburingiti bw'umwana                      |
| <input type="checkbox"/> Amashashi bashyiramo imyenda itameshe   | <input type="checkbox"/> Imiti yica udukoko two mu ntoki           |
| <input type="checkbox"/> Amavuta arinda umwana kubabuka amayasha |  |



## Amakuru yerekeye ubuzima ya buri wese ugize umuryango

Uzuza amakuru yerekeye ubuzima ya buri muntu wo mu muryango, kugira ngo amakuru yose ajye hamwe. Mu bihe bitunguranye, ushobora kwifashisha aya makuru kugira ngo ubimenyeshe ushinze ubuzima cyangwa uyereke abagize ikipe y'ubutabazi niba ukeneye cyangwa hari umuntu wo mu muryango wawe ukeneye ubufasha mu by'ubuzima.

- Izina: \_\_\_\_\_
- Dogiteri/Ivuriro: \_\_\_\_\_
- Telefoni: \_\_\_\_\_
- Ubwoko na numero by'ubwishingizi: \_\_\_\_\_

Ubwivumbure bw'umubiri: \_\_\_\_\_  
Uko ubuzima buhagaze: \_\_\_\_\_  
Imiti uri gufata muri iki gihe: \_\_\_\_\_

- Izina: \_\_\_\_\_
- Dogiteri/Ivuriro: \_\_\_\_\_
- Telefoni: \_\_\_\_\_
- Ubwoko na numero by'ubwishingizi: \_\_\_\_\_

Ubwivumbure bw'umubiri: \_\_\_\_\_  
Uko ubuzima buhagaze: \_\_\_\_\_  
Imiti uri gufata muri iki gihe: \_\_\_\_\_

- Izina: \_\_\_\_\_
- Dogiteri/Ivuriro: \_\_\_\_\_
- Telefoni: \_\_\_\_\_
- Ubwoko na numero by'ubwishingizi: \_\_\_\_\_

Ubwivumbure bw'umubiri: \_\_\_\_\_  
Uko ubuzima buhagaze: \_\_\_\_\_  
Imiti uri gufata muri iki gihe: \_\_\_\_\_

8

## Amakuru yerekeye ubuzima ya buri wese ugize umuryango

- Izina: \_\_\_\_\_
- Dogiteri/Ivuriro: \_\_\_\_\_
- Telefoni: \_\_\_\_\_
- Ubwoko na numero by'ubwishingizi: \_\_\_\_\_

Ubwivumbure bw'umubiri: \_\_\_\_\_  
Uko ubuzima buhagaze: \_\_\_\_\_  
Imiti uri gufata muri iki gihe: \_\_\_\_\_

9

- Izina: \_\_\_\_\_
- Dogiteri/Ivuriro: \_\_\_\_\_
- Telefoni: \_\_\_\_\_
- Ubwoko na numero by'ubwishingizi: \_\_\_\_\_

Ubwivumbure bw'umubiri: \_\_\_\_\_  
Uko ubuzima buhagaze: \_\_\_\_\_  
Imiti uri gufata muri iki gihe: \_\_\_\_\_

- Izina: \_\_\_\_\_
- Dogiteri/Ivuriro: \_\_\_\_\_
- Telefoni: \_\_\_\_\_
- Ubwoko na numero by'ubwishingizi: \_\_\_\_\_

Ubwivumbure bw'umubiri: \_\_\_\_\_  
Uko ubuzima buhagaze: \_\_\_\_\_  
Imiti uri gufata muri iki gihe: \_\_\_\_\_