

# GAHUNDA Y'ABATURAGE YO GUTEZA IMBERE UBUZIMA BUSHINGIYE KU BIDUKIKIJE



MINISITERI Y'UBUZIMA

Ishami Rishinzwe Ubuzima Bushingiye ku Bidukikije



INYOBORABIGANIRO YAGENEWE ABAZAHUGURA  
KELEBE Z'ISUKU N'ABAJYANAMA B'UBUZIMA

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Amashusho amwe yatiwe kandi akoreshwa ku burenganzira bwa AFRICA AHEAD.

Amashusho yashushanyijwe na:

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**ZimAHEAD:** Itayi Njagu, Juliet Waterkeyn & Kuda Makurumure.

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Gushyira amabara mu mafoto:

**Overtone,** Dan Gregory (Fireall designs)

**UWB-WSP/UNICEF RWANDA/USAID/World Vision Rwanda/GLOWS/RIWP/WaterAid, 2011**

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UBUZIMA BUSHINGIYE KU BIDUKIKIJE**

**INYOBORABIGANIRO YAGE-  
NEWE ABAHUGURA N'ABA-  
JYANAMA B'UBUZIMA**

**RWANDA 2011**

## **Urutonde rw'amagambo y'Impine**

<b>CHC</b>	:	Community Hygiene Clubs
<b>BTC</b>	:	Belgian Technical Cooperation
<b>SNV</b>	:	Stichting Nederlandse Virijwilligers (Netherlands Development Organisation)
<b>UNICEF</b>	:	United Nation Children's Fund
<b>WB– WSP</b>	:	World Bank– Water and Sanitation Programme
<b>EHO</b>	:	Environmental Health Officer
<b>USAID</b>	:	United States Agency for International Development
<b>GLOWS</b>	:	Global Water for Sustainability
<b>RIWSP</b>	:	Rwanda Integrated Water Security Programme



## IRIBURIRO

Indwara nyinshi zivurirwa mu mavuriro yo mu Rwanda abantu bashobora kuzirinda, baramutse bahinduye imyitwarire mibi mu byerekeye isuku y'umuntu ku giti cye, iyo mu ngo ndeste n'aho batuye muri rusange. Ni ngombwa kumenya ko indwara icumi ziza ku isonga mu kwibasira abantu ndetse no kubahitana zandura. Abaza kwisuzumisha mu bigo nderabuzima byo mu cyaro, abagera kuri 90% baba barwaye indwara zikurira: malariya, indwara zifata imyanya y'ubuhumekero, impiswi, indwara z'uruhu, ubwandu bwa virusi itera SIDA n'indwara ya SIDA, izandurirwa mu mibonano mpuzabitsina, igituntu, tifusi, kolera, mugiga n'inzoka zo mu nda. Dore urugero rufatika: mu bana b'abanyeshuri, 25% baba barwaye inzoka zo mu nda kandi abagera kuri 44% barwaye amibe. Nyirabayazana w'izo ndwara zose ni ukutagira imisarane ndetse n'imisarane ifite isuku, kutagira uburyo bukwiye bwo gushyingura imyanda, kunywa amazi yanduye no kutagira umuco wo gukaraba intoki bakoresheje amazi meza n'isabune.

Dukwiye gufata imgamba nyazo ziha abaturage uruhare mu gushaka umuti w'ingorane nk'izo zibangamiye ubuzima bwabo. Gahunda y'abaturage yo guteza imbere ubuzima bushingiye ku bidukikije igamije kugabanya ibibazo by'ingutu bikururwa n'indwara, bityo bikazafasha kurwanya ubukene dukoresha neza igihe dutakaza turwaye cyangwa turwaje.

**Uburyo bwa Kelebe y'Abaturage igamije isuku (CHC)** buzatuma za kelebe zo muri buri mudugudu habaho impinduka mu byerekeye isuku. Kelebe zizaba umusemburo w'imikoranire n'imibanire ndetse n'iterambere ryiza. Ubu buryo buzashyirwa mu bikorwa n'abajyanama b'ubuzima bagera ku bihumbi 60 bari mu gihugu cyose. Na bo kandi si bonyine muri cyo gikorwa, bazajya bakurikiranwa kandi bagirwe inama n'Abakozi ba Minisitiri y'Ubuzima, bashinzwe ubuzima bushingiye ku Bidukikije bari ku nzego zegerejwe abaturage. Hari imfashanyigisho zizafasha abahugurwa kureba no kumva ubutumwa, mu rwego rwo gushyira mu bikorwa iyi gahunda y'abaturage yo guteza imbere ubuzima bushingiye ku bidukikije, bityo bigafasha abaturage guhindura imyitwarire mu byerekeye isuku.

Mu gihe nshimira Itsinda ry'abakozi b'Ishami rishinzwe Ubuzima bushingiye ku Bidukikije bakoze ibishoboka byose ngo izi mfashanyigisho ziboneke, ndashimira cyane n'abafatanyabikorwa kubera inkunga batanze kugira ngo iyi Gahunda y'abaturage yo guteza imbere ubuzima bushingiye ku bidukikije itangizwe. Muri bo twavugaga Ishamirya ry'Umuryango w'Abibumbye ryita ku Bana (UNICEF) na Banki y'Isi (World Bank) muri gahunda yayo ishinze ibyerekeye Amazi n'Isukura (WSP). Inkunga batanze yatumye hatagurwa inyoborabiganiro ikoresheye mu mahugurwa y'Abajyanama b'ubuzima n'Abakozi b'Ishami rishinzwe Ubuzima bushingiye ku bidukikije. Mbonyeho umwanya wo gushima abandi bafatanyabikorwa nka Water Aid, Water-for -People, Organic Solutions, BTC, World Vision na SNV kubera inkunga n'ubufatanye butagira amakemwa badahwema kutugaragariza, cyane cyane muri iki gihe tugiye gukwirakwiza kelebe z'isuku mu gihugu hose.

Ndiringira ntashidikanya ko izi nyoborabiganiro n'imfashanyigisho zizafasha Abakozi bashinzwe ubuzima bushingiye ku bidukikije bakorera mu Turere n'abajyanama b'ubuzima bose babarizwa muri Minisitiri nyobora kugira ngo bashobore gushyiraho za kelebe z'abaturage zigamije isuku mu midugudu yose yo mu Rwanda, nk'uko Nyakubahwa Perezida wa Repubulika yabitanzemo amabwiriza. Ibyo bizatuma indwara zari zitubereye umuzigo zigabanuka maze abaturarwanda barushaho kugira ubuzima buzira umuze.

**Dr. Agnes BINAGWAHO**  
Minisitiri w'Ubuzima



No.	INGINGO ZIGWAHO	UMUKORO	Ibipimo fatizo
i	Kelebe y 'isuku ni iki?		
ii	Kwandika abanyamuryango		
iii	Gukora ikarita y 'umudugudu		
iv	Gutora Komite		
v	Gukora igenzura ry 'isuku mu ngo		
<b>INGINGO ZANDIKWA KU IKARITA Y 'UMUNYAMURYANGO</b>			
1.	Gutangiza kelebe y 'isuku		
2.	Indwara zibasira abantu		
3.	Isuku ku mubiri	Kubaka ubwiyuhagiriro	Ubwiyuhagiriro bukoreshwa
4	Gukaraba Intoki	Kugira igikoreshe cyo gukaraba intoki	Igikoreshe cyo gukaraba intoki n 'isabune bikoreshwa
5	Indwara z 'uruhu	Abana bakize indwara z 'uruhu	Nta muntu urwaye indwara y 'uruhu
6.a	Impiswi—Uko yandurwa	Gukoreshe isabune mu rugo	Isabune hamwe n 'aho bakarabira intoki
6.b	Impiswi—Umwuma	Kuvura umwuma ukoresheje uruvange rw 'imyungu	Ubumenyi ku byerekeye uruvange rw 'imyungu
7.a	Kwita ku mwana—Gucutsa	Gucutsa umwana neza	Umwana ufite imirire myiza
7.b	Kwita ku mwana—gukingiza	Kumenya ko abana bese bakingiwe	Ikarita z 'inkingo
8.	Inzoka zo mu nda	Guha ibitambambuga imiti y 'inzoka	Abana bagaragara ko bafite ubuzima bwiza
9	Isuku y 'ibiribwa	Kubika ibiribwa neza	Agatanda/agatara banikaho ibyombo byogeje
10.a	Imirire	Imikurire myiza	Ishusho yerekana imikurire y 'umwana
10.b	Imirire - indyo yuzuye	Indyo yuzuye	Amoko y 'imboga n 'imbuto bitandukanye
11.a	Kwihaza mu biribwa	Kugira uturima tw 'igikoni	Uturima tw 'igikoni
11.b	Ubuziranenge bw 'ibiribwa —Kurwanya imbeba	Umutege w 'imbeba n 'inkomero izibuza gushyikira ibiribwa	Imitege y 'imbeba ikoreshe
11.c	Ubuziranenge bw 'ibiribwa —Imyanda itabara	Ahashyirwa imyanda no kuyitandukanya (ibora n 'itabara)	Ahashyirwa imyanda hakwiriye
12.	Amasoko y 'Amazi	Gukora isuku ku masoko y 'amazi	Uburyo bwo gusukura amazi bwizewe
13.a	Amazi meza yo kunywa – Aho baya-bika	Ahabikwa amazi hatunganye	Kubika amazi neza no kuyakoreshe
13.b	Kunywa amazi meza —Ukuyakoreshe	Umuntu n 'igikombe n 'isahane bye	Umuntu akoreshe igikombe cye
14.a	Isukura—Kutituma ku gasozi	Kutituma ku gasozi	Kutituma ku gasozi
14.b	Isukura- Umusarane uvuguruye	Umusarane uvuguruye	Umusarane uvuguruye
15.	Urugo ntangarugero	Kujugunya imyanda ahabugenewe no gutera ibyatsi ku mbuga	Gusura imiryango
16	Kurera abana neza	Kurimbisha abana mbere yo kujya ku ishuri	Abana bafite isuku bari imuhira no ku ishuri
17.	Indwara ifata imyanya y 'ubuhumekero	Umwuka mwiza uhagije	Kuba mu byumba hinjira umwuka uhagije
18.	Malariya	Gukoreshe inzitiramibu iteye umuti	Gukoreshe inzitiramibu iteye umuti
19.	Bilariziyoze	Kuvura bilhariziyoze	Nta muntu mu muryango urwaye bilariziyoze
20.	Virusi itera SIDA n 'indwara ya SIDA	Gutanga inama no kwipimisha ku bushake	Gukoreshe agakingirizo
<b>IBIKORWA BIZAKURIKIZWAHO</b>			
i.	Imihango yo Kurangiza	Kwizihiza ibirori	
ii.	Gukoreshe amarushanwa y 'amakelebe	Irushanwa	
iii.	Gutegura ibikorwa by 'iterambere	Inama za komite nyobozi y 'amakelebe	

## INTANGIRIRO: GUTANGIZA GAHUNDA YA CHC



<b>IGIKORWA:</b>	Gutegura gahunda
<b>IGIHE:</b>	Ikiganiro kizamara isaha 1
<b>INTEGO:</b>	Gusobanurira abantu gahunda ya “CHC”
<b>UBUTUMWA BW’INGENZI:</b>	‘Ubumwe mu baturage’
<b>UMUKORO:</b>	Amamaza gahunda ya CHC kandi uzane n’incuti zawe zose

### UBURYO BUZAKORESHWA: Igenabikorwa mu baturage

Kelebe y’Abaturage igamije Isuku (CHC) ni iki?

- CHC ni itsinda ry’abantu bashinzwe guteza imbere amabwiriza y’ubuzima rusange n’ibituma abaturage bagira imibereho myiza mu mudugudu wabo.
- CHC ijyamo n’ababishaka, ntigira ivangura iryo ari ryo ryose, bashobora kuba ari abagabo cyangwa abagore, abana, abakuze, ibikwerere cyangwa se urubyiruko, umukire cyangwa se umukene, uwize cyangwa utarize, nta we uhejwe.
- Ni ihuriro rigamije iterambere ry’igihugu, ribereyeho guteza imbere imibereho n’ubuzima bw’umuryango, rigafasha abaturage guhindura imyitwarire mibi itajyanye n’isuku bityo bagahashya indwara zishobora kwirindwa badategereje inkunga y’abandi.
- Ingo zose zigize buri mudugudu zigomba kugira abazihagarariye nibura umuntu umwe muri buri muryango akaba umunyamuryango wa CHC.
- CHC ihuza abantu bari ahantu hamwe, ku burebure bwa km imwe cyangwa ebyiri.
- Iyo CHC igizwe n’abanyamuryango basaga 100, bagomba gukora CHC ya kabiri.
- Abanyamuryango bahura rimwe mu cyumweru, bakamarana amasaha make ashoboka baganira kubyerekeye by’ubuzima bwabo, bagashakira hamwe ibisubizo by’ibibazo bishingiye ku isuku nke bibugarije, bakanareba intambwe bamaze gutera.
- Abanyamuryango bahurizwa hamwe n’uko bemera amahame y’isuku n’uburenganzira bwa buri wese abagabo, abagore n’abana ku buzima bwiza no kwihesha agaciro.
- Umujyanama w’Ubuzima ni we ugomba kuba umufashamyumvire wa kelebe, ariko ntagomba kuba umuyobozi wa kelebe kubera ko umuyobozi wayo atorwa n’abanyamuryango bashingiye ku bushake n’ubushobozi bwe.
- CHC ni inshingano y’umudugudu ariko igakurikiranwa n’Abakozi bashinzwe Ubuzima Bushingiye ku Bidukikije.

# KWANDIKA ABANYAMURYANGO

<b>IGIKORWA</b>	<b>KWANDIKA ABANYAMURYANGO</b>
<b>IGIHE:</b>	<b>Isaha imwe</b>
<b>INTEGO:</b>	<b>Kwandika abanyamuryango muri CHC</b>
<b>UBUTUMWA BW'INGENZI:</b>	<b>“Ubumwe mu Baturage”</b>
<b>UMUKORO:</b>	<b>Amamaza gahunda ya CHC kandi uzanemo bagenzi bawe</b>

## UBURYO BUZAKORESHA: Gukorera igenabikorwa hamwe nk'abaturage

### Ikarita y'umunyamuryango ni ki?

- Ingingo zigize amahugurwa ariho akorwa zanditswe ku ikarita y'umunyamuryango.
- Umuntu umwe uhagarariye umuryango aba umunyamuryango remezo (umugabo cyangwa umugore mu rugo).
- Buri munyamuryango agomba kugira umusimbura, kandi uwo musimbura ashobora kuba ari umugabo nyiri urugo cyangwa se umwana urengeje imyaka 16.
- Igihe umunyamuryango atabonetse, haza umusimbura ariko akaba yaranditswe mbere.
- Igihe umunyamuryango cyangwa umuhagarariye yaje mu nama, basinya ku ikarita ye.
- Kirazira gusinya ikarita y'umunyamuryango cyangwa umusimbura bataje mu mahugurwa.
- Amakarita y'abanyamuryango agomba kubikwa neza kandi akabikwa na bene yo.
- Iyo ibyigwa byose biri ku ishusho birangiye, ahabwa impamyabumenyi (certificate).
- Uretse insanganyamatsiko, ku ikarita handikwaho n'imyitwarire yifuzwa.
- Abajyanama b'ubuzima bakwiriye gusura ingo z'abagize Kelebe hagati mu gihembwe na nyuma y'ibiganiro bagasinya ku itarita y'umunyamuryango bagamije kureba imikoro yumvikanyweho niba yarashyizwe mu bikorwa.
- Iyo abagize umuryango bagiye ku ivuriro kwiyambaza muganga, bajyana iyo karita.
- Iyo ku ivuriro basuzumye umunyamuryango, bakamuvura indwara, iyo ndwara yandikwa mu gitabo cyabugenewe kwa muganga, bakandikaho numero iranga kelebe.
- Ushinzwe Ubuzima Bushingiye ku Bidukikije (EHO) ku kigo nderabuzima akusanya ayo makuru akayageza ku bayobozi ba kelebe, kugira ngo barebe icyakorwa mu guhashya ibibazo by'isuku nke bibugarije.
- Nta muntu uhabwa impamyabumenyi na Minisiteri y'Ubuzima atarangije ibyigwa uko ari 20.
- Nta n'umwe wahabwa impamyabumenyi atarangije gushyira mu bikorwa imikoro yumvikanyweho.
- Ibyigwa bigomba gusubirwamo ku bacikanywe kugeza ubwo umunyamuryango abirangije byose.
- Impamyabumenyi zitangwa rimwe mu mwaka ku munsu w'ibirori.
- Ibirori byo gutanga impamyabumenyi byitabirwa n'abayobozi b'ibanze ndetse n'aba guverinoma igihe bishobotse.
- Impamyabumenyi zimanikwa mu nzu y'umunyamuryango.
- Mu mwaka ukurikiyeho ibindi biganiro bizajya bitegurwa ku banyamuryango bashya.
- Umujyanama w'Ubuzima agomba kubika urutonde rw'ubwitabire bw'abanyamuryango, ushinzwe isuku n'Ubuzima bushingiye ku bidukikije agomba guhabwa urwo rutonde.

## UBURYO BUZAKORESHA

1. Ha umuntu wese wifuza kuba umunyamuryango ikarita ye, umufashe kuyuzuzura kandi umuhe inomeru ye yihariye nk'umunyamuryango wa CHC.
2. Andika abanyamuryango bose mu gitabo cyabigenewe ushyiremo amakuru yose akenewe.
3. Nimwumvikane igihe muzajya muhura buri cyumweru.
4. Nimuhitemo aho muzajya mukorera inama ku buryo buborohera.
5. Nimutekereze izina muzita kelebe rizajya rigaragaza ibitekerezo byanyu.
6. Nimutekereze intero izajya iranga kelebe yanyu kandi muyimenyereze.
7. Erekanisha ishusho ijyanye n'imyambarire y'abanyamuryango ba kelebe mu nama.



# GUSHUSHANYA IKARITA Y'UMUDUGUDU



UMWITOZO:	Kunyura mu mudugudu no gukora ikarita yawo
IGIHE:	Amasaha 4
INTEGO:	Kwibanda ku biboneka mu mudugudu n'ingorane
UBUTUMWA BW'INGENZI:	'CHC ishobora kuba uburyo bw'igenzura'
UMUKORO:	Kurwanya imyanda yandagaye hirya no hino mu mudugudu
IBIKORESHO:	Impapuro nini n'amakaramu y'amabara atandukanye, Igitambaro cy'umweru cya m 1, amabara atandukanye n'udukoni two kumani-kaho

## 1. UBURYO BUZAKORESHWA: Kunyura mu mudugudu

1. Mwitegure guhurira hagati mu mudugudu.
2. Gabanya abanyamuryango ba kelebe mu matsinda 4: Rimwe rigane mu majyaruguru, irindi mu majyepfo, irindi iburasirazuba naho irindi ryerekere iburengerazuba.
3. Buri tsinda rirajya mu cyerekezo cyaryo, bagende bandika ingo zose n'ibikorwa remezo babona nk'amashuri, insengero, amaduka na butike, ibigo nderabuzima, inyubako za Leta, amasoko y'amazi, imisarani, amarimbi n'ibindi.
4. Bakwiriye kandi kwandika ibyo babona bitagenda neza: kwituma ku gasozi, kudateganya inzira y'amazi (ayakoreshejwe cyangwa ay'imvura), isuri, imyanda yandagaye n'amazi areka/ibiziba n'ibindi.
5. Nyuma y'igihe kingana n'isaha 1 cyangwa 2 bongera guteranira hamwe bazanye amakuru bakusaniye.
6. Nyuma y'igihe kigana n'isaha 1 cyagwa 2 bongere guteranira hamwe bazanye amakuru bakusaniye

## IKARITA Y'UMUDUGUDU

1. Shushanya ikarita kandi werekane ikintu cyose kiboneka mu ifasi ya CHC: imihanda, ishuri, ivuriro, imva, imirima, amaduka, inganda, inyubako za Leta, n'ibindi.
2. Ingo zose zigomba kugaragara ku ikarita, izifite umunyamuryango muri CHC n'izitamufite zikagarama (uruziga ahatari umunyamuryango n'akanyenyeri aho ari).
3. Garagaza niba abanyamuryango bafite cyangwa badafite imisarani: koresha ibi menyetso bifite amabara (umutuku ku badafite umusarane, umuhondo ku bafite umusarane ariko utujuje ibyangombwa n'icyatsi kibisi ku bafite umusarane wujuje ibyangombwa).
4. Nibamara kwemeza ko ikarita itanga amakuru nyayo, bayishyire ku mwenda.
5. Doda cyangwa ushushanye ikarita witonze maze uyigire neza uko ushoboye kose.
6. Ibuka ko mu gusoza iyi gahunda, abakoze ikarita nziza ku mwenda bazahembwa.
7. Fatisha umwenda ku duti tubiri ku buryo abantu babiri bayifata muri defile.
8. Andika izina rya kelebe y'isuku mu nyuguti nini hejuru ku mwenda.
9. Andika intero ya CHC hasi ku mwenda.

# GUTORA KOMITE

iv.

UMWITOZO:	Gutora
IGIHE :	Isaha imwe
INTEGO:	Kongerera CHC ubushobozi mu miyoborere
UBUTUMWA BW'INGENZI:	'Abayobozi beza bakorera abaturage babatoye'
UMUKORO	Menya kandi ushyigikire Komite Nyobozi ya Kelebe y'isuku

**IKIGANIRO :** Umuntu utoresha akora ku buryo hatorwa abantu b'ingirakamaro ku myanya yose

**Komite Nyobozi ya CHC:** Komite Nyobozi ya CHC igomba kugirwa n'abantu nibura batandatu

**Umuyobozi:** byaba byiza umuyobozi abaye umugore niba abagore ari bo benshi bari muri CHC. Agomba kuba ari umuntu wubahwa n'abaturage kandi akaba afite ubushobozi bwo kuyobora abandi no gufata ibyemezo nta cyo atinya. Agomba kandi kuba ari umuntu w'intangarugero mu mibereho yifuzwa mu byerekeye isuku.

**Uwungirije Uyobora inama:** Uyu we ashobora kuba umugore cyangwa se umugabo usimbura umuyobozi igihe atabonetse/arwaye. Agomba kuba ahuje imyitwarire n'imico n'uwo asimbura.

**Umunyamabanga:** Uyu agomba kuba azi gusoma no kwandika neza, yarageze mu ishuri, yandika ibisomeka neza. Ni we wandika kandi akabika inyandiko za kelebe, cyane cyane Igitabo cyandikwamo abanyamuryango, raporo y'igenzura ry'ingo n'inyandiko mvugo z'Inama.

**Uwungirije umunyamabanga:** Ni umuntu usimbura umunyamabanga igihe atabonetse. Ikindi kandi afasha umunyamabanga n'igihe ahari kugira ngo amakuru ajyanye na kelebe ataba mu maboko y'umuntu umwe gusa.

**Umubitsi:** Uyu muntu akenerwa iyo hari amafaranga yakusanyijwe cyangwa hari impano zatanze zigomba kwandikwa. Agomba kuba ari umuntu w'inyangamugayo utigeze agira ikintu aregwa. Akwiriye kandi kuba ari umuntu ufite aho yabika amafaranga hizewe, byaba ngombwa akaba yakora urugendo rwo kuyajyana kuri banki. Birumvikana ko akwiye kuba yarageze mu ishuri kandi azi kubara neza.

**Uwungirije Umubitsi:** Ni we ufasha umubitsi kandi agakora uko ashoboye kugira ngo amenye niba amafaranga abikwa neza mu mucyo . Yabona hari akabazo, akhutira kubigeza ku Muyobozi wa kelebe.

**Uhugura:** Niba umufashamye ari umujyanama w'ubuzima agomba kuba muri Komite Nyobozi kugira ngo afashe kandi atange umurongo w'ibikorwa kuko aba abisobanukiye kurusha abandi. Igihe imirimo ye yo guhugura irangiye, afata inshingano zo gukurikirana ibijyanye n'amazi, isuku n'isukura, agakomeza inshingano yo gukurikirana ibibazo by'ubuzima rusange mu ifasi ya kelebe abarirwamo. Ni na we kandi ugeze ku buyobozi bwa CHC ibigomba gukorwa bijyanye n'izo nshingano ze.

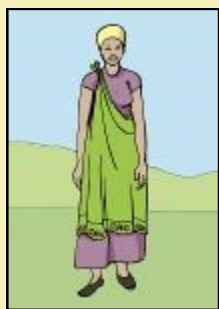
## UMUNTU UTAGOMBA KUBA MURI KOMITE NYOBOZI.

Abayobozi ba CHC ntibakwiye kuba bahagarariye umutwe wa politiki cyangwa kuba abayobozi b'idini runaka kuko bishobora gutuma abo badahuje bataza muri kelebe cyangwa se CHC igakoresheya ibindi bitagamije guteza imbere ubuzima bw'abaturage.

## UBURYO BUZAKORESHWA: GUTORA

- Saba abagize itsinda gutora abantu bakurikije ubushobozi bwo gukora imirimo ikenewe.
- Ha buri muntu igice cy'urupapuro, ubasabe kwandika umuntu umwe mu bamamajwe kandi bikorwe mu ibanga. Babare amajwi hagaragazwe abatsinze.
- Tangaza uwabonye amajwi menshi. Maze ushimire abagize uruhare mu matora bose.
- Basobanurire ko batorewe igihe cy'umwaka, nurangira hazaba andi matora mu nteko rusange y'abanyamuryango.
- Mwumvikane igihe muzakorera inama izakurikiraho.
- Teganya igihe cyo guhura na Komite kugira ngo iteganyeho ibikorwa bizakurikiraho.

## ITONDE Y'AMASHUSHO N° 1: IBIKORWA MURI KELEBE Y'ABATURAGE



1. Umunyamuryango



2. Gukora ikarita y'umudugudu



3. kumanika ikarita y'umudugudu



4. Gutora Komite



5. inkuru ku mashusho



6. Guhitamo amashusho



7. Akaririmbo k'ubuzima n'ikinamico



8. Ikiganiro mu matsinda



9. Gusura urugo



10. Guhabwa impamyabushobozi

# IGENZURA MU NGO



**IGIKORWA:** Igenzura mu ngo

**IGIHE:** Isaha imwe kuri buri rugo (ingo eshanu ku munsu)

**INTEGO:** Gusobanukirwa imibereho y'abatuye mu ifasi ya KELEBE

**IBIKORESHO:** Impapuro z'ibarura zabigenewe (impapuro ziriho inomeru na telefone)

## UBURYO BUZAKORESHWA:

1. Ingo zizagenzurwa n'umujyanama w'ubuzima abifashijwemo n'Umuyobozi n'Umunyamabanga wa CHC (bafashwa n'umuyobozi wungirije ndetse n'umunyamabanga wungirije).
2. Umukozi ushinze isuku ku kigo nderabuzima (EHO) azarebera hamwe n'Umujyanama w'Ubuzima ifishi y'igenzura, amusobanurira yitonze uburyo ikoreshwa, yifashishije amashusho ari mu mfashanyigisho.
3. Umukozi ushinze isuku (EHO) akorana n'umujyanama w'ubuzima igenzura mu ngo nibura 3 za mbere kugira ngo amumenyereze, kandi amakuru yakusanyijwe abe amwe hose mu Turere.
4. Bishobotse ingo zose zagenzurwa nibura rimwe mbere y'amahugurwa, bakongera amahugurwa ageze hagati, igenzura rya nyuma rikaba amahugurwa arangiye.
5. Muri buri Mudugudu hagomba kugenzurwa nibura ingo 30.
6. Guhitamo ingo zizasurwa bikorwa ubwitonzi mu rwego rwo kwanga kuzakusanya amakuru atari yo.
7. Wifashishije igitabo cyandikwamo abanyamuryango ba CHC , hitamo nomero zitari igiharwe ku rutonde.
8. Wirinda kubwira abaturage mwahisemo, kugira ngo mutazasanga bakoze iyo bwabaga bagasukura ingo zabo maze bigatanga ishusho itari yo.
9. Amakuru nyayo ushaka ni ibyo urebesha amaso, si ibyo ubwirwa.
10. Igihe umujyanama w'ubuzima agize gushidikanya ku kintu runaka, akwiriye kugira aho yandika ibibazo kugira ngo bizajyane n'amakuru yakusanyije.
11. Niba hazakoreshwa telephone zigendanwa mu gukurikirana ibyo bikorwa, Ministeri y'ubuzima izatanga amahugurwa kuri iryo koranabuhanga.

# IGENZURA MU NGO

	IBYO BITEGEREZA	AMANOTA : Hitamo igisubizo kimwe cyangwa byinshi (0-4) kuri buri kintu				
		0	1	2	3	4
1	Ahazengurutse inzu harakoteye na sima cyangwa harashashe	Nta na busa	Mu kayira bacamo gusa	Ahazengurutse inzu gusa	Mu kayira n'ahazengurutse	N'ahandi
2	Ahazengurutse inzu hat-eye urucaca/ akanyatsi	Nta na busa	Hamwe na hamwe	Hose harateye karahari		Harateye, hari n'indabo
3	Mbese hari uburyo bwo gufata amazi y'imvura ngo bayakoreshe?	Nta na busa	Yego, umwobo udapfundikiye	Yego umwobo upfundikiye	Yego, muri shitingi	Yego, hari ikigega cy'amazi
4	Urwo rugo rwateganiye uburyo bwo kuyobora amazi mabi/ yakoreshejwe?	Nta na busa	Hari umwobo udapfutse	Umwobo upfundikiye		
5	Hari imiyoboro y'amazi y'imvura?	Nta na busa	Hari akayira kayo	Hari imiyoboro myiza itwara amazi y'imvura		
6	Babika gute amazi yo kunywa?	Nta kintu bayabikamo	Ibyo bayabikamo ntibipfundikirwa	Ijerikani, idapfundikiye	Ikintu gipfundikirwa, ariko ntigisukuye	Ibyo bayabikamo birapfundikirwa kandi bifite isuku
7	Ni buryo ki badaha amazi yo kunywa?	Nta buryo buzwi	Igikombe kimwe ku muntu	Bakoresha ibikombe bibiri	Akantu kadaha amazi gafite aho gufata	Ijagi/barasuka
8	Mbese basukura amazi yo kunywa?	Nta buryo bwokuyasukura	Singombwa kuyasukura	Bakoresha Sur Eau	Barayateka	Klore cyangwa indi miti isukura amazi
9	Hari ubwiyuhagiriye hanze/?	Nta buhari	Ubw'agateganyo ariko nta muyoboro w'amazi	Ubw'agateganyo, umuyoboro udahagije	Burahari ariko nta muyoboro w'amazi	Burahari buhora bufite umuyoboro w'amazi mwiza
10	Amatungo arara he?	Nta matungo bafite	Mu gikoni	Mu nzu bararamo	Mu kiraro iruhande rw'inzu	Mu kiraro hitaruye inzu
11	Urwo rugo rushyira imyanda he? Ruyicunga gute?	Nta hantu hateganijwe	Bayirunda ahantu ku mbuga	Bayijugunya ku gasozi, kure y'urugo	Hari ingarane mu murima	Batandukanya imyanda ibora n'itabora
12	Abantu bituma he?	Nta hantu hateganijwe	Umwanda abana bituma wandagaye ku mbuga/ mu murima	Umwanda abakuru bituma uri hafi y'urugo	Hari umusarane w'agateganyo	Hari umusarane uhoraho
13	Niba hari umusarane wujuje ibya ngombwa?	hari akobogatinze n'ibiti	Yego, umwobo wubakiye kuva hasi	Yego ufite dare ya sima cyangwa "sanplat"	Yego urapfundikiye	Yego, urubakiye kandi ufite itiyo ishora umwuka
14	Umusarane urasukuye?	Ntu sukuye	Hasi harasukuye	Urukuta rurasukuye	Ahazengurutse umwobo harasukuye	Byose (1,2,3) Urasukuye bishimishije
15	Umusarane urakoreshe?	Ntukoreshe	Ntukoreshe kuko wanduye	Ntukoreshe kuko wuzuye	Ntukoreshe kuko wategutse	Umusarane urakoreshe
16	Niba hari umusarane, baba barateganiye ibyo kwihanaguza ?	Nta umusarane/ ntukoreshe	Nta byo kwihanaguza bateganije	Yego, Hari ikori/ibibabi	Yego, ibinyamakuru bishaje	Yego, Impapuro zagenewe isuku, cyagwa amazi
17	Urahabona isazi nyinshi ahazengurutse urugo?	Zirahari nyinshi	Mu nzu haratuma isazi	Mu musarane hari isazi	Mu gikoni hari isazi	Nta sazi ziharangwa

# IGENZURA MU NGO (ibikurikira)

	IBYO BITEGEREZA	Ibimenyetso: Hitamo ikimenyetso/ibimenyetso (0-4) kuri buri kintu				
		0	1	2	3	4
18	Hanze hateganijwe igikoresho cyo gukaraba intoki ?	Nta na kimwe	Hari igikoresho kirimo amazi	Hari kandagirukarabe, Bakoze robine	Hari kandagirukarabe/ Robine y'icyuma	Hari amazi ya robine
19	Hari isabune ubona iruhande rw'igikoresho cyo gukaraba intoki ?	Nta gikoresho gihari	Nta sabune bafite mu rugo	Bafite isabune ariko ntibayirekera iruhande rw'urukarabiro	Hari isabune iruhande rw'urukarabiro	Hari isabune iruhande rw'urukarabiro hafi y'umusarani
20	Batekera he?	Ntaho	Batekera hanze hatubakiye	Ntibatekera ahantu hamwe	Mu gikoni kitubakiye neza	Mu gikoni cyubakiye gifungwa
21	Umwotsi usohokera he?	Nta ho bateganije	Hari ahanyura umwuka	Rondereza, iziko ryabo ntirizana umwotsi	Rondereza ifite inzira y'umwotsi	Resho ya petrole, iya gaz cyangwa amashanyarazi
22	Ibikoresho byo mu gikoni bibikwa gute?	Ntibibikwa ahantu heza	Babishyira mu kintu bagatereka hasi	Babishyira mu kintu bagatereka hasi mu gikoni	Mu gikoni ku kagege ka-dafunze/etajere	Mu kabati gafungwa kari mu gikoni
23	Inkono/amasafuriya n'amasahane bibikwa gute bamaze kubyoza?	Bibikwa ahantu habi	Bashyira mu kintu bakarambika hasi mu nzu	Bashyira mu kintu bakarambika hasi mu gikoni	Hanze ku gatarra ibikoresho byumukiraho	Ku gatara kari munzu, ngo byumukireho
24	Ibyo kurya bibikwa gute?	Nta buryo bwiza bwateganijwe	Bahyira mu kintu bagatereka hasi	Bashyira mu kintu bagatereka hasi mu gikoni	Babishyira mu gitebo bakakimanika	Hejuru aho imbeba itashobora kugera Bakoresha imbogamizi
25	Igikoni kirasukuye?	Nta gikoni bafite	Harimo imyanda n'ibyo kurya byamenetse hasi	Inkono n'amasahane biranduye kandi hasi haramatira	Kiranduye cyane kandi hari isazi nyinshi ziduhira	Igikoni kirasukuye, ibikoresho bibitse neza mu tubati cyangwa ku kagege
26	Hari umurima w'imbo-ga bafite?	Nta na busa	Yego, ariko ubu ntuhinze	Yego, hari iyogi	Yego hari akarima k'igikoni k'ikirundo	Yego, akarima ka rusange
27	Ubona abana basa n'abitabwaho neza?	Nta bana bafite	Barasa nabi mumaso Hari umwanda n'isazi	Bambaye imyenda yanduye	Nta nkweho bambaye	Ntibavuga, barananiwe
28	Haba hari umwana urwaye indwara y'amaso/ y'uruhu?	Nta bana bafite	Barwaye ubuheri	ibihushi	ibisebe	Indwara z'amaso
29	Niba urwo rugo rurimo umwana muto, hari ifishi y'ikingira igaragaza imikurire ye afite? Yaba ibitswe neza ?	Nta mwana uhari	Ntibikwa neza	Ibikwa neza	Ibikwa neza kandi umwana arushaho gukura neza	Arakura neza, kandi ishusho ibikwa neza/heza
30	Haba hari umuntu uherutse kurwara muri urwo rugo?	Nta we	Impiswi	Malariya	Umusonga	Indi ndwara



# IGENZURA MU NGO

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## IGENZURA MU NGO

[illegible]

## INDWARA RUSANGE

2.

**IGIHE:** Amasaha 2  
**ITONDE Y'AMASHUSHO:** N° 2  
**UMWITOZO/IGIKORWA:** Agakino nyigisho  
**INTEGO:** Kwereka abantu ko indwara nyinshi dushobora kuzirinda  
**UBUTUMWA BW'INGENZI:** 'KWIRINDA BIRUTA KWIVUZA'

### UBURYO BUZAKORESHA: AGAKINO NYIGISHO

Umwitoto wa 1:

1. Basobanurire ko mugiyeye gukora agakino nyigisho mugamije kugaragaza indwara rusange aho mutuye.
2. Bahe amashusho agaragaza indwara rusange.
3. Hitamo umwe muri bo ukwiriye kuba umuforomo/kazi.
4. Muhe intebe yicare hagati mu bahugurwa, maze buri wese amere nk'umurwayi waje kwivuza.
5. Buri muntu ufite ishusho yegere muganga, amere nk'urwaye indwara iri kuri iyo shusho kandi amusobanurire uburwayi bwe.
6. Ukina nk' Umuforomo agerageza gusobanurira uwo muntu indwara arwaye, akanamugira inama y'icyo agomba gukora.
7. Igihe umuforomo avuze uburwayi bw'umuntu abaza abari aho niba iyo ndwara ishobora kwirindwa.
8. Nibasubiza ko ishobora kwirindwa, ubwire umurwayi gusubira kwiyicarira.
9. Niba ashubije ko nta washobora kuyirinda, mubwire agume aho, byitwe ko ashyizwe mu bitaro.
10. Bara abantu basigaye mu bitaro.

**Icyitonderwa:** Babwire ko hari indwara zikomoka ku ndangakamere cyangwa umuntu adashobora kwirinda. Muri zo twavugaga, kanseri, umuvuduko w'amaraso ukabije, indwara zimwe zo mu mutwe, igicuri, indwara y'umutima. Izo bisaba ko umuntu ajya kwivuza ku ivuriro, niba amabwiriza yose yerekeye kwirinda yarakurikijwe.

Bereke ko indwara nyinshi dushobora kuzirinda. Rangiza ikiganiro ubereka ko buri wese aramutse yitwararitse amabwiriza yo kwirinda izo ndwara, amavuriro yasigaramo abarwayi bake, kandi abantu bakabona igihe cyo gukora no kuzigama amafaranga menshi batangaga bivuze.

**UMWITOZO WA 2 : IMPAMVU ITERA INDWARA N'UKUNTU BAYIRINDA:** Urutonde rw'amashusho : n° 2a na 2b (uwo mwitoto mwawukora muri iki cyigisho cyangwa mu bindi)

1. Bahe amashusho ariho indwara maze ubasabe kuvuga indwara zishushanijeho.
2. Bahe amashusho ariho ibitera izo ndwara: Saba buri muntu kuza imbere gusobanura ishusho ye.
3. Saba abafite amashusho ariho indwara guhagarara inyuma y'umuntu ufashe ishusho iriho impamvu zitera izo ndwara. Nimubiganireho.
4. Noneho basabe kwimuka, bahagarare inyuma y'ufite ishusho y'ibishobora gukiza izo ndwara. Nimubiganireho.

## ITONDE Y'AMASHUSHO N° 2a: INDWARA RUSANGE: Ubwoko bwazo



1. Kuzingama



2. Bwaki



3. Umwuma



4. Impiswi



5. Kolera



6. Malariya



7. Bilariziyoze



8. Boronshite



9. Umusonga/Indwara z'ubuhumekero.



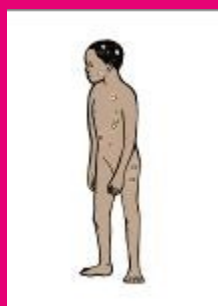
10. Igituntu



11. Inzoka zo mu nda



12. Ubuheri



13. Ibihushi



14. Inda zo mu mutwe



15. Iseru



16. Mugiga



17. Virusi itera SIDA na SIDA



18. Indwara yo mu mutwe



19. Impanuka



20. Ubuhumyi

## ITONDE Y'AMASHUSHO N° 2b: Igitera indwara n'umuti wayo



1. Uburozi



2. Udukoko mu mwuka



3. Inzoka zo mu nda



4. Amazi tunywa



5. Ibyo kurya turya



6. Kwegerana



7. Abazimu



8. Imana



9. Muganga



10. Imyitwarire yacu bwite

# ISUKU Y'UMUNTU KU GITI CYE

3.

IGIKORWA:	Guhitamo amatsinda 3
ITONDE Y'AMASHUSHO:	N° 3
IGIHE:	Isaha imwe
INTEGO:	Gutahura imyitwarire mibi mu byerekeye isuku
UBUTUMWA BW'INGENZI:	"ISUKU N'UBWIZA NI MAGARA NTUNSINGE"
UMUKORO:	Ubaka ubwiyuhagiro n'umuyoboro w'amazi abuvamo, ndetse ugire n'umugozi wo kwanikaho imyenda

## UMWITOZO

1. Bahe amashusho maze usabe buri muntu gusobanura ishusho ye maze umubaze niba ibishushanijeho ari byiza cyangwa bibi ku buzima bw'umuntu. Shishikariza buri wese gutanga ibitekerezo.
2. Shyira abantu bafite amashusho meza uruhande rumwe, abafite amashusho mabi ubashyire mu rundi ruhande.
3. Niba Ishusho iramutse itari mbi kandi ntibe nziza (cyangwa abantu batabizi neza), batere umwete bakomeze gutanga ibitekerezo kugeza ubwo babona igisubizo, hakoreshejwe itora.
4. Imyitwarire itaboneka muri ako gace yivane muri iyo tonde y'amashusho.
5. Abafite amashusho meza bahagarare ku murongo bayafashe. Abasigaye bafite amashusho mabi cyangwa bari bicaye, bahagarare inyuma y'abafite amashusho meza. Ibyo bishatse kuvuga ko bahisemo guhindura imyitwarire mu byerekeye isuku, bazatangira kwimenyereza mu cyumweru gitaha.
6. Andika umubare w'abantu bahisemo kuri buri fishi. Babwire ko mu cyumweru gitaha bazareba umubare w'abatangiye gushyira mu bikorwa amasezerano yo guhindura imyitwarire.

## IMYITWARIRE YIFUZWA BATANGAMO INAMA:

- Ni byiza kumesa mu mutwe buri munsu ukoresheje isabune.
- Umuntu akwiriye kwiyuhagira mu maso igihe cyose abyutse.
- Ni byiza koza amenyo kabiri ku munsu, mu gitondo na nimugoroba nyuma yo kurya.
- Dukwiriye gukaraba intoki tukazimaraho umwanda dukoresheje isabune.
- Dukwiriye guhora duca inzara z'intoki n'iz'amano tukazirinda gushokankora, tukazigirira isuku.
- Dukwiriye guhora tumesa imyenda yacu kugira ngo itanuka.
- Umuntu agomba gukaraba umubiri wose nibura rimwe ku munsu, akamesa n'utwambara tw'imbere. Imyanya y'umubiri yiherereye igomba kuhagirwa buri munsu.
- Irinde kwambarana imyenda no gusangira ibiryamirwa.
- Niwubahiriza aya mabwiriza, uzirinda indwara z'uruhu, indwara z'ubuhumekero n'izindi.



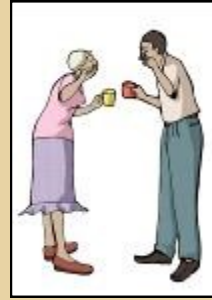
## ITONDE Y'AMASHUSHO N°3: Isuku y'umuntu ku giti cye



1. Iyuhagire mu maso mu gitondo



2. Kuhagira umwana nijoro



3. Sukura amenyo kabiri ku muni



4. Mesa mu mutwe



5. Iyogosheshe



6. Umubyeyi wiyuhagira



7. Umugabo wiyuhagira



8. Mesa imyenda



9. Jya uca inzara kandi uzigirire isuku 10. Jya woza mu gitsina buri muni 11. Jya umesa utwenda tw'imbere buri gihe 12. Gutwika imyanda

## GUKARABA INTOKI

4.a.

<b>IGIKORWA:</b>	Kwerekana uko bakaraba intoki
<b>ITONDE Y'AMASHUSHO :</b>	N° 4a
<b>IBIKORESHO</b>	Isabune, kandagira ukarabe, ibase/indobo, ijagi/igikombe
<b>IGIHE :</b>	Igice cy'isaha
<b>INTEGO:</b>	Kwamamaza ubutumwa bukururira abantu gukaraba intoki n'isabune
<b>UBUTUMWA BW'INGENZI:</b>	“Gukaraba amazi n'isabune ni byo byiringiro by'ubuzima bwawe”
<b>Umukoro:</b>	Gira aho gukarabira intoki n'isabune mu rugo

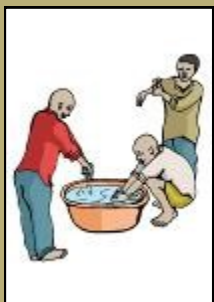
### UBURYO BUZAKORESHWA:

1. Ha abahugurwa amashusho yanditsweho uburyo bwo gukaraba intoki (no 4).
2. Basabe guhaguruka maze buri wese asobanure ibiri ku ishusho ye. Basobanurire ko gukaraba intoki bigomba gukorwa neza kugira ngo mikorobe zose ziveho.
3. Basabe guhaguruka maze bakore uruziga bakuzenguruke. Uhugura atangire kwerekana tekini zikoreshe mu gukaraba intoki muri ubu buryo:
  1. Banza utose intoki. Siga Isabune mu biganza. Vuguta ibiganza byombi.
  2. Koresha intoki zawe n'ibiganza maze usukure intoki z'ikindi kiganza.
  3. Tsirimisha ikiganza cy'ukuboko kumwe ukoresheje ikindi, ukarabe inyuma n'imbere, hagati y'intoki no mu nzara.
  4. Hina intoki zawe maze ukube ikiganza cy'ukundi kuboko, ukomeze utyo.
  5. Unyuguza intoki zawe ukoresheje amazi atemba.
  6. Ntiwihanaguze igitambaro cy'amazi undi yakoresheje, ahubwo umutsa intoki zawe mu muyaga.

### IMYITWARIRE YIFUZWA ITANGWAMO INAMA

- Karaba intoki neza ukoresheje Isabune.
- Karaba intoki mu mazi atemba (robine, kandagira ukarabe cyangwa se bagusukira).
- Ntimugakarabire mu ibase amazi adatemba kuko bisubiza umwanda ku ntoki (keretse babasukira).
- Kurikiza intambwe 6 bakurikiza mu gukaraba intoki.
- Ntugatizanye igitambaro cy'amazi mu guhanagura intoki.
- Umutsa intoki mu muyaga.

## ITONDE Y'AMASHUSHO N° 4: GUKARABA INTOKI



1. Gukarabira mu ibase imwe



2. Gusukirana



3. Ijerikani



4. Agacupa bakanda



5. Kandagirukarabe yo mu rugo



6. Kandagirukarabe ikozwe mu ruganda



7. Gukarabira hamwe n'isabune



8. Barasukirana bafite isabune



9. Ijerikane n'isabune



10. Agacupa bakanda n'isabune



11. Kandagirukarabe n'isabune



12. Kandagirukarabe yo mu ruganda n'isabune



13. Mbere yo gutegura ibiribwa



14. Mbere yo kurya



15. Nyuma yo gukora imyanda



16. Nyuma yo gusukura umusarane



17. Nyuma yo kwituma



18. Nyuma yo gusukura umwana witumye



19. Nyuma yo gukora ku matungo



20. Nyuma yo gukora ibinyabitabire

# GUKARABA INTOKI

4.b.

**IGIKORWA:** Kuririmba akaririmbo kerekeye isuku (Nzakaraba intoki)  
**ITONDE Y'AMASHUSHO:** N° 4a  
**IGIHE :** Igice cy'isaha  
**INTEGO:** Gufata mu mutwe ibihe byose tugomba gukaraba intoki  
**UBUTUMWA BW'INGENZI:** “Duhe ibyiringiro by'ubuzima, Rwanya mikorobe ukoresheje isabune”  
**UMUKORO:** Kwiga indirimbo y'ubuzima no gukaraba neza ukoresheje isabune

## UBURYO BUZAKORESHWA:

1. Bahe amashusho yerekana ibihe bagomba gukaraba intoki (itonde n° 4a).
2. Saba umuntu ufite ishusho guhagarara imbere no kuvuga ibiri ku ishusho afite.
3. Basobanurire impamvu ari ngombwa gukaraba intoki?
4. Babwire mu ncamake ibihe byose dukwiriye gukaraba intoki.
5. Koresha ijwi ry'indirimbo imenyereye winjizamo amagambo akurikira yoroshye gufata abantu bajya baririmba bafata mu mutwe yerekeye ibihe tugomba kujya gukaraba intoki:

*Dukarabe intoki dukoresheje isabune mbere yo gutegura ibyo kurya,*

*Dukaraba intoki zacu zanduye dukoresheje isabune mbere yo kurya,*

*Dukaraba intoki mbere na nyuma yo kugaburira abana bacu,*

*Dukaraba intoki nyuma yo guhanagura abana cyangwa gukora ibyahi byabo,*

*Ariko cyane cyane dukaraba intoki tuvuye kwituma.*

*Dukaraba intoki zacu dukoresheje isabune igihe tuvuye gukora imirimo,*

*Dukaraba intoki tumaze gusukura imbwa cyangwa inka zacu,*

*Dukaraba intoki dukoresheje isabune tuvuye mu rugendo muri bisi cyangwa mu yindi modoka,*

*Dukarabisha intoki abana bacu igihe cyose bamaze gukinira hasi,*

*Ariko cyane cyane dukaraba intoki dukoresheje isabune tuvuye kwituma.*

Buri muntu wese niyikirize (naririmbe) gusubiramo muri aya magambo:

*“Uku ni ko dukaraba intoki, dukarabe intoki, dukarabe intoki*

*Uku ni ko dukaraba intoki, buri muni ni ko tubigenza”.*

*Nimwimenyereza kuririmba ako karirimbo kugeza ubwo mukamenya*

Noneho buri muntu nagerageze kuririmba ibiri ku ishusho afite.

**IGIKORWA:** Gukumira indwara  
**ITONDE Y'AMASHUSHO:** N° 5  
**IGIHE :** Isaha imwe kugeza kuri abiri  
**INTEGO:** Kwiga ukuntu twakwirinda indwara zikwirakwiza no kutiyuhagira  
**UBUTUMWA BW'INGENZI:** “Kwiyuhagira buri munsu bikumira indwara”  
**UMUKORO:** Vuza abo mu muryango wawe indwara z'uruhu zose

## UBURYO BUZAKORESHWA:

1. Basobanurire ko indwara zimwe na zimwe zikururwa no kutita ku isuku y'umubiri.
2. Shyira ishusho hejuru y'umuntu urwaye indwara y'uruhu, ari ubuheri, ibihushi cyangwa inda (zo mu mutwe cyangwa mu myambaro).
3. Bahe amashusho yerekana uko umuntu yandura izo ndwara (itonde n° 5) usabe buri muntu aze imbere asobanurire abandi ukuntu umuntu yanduza undi iyo ndwara.
4. Noneho gira itsinda ry'abantu uha amashusho utange amashusho ariho uburyo bwo gukumira izo ndwara maze usabe buri muntu gusobanura icyo afite ku ishusho ye.
5. Abafite amashusho ariho indwara bahagarare imbere y'ufite ishusho iriho uburyo bwo kwirinda izo ndwara ngo zidakomeze gukwirakwira mu bantu.
6. Nimukomeze mwungurane ibitekerezo ku byakorwa maze mutegure ingamba zo gushyira mu bikorwa mu rwego rwo kwirinda izo ndwara.

## IMYITWARIRE YIFUZWA N'INAMA ZITANGWA

- Ni byiza kumesa umusatsi nibura rimwe mu cyumweru ukoresheje isabune.
- Irinde guha abandi ikiganza no kubitsiritaho igihe urwaye indwara y'uruhu.
- Karaba intoki n'isabune uvuye mu musarani na nyuma yo guhanagura umwana witumye, mbere yo kurya, mbere yo gutegura amafunguro, mbere yo kugaburira umwana, ugeze mu rugo uvuye mu rugendo.
- Inzara z'intoki zigomba guhora zisukuye kandi ziciye.
- Imyenda yose n'ibiryamirwa bigomba kumeswa buri gihe ukoresheje isabune.
- Ntugatiririkanye imyenda n'abandi.
- Jya ukoresha umuti wandikiwe na muganga uvura indwara z'uruhu.
- Vuza abo mu muryango bose indwara z'uruhu.
- Rinda abana gukinira mu bidendezi by'amazi mabi.

## ITONDE Y'AMASHUSHO N° 5: INDWARA Z'URUHU

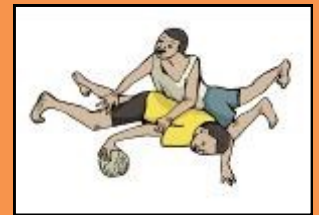


1. Umukobwa urwaye ubuheri

2. Umuhungu urwaye ibihushi

3. Abana batizanya imyambaro

4. Abana badatizanya



5. Kurarana

6. Kutararana

7. Guhana ikiganza

8. Gukina



9. Gukarabira hamwe

10. Gusukirana

11. Kandagirukarabe bikoreye

12. Gusangira iswime mukwihanagura



13. Kumutsa intoki uzunguza amaboko

14. Umubyeyi umesa

15. Umubyeyi yanika ibiryamirwa

16. Arasiga umwana amavuta



# IMPISWI : UKO YANDURA

6.a.

**IGIKORWA:** Gukumira indwara  
**ITONDE Y'AMASHUSHO:** N° 6.a. na 6.b.  
**IGIHE :** Isaha 1-2  
**INTEGO :** Gusobanukirwa n'uko impiswi ziterwa n'impamvu nyinshi.  
**UBUTUMWA BW'INGENZI:** Intoki 5– uburyo butanu bwo gukumira impiswi  
**UMUKORO :** Fata mu mutwe uburyo 5 bukoreshwa mu kuburizamo ikwirakwizwa ry'impiswi

## UBURYO BUZAKORESHA:

1. Abantu 2 bafate ishusho y'umwanda (amabyi) bayizamure hejuru' (6a.1.) n'ishusho yerekena umunwa (6a.2).
2. Bahe amashusho yerekana uko indwara iva ku muntu ijya ku wundi: Isazi, Intoki, ibyo kurya, imbuto n'ibinyobwa (6a.3. - 6a.18)
3. Basabe guhagarara hagati y'amashusho yombi. Basobanurire inzira z'ingenzi mikorobe zicamo zikwirakwira mu bantu.
4. Babwire bahagarare imbere y'amashusho yerekana uko umuntu yandura impiswi (urugero 6a.10. imbere ya no 6a.4: Isazi). Basobanurire kandi ubereka ukuntu isazi ziriho zikwirakwiza impiswi mu bantu.
5. Bahe amashusho yerekeye gukumira indwara (No. 6b.21 — 6b.33) ubasabe bahagarare bakumire ikwirakwizwa ry'indwara rigaragazwa n'imyitwarire mibi (6a.3 imbere 6a.18).
6. Mwitoze kugirango buri muntu ashobore kwibuka uburyo indwara z'impiswi zandura.

## IMYITWARIRE YIFUZWA KANDI ITANGWAMO INAMA

1. Mbere yo gukora ku byo kurya jya ubanza gukaraba intoki ukoresheje isabune n'amazi meza.
2. Jya ubika ibyo kurya ahantu hasukuye kandi ubipfundikire kugira ngo isazi zitabyanduza.
3. Kuraho umwanda abana bitumye isazi zitawugeraho.
4. Ntukarye imbuto utabanje kuzoza neza cyangwa/no kuzihata.
5. Ntihakagire umwanda abantu bitumye ndetse n'uw'amatungo (imbwa, injangwe,... ) ugera mu murima.
6. Kora uko ushoboye kugira ngo amazi yo kunywa atanduzwa n'umwanda abantu bitumye.

## ITONDE Y'AMASHUSHO N° 6a: Impiswi : Uko yandura



1. Ubwandu buturuka ku mabyi



2. Ubwandu buca mu kanwa



3. Ubwandu buzanza ku ntoki



4. Ubwandu buzanza n'isazi



5. Ubwandu buzanza no kurya imbuto



6. Ubwandu buzanza n'amazi



7. Intoki: umubyeyi ufite intoki zanduye



8. Intoki : umubyeyi utegura ibiribwa



9. Intoki: Kurisha intoki zanduye



10. Isazi : Ku byo kurya



11. Isazi: Ku mabyi



12. Isazi: Ku masahani yanduye



13. Amazi: Kunywa amazi yanduye



14. Amazi: igikoresheho cyanduye



15. Imbuto: hafi y'amabyi



16. Gutoragura imbuto hasi



17. Imbuto: Kugurisha imbuto zanduye



18. Ibiribwa: Kugurisha ibiribwa byanduye



19. Kuribwa mu gifu no kuruka



20. Umwana uhitwa

## ITONDE Y'AMASHUSHO N° 6b: Impiswi: Uko bayirinda



21. Rinda ibyo kurya isazi



22. Karaba intoki n'isabune



23. Abana bakaraba n'isabune



24. Umubyeyi akaraba n'isabune



25. Rira ahantu hasukuye



26. Koresha umusarane upfundikirwa



27. Oza amashyamba umaze kurya



28. ibiryo byasigaye bishyushye



29. Rya ibyo kurya bishyushye



30. Nywa amazi meza



31. Bika amazi neza



32. Oza imbuto



33. Tonora imbuto mbere yo kuzirya

<b>IGIKORWA:</b>	Kwerekana uko bakora uruvange rw'imyunyu
<b>IGIHE:</b>	Igice cy'Isaha
<b>IRUTONDE RW'AMASHUSHO:</b>	Impapuro nini zitangwa n'Ishami y'Umuyango w'Abibumbye ryita ku Bana (UNICEF)
<b>INTEGO:</b>	Kuvura neza impiswi n'umwuma
<b>UBUTUMWA BW'INGENZI:</b>	Jya ushyira mu gaciro, wite ku mwana kandi umurinde impiswi'
<b>UMUKORO:</b>	Menya gutegura uruvange rw'imyunyu

**UBURYO BUZAKORESHA: KWEREKANA UIKO BATEGURA URUVANGE RW'IMYUNYU**

Basobanurire ko umuntu urwaye impiswi agira umwuma bitewe no gutakaza amazi menshi. Nk'uko urubuto rwabuze amazi rwuma, ni ko n'umwana agira umwuma agakurizamo gupfa, iyo nta buryo bwo kumwitaho.

Basobanurire ko umwuma utewe n'impiswi ugomba kwihutirwa umuntu akongererwa amazi atakaje vuba na vuba. Bereke udupaki tw'uruvange rw'imyunyu ruvura umwuma kandi ubasobanurire ko igihe cyose bayishakiye bashobora kuyibona ku mujyanama w'ubuzima.

Erekana ukoategura uruvange rw'imyunyu:

Ibikoresho bikenerwa : Icupa lipima ilitiro y'amazi ririmo ubusa, Ijagi isukuye, akayiko k'icyayi, agapaki k'uruvange rw'imyunyu/zinke.

1. Oza icupa ukoresheje amazi n'isabune.
2. Teka amazi abire maze uyavaneho ahore.
3. Pima ilitiro y'amazi ukoresheje icupa.
4. Suka uruvange rw'imyungu (agapaki) mu icupa rya litiro y'amazi.
4. Cugusa kugeza ubwo uruvange rw'imyunyu runoga.
5. Ha umwana uruvange rw'imyunyu uko yitumye.
6. Bika icupa ririmo uruvange rw'imyunyu ripfundikiye igihe ridakoreshe.
7. Urwo ruvange ntirugomba kurenza amasaha 24, iyo arenze ruramenwa.

**IMYITWARIRE YIFUZWA KANDI ITANGWAMO INAMA :**

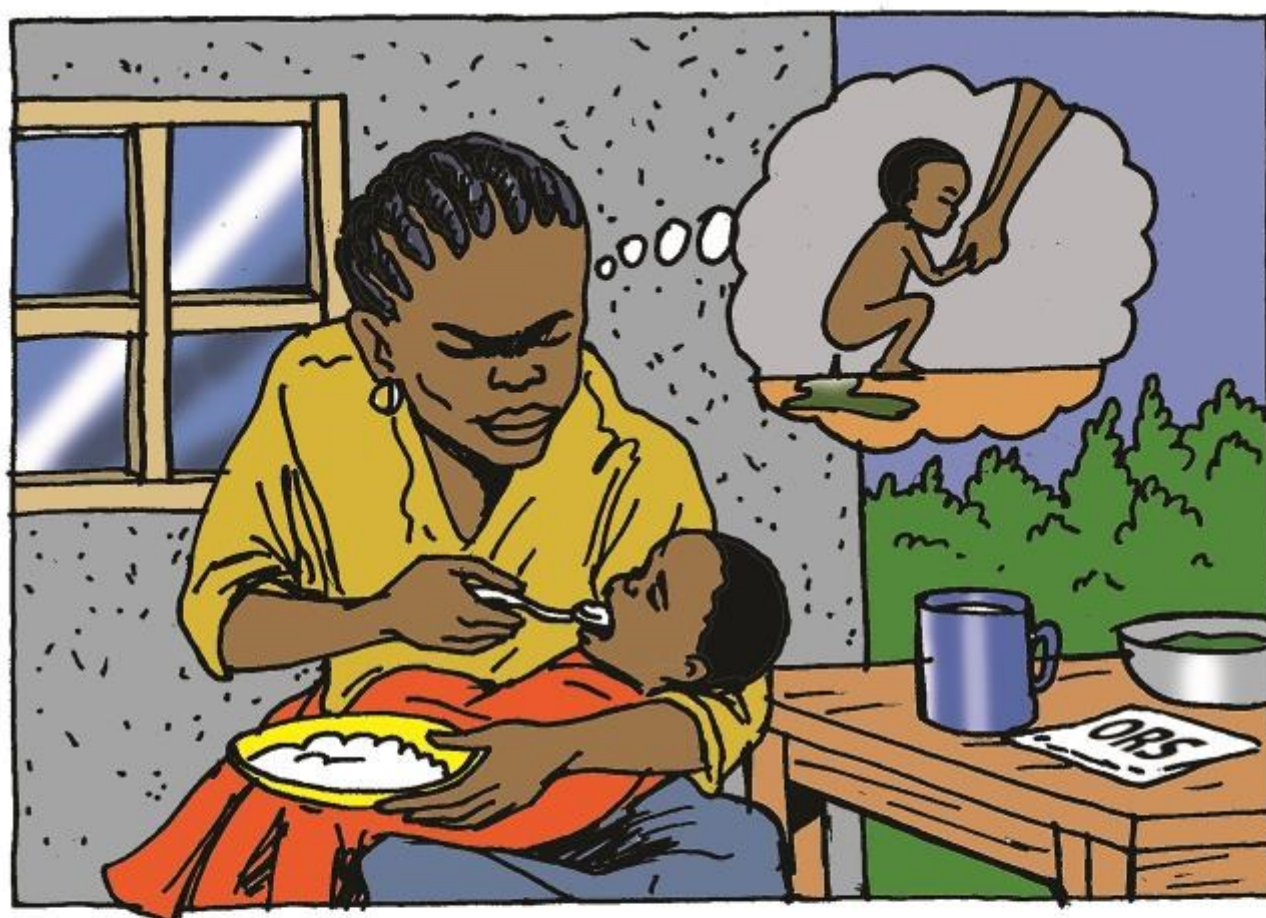
1. Jya uha umwana uruvange rw'imyunyu ruke ruke uko amaze kwituma.
2. Nyuma y'amasaha 24, uruvange rwasigaye jya wihutira kurumena maze ukore urundi, buri muni.
3. Niba impiswi ikomeje ikarenza amasaha 24, ihutire kujyana umwana ku ivuriro.
4. Komeza kumwonsa biramufasha kandi ntacyo bitwaye.
5. Mbere yo kumwonsa jya ukaraba intoki ukoresheje amazi meza n'isabune.
6. Muhe kandi igikoma/sosoma kugira ngo byunganire urwo ruvange.





# KWITA KU MWANA URWAYE IMPISWI

**MINISANTE**



By Rwanda Cartoon Media 078 374 0444



unicef

# KWITA KU MWANA: GUCUTSA

**7.a.**

<b>IGIKORWA:</b>	Umwitoto wo kurema amatsinda atatu
<b>ITONDE Y'AMASHUSHO:</b>	N° 7a
<b>IGIHE:</b>	Isaha 1 - 2
<b>INTEGO:</b>	Kwita ku buzima bwiza bw'umwana
<b>UBUTUMWA BW'INGENZI:</b>	Abana ni bo mizero y'ahazaza, biteho nk'uko bikwiriye
<b>UMUKORO:</b>	Imenyereza gutegura ibiribwa bifasha umwana gucuka neza

## UBURYO BUZAKOresha :

1. Basobanurire ko abana ari abanyanteye nke bikaba ari ngombwa kubitaho kugira ngo barindeindwara nyinshi zibibasira.
2. Bahe amashusho yose.
3. Saba buri muntu kuza imbere no gusobanura ibiri ku ishusho afite, avuge niba ishusho igaragaza imyitwarire myiza cyagwa mibi.
4. Nimuganire ku kuntu umubyeyi akwiriye konsa kenshi n'uburyo bakoresha.
5. Nimuganire ukuntu konsa umwana amezi 6 nta kindi umuha ari ingenzi cyane.
6. Nimuganire ku byerekeye guha umwana imfashabere yujuje amezi 6.
7. Nimuganire ku biribwa byose bikoreshe mu gihe cyo kumenyereza umwana gucuka kandi ubyerekane.
8. Bashyire mu matsinda mato kugira ngo baganire ku bibazo baganisha ku bumenyi bafite .
9. Ni izihe mbogamizi mu kwita ku bana? Kelebe y'isuku izadufasha ite kuzikemura?
10. Abari mu matsinda bongere bahure baganire kubyavuye mu ngamba bafashe.

## IMYITWARIRE YIFUZWA KANDI ITANGWAMO INAMA

1. Ababyeyi bese bagomba kubyarira kwa muganga.
  2. Ni byiza gufubika uruhinja, ukibuka ingofero n'amasogisi.
  3. Jya wuhagira umwana buri muni ukoresheje isabune kandi uhinduranye ibyahi igihe cyose ubonye ko yabyanduje.
  4. Jya wonsa umwana ukimara kumubura.
  5. Onsa umwana nta kindi umuhaye mu mezi atandatu ya mbere.
  6. Nyuma y'amezi 6 utangire kumuha ibyo kurya n'ibyo kunywa byoroshye byunganira amashereka.
  7. Ibyo kurya bikoreshe mu gucutsa umwana bikwiriye kuba birimo intungamubiri zihagiye (urugero: imvange y'igitoki, igihaza n'igi), igikoma, amata, imbuto).
  8. Buri muni jya ukoreshe ibikoreshe bisukuye ugaburira umwana.
  9. Jya ukurikirana imikurire y'umwana buri kwezi kugira ngo umenye ko akura neza.
  10. Niba umwana arwaye jya wihutira kumujiyana kwa muganga.
  11. Jya ugaragariza umwana urukundo kandi umwiteho cyane.
  12. Kora ibishoboka byose kugira ngo umwana wawe ahabwe inkingo zose.
- Icyitonderwa. Saba ababyeyi kuzana abana mu nama y'ubutaha bitwaje ifishi y'ikingira.



## ITONDE Y'AMASHUSHO N° 7a: Kwita ku mwana —Gucutsa



1. Itegere kubyara



2. Ntukabyarire imuhira



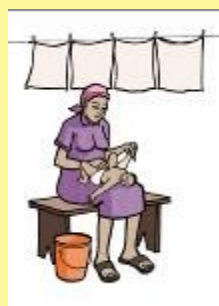
3. Jya ubyarira ku ivuriro



4. Herako umwonsa



5. Herekezwa n'umugabo



6. Jya usukura ibyahi by'umwana



7. Uhagira umwana buri gihe



8. Fubika umwana adakonja



9. Oza amabere mbere yo konsa



10. Mwonse nta kindi umuha



11. Muhe imfashabere



12. Ibiribwa bijyanye no gucutsa



13. Kurikirana imikurire y'umwana buri kwezi



14. Jya kuvuza umwana urwaye



15. Muringize imbasa



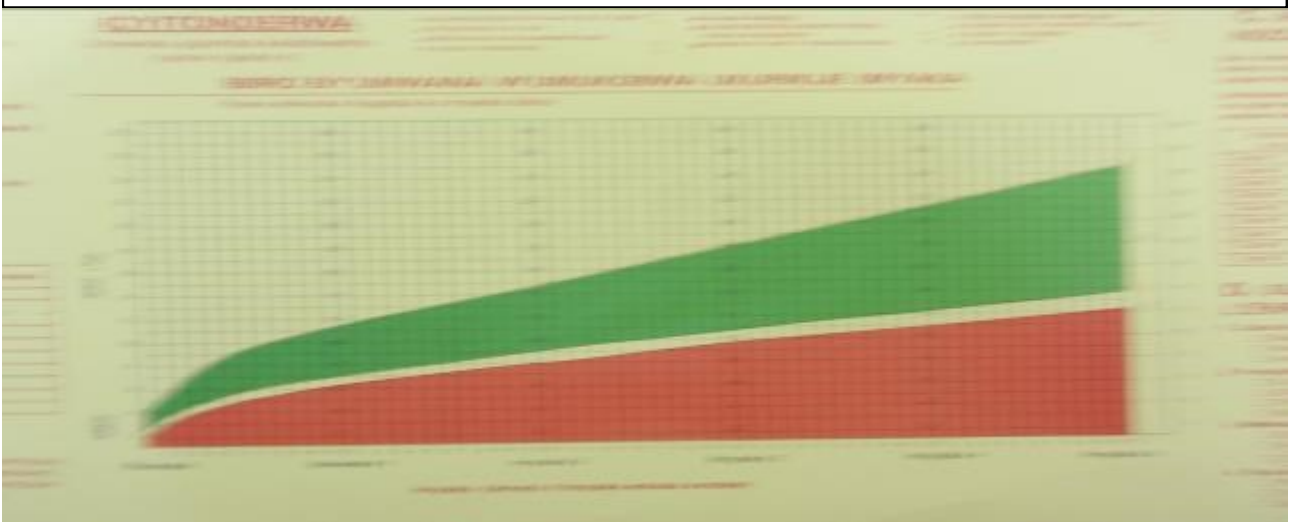
16. Menya ko umwana yabonye inkingo zose

# KWITA KU MWANA: KUMUKINGIZA

**7.b.**

**IGIKORWA:** Gukurikirana imikurire y'Umwana  
**ITONDE Y'AMASHUSHO:** Amashusho y'ikingira  
**IGIHE :** Isaha 1 - 2  
**INTEGO:** Kwiga ukuntu umwana yabaho (yagira ubuzima buzira umuze)  
**UBUTUMWA BW'INGENZI:** Gukingira umwana bimurinda indwara bigatuma akura neza  
**UMUNTU UZIFASHISHWA:** Ni ngombwa ko mu mahugurwa hatumirwa umuforomo/kazi uvuye ku kigo nderabuzima  
**UMUKORO:** Kora uko ushoboye kugira ngo abana bose bakingirwe nk'uko bikwiriye

1. Saba buri wese kureba ku ifishi y'ikingira.
2. Basobanurire ibyerekeye gukurikirana imikurire y'umwana maze murebe ko abana bakura neza (umurongo w'icyatsi) .
3. Saba abari ku murongo w'icyatsi kwicara mu itsinda rimwe maze abafite amafishi bari mu murongo utukura n'uw'umuhondo na bo bicare mu itsinda ukwabo.
4. Saba umuforomo gusuzuma buri fishi mu itsinda rifite umurongo w'umutuku maze agire inama ababyeyi zo kujya ku kigo nderabuzima, abari mu muhondo ababwire uko bagomba kujya bagaburira abana kugira ngo bakure neza.
5. Basabe bese kureba ku ruhande rwandikwaho inkingo.
6. Kuganira ku ingengabihe y'ikingira maze mu byimenyereze kugeza ubwo bese babifata mu mutwe.
7. Kuganira ibihe byagenwe umwana aboneraho inkingo:  
Akivuka, yujuje ibyumweru 6, yujuje ibyumweru 10, yujuje ibyumweru 14 no ku mezi 9 akingirwa iseru
8. Kuganira muri make ukuntu izi ndwara zakwirindwa: imbasa, igituntu, agakwega, umusonga, iseru, na mugiga



Ifishi y'ikingira

<b>IGIKORWA:</b>	Guhagarika ikwirakwizwa ry'ubwandu bw'inzoka zo mu nda
<b>ITONDE Y'AMASHUSHO:</b>	No 8
<b>IGIHE :</b>	Isaha imwe
<b>INTEGO:</b>	Gusobanukirwa n'ukuntu inzoka zo mu nda zitwangiriza ubuzima
<b>UBUTUMWA BW'INGENZI:</b>	"Wiba nyirabayazana w'inzoka zo mu nda"
<b>UMUKORO:</b>	Kora ibishohoka byose abana bawe bavurwe inzoka muri iki cyumweru

## UBURYO BUZAKORESHWA:

1. Bahe amakuru yerekeye uko inzoka zo munda zororoka n'uko zandura.
2. Saba abantu baze gufata amashusho berekana uko abantu bandura inzoka (8.6 - 8.12).
3. Gira abo uha amashusho agereranya uko bakumira inzoka maze ubasabe kubi-ganiraho, mugaragaza uko abantu bashobora guhagarika ikwirakwizwa ry'inzoka mu bantu (8.13-814).
4. Saba abafite ayo mafishi agereranya uko abantu bandura inzoka, bahagarare im-bere y'ufite ishusho igereranya uburyo bwo kuzikumira.
5. Nimuganire ku byerekeye uburyo bwakoresheya mu kurinda abaturage kwandura inzoka zo mu nda, mubereke n'uburyo babikora.
6. Saba abaje muri ayo mahugurwa gufata ingamba runaka mu myitwarire yabo mu rwego rwo gukumira ikwirakwizwa ry'inzoka zo mu nda.
7. Nimukore gahunda yo kuzajya muvura abana inzoka buri mezi 6.

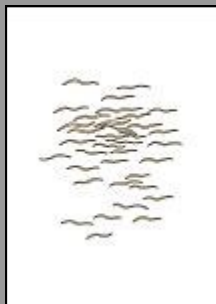
## IMYITWARIRE YIFUZWA ITANGWAMO INAMA:

- Nta muntu ukwiriye kwituma ku gasozi; mujye muba maso kugira ngo umwanda abantu bitumye ndetse n'inyamaswa bitazagera aho.
- Buri rugo rugomba kugira umusarane usukuye.
- Ni ngombwa gukaraba buri gihe ukoresheje amazi meza n'isabune.
- Jya uhora uca inzara.
- Ntukanye amatunda/imbuto zitogeje cyangwa ngo zitonorwe.
- Ujya wirinda gushyira intoki mu kanwa (gutamira intoki).
- Ntugakundire abana konka ibintu byanduye batoraguye hasi.
- Jya urya inyama zahiye gusa.
- Ntugatume imbwa yegera amasahane kugira ngo itayanduza.
- Jya uha abana bose ibinini by'inzoka buri mezi 6.

## ITONDE Y'AMASHUSHO N° 8: Inzoka zo mu nda



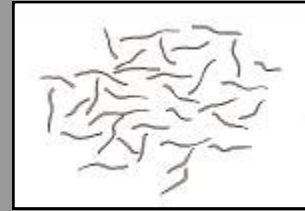
1. Runwa



2. Tirikosefale



3. Igifwana



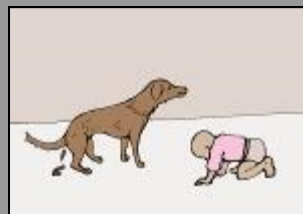
4. Ankilostoma



5. mu mabyi y'imbw. 8. Intoki zanduye mu kanwa



Yaby-



imbye inda kubera inzoka



6. Arishima mu kibuno 7. Amagi y'inzoka



9. Arakubura amabwi y'imbw



10. Imbw irarigata umwana mu maso



11. Irarigata amasahane



12. Umwana ujya mu musarane atambaye inkweto



13. Umwana ariho arambara inkweto



14. Arakira umuti w'inzoka

**IGIKORWA:** Gushyiraho amatsinda & gukina agakino nyigisho  
**URUTONDE RW'AMASHUSHO:** N° 9  
**IGIHE :** Isaha imwe  
**INTEGO:** Gusobanukirwa n'ukuntu dushobora kwirinda isazi  
**UBUTUMWA BW'INGENZI:** 'Rinda ibiryo umwanda uwo ariwo wose'  
**Umukoro:** Ubaka igikoni gisukuye n'agatanda ko kumukirizaho amasahani

## **UBURYO BUZAKORESHA: Gushyiraho amatsinda 3**

1. Fata ishusho iriho isazi ushyire hejuru (6a. 4) maze ubasobanurire impamvu ari ngombwa kurwanya isazi. Basobanurire ko ingo zirimo imyanda zihoramo isazi. Isuku yo mu rugo isobanura ko ibintu byose bihorana isuku ku buryo nta sazi zihacaracara.
2. Bahe amashusho maze usabe buri muntu kuza imbere gusobanura amashusho afite.
3. Buri wese ashobora gusobanura niba ayo mashusho ari mu byiciro bitatu: yerekana ibyiza, byiza mu rugero cyangwa bibi mu byerekeye kurwanya isazi.
4. Kuganira ku buryo butandukanye bwo kurwanya isazi n'ibirimo gukorwa.
5. Mufate ingamba mu rwego rwo kurwanya isazi.

## **UBURYO BUZAKORESHA: AGAKINO NYIGISHO**

1. Basabe gutegura agakinamico katarengeje iminota 10 berekana ukuntu mikorobe zikwirakwizwa n'isazi mu bantu.
2. Umuntu umwe cyangwa benshi bashobora kwigana isazi bisa n'aho ziriho zishakasha aho zitera amagi zishaka n'ibyo kurya.
3. Irindi tsinda ry'abantu base n'aho bari mu nzu isukuye ku buryo isazi zitabona iki-zikurura.
4. Irindi tsinda rise n'aho riri mu nzu yuzuye cyangwa izengurutse n'umwanda ukurura isazi maze werekane uko ayo matsinda yombi afite ibibazo bitandukanye.
5. Nimusubire muri ako gakino kenshi mukanonosore ku buryo mushobora kukerekana ku ishuri ry'aho hantu mu mudugudu cyangwa akagari.
6. Mwerekane ako gakino mu birori byo gusoza.

## **IMYITWARIRE YIFUZWA INATANGWAMO INAMA:**

- Jya urya ibyo kurya bitetse kandi bihiye neza kugira ngo bikurinde kugugara mu nda/kugira ngo bitakugwa nabi.
- Jya upfundikira ibyo kurya, kandi wirinde kubitereka hasi.
- Jya usukura buri gihe, usukure aho amatungo arara n'utuzu tw'inkoko.
- Ubaka umusarane, ujye uwukoresha, uhorane isuku kandi uhore upfundikiye.
- Kora isuku ahantu hose isazi zishobora kororokera, urugero: aharundwa ibishingwe.
- Ntukitume na rimwe ku gasozi.
- Jya wegeranya ibishingwe maze ubishyire aho byagenewe buri gihe, kandi ujye ufata neza ahantu rusange aho abaturage baturira.

## ITONDE Y'AMASHUSHO NO. 9: y'igikoni

## Ibiribwa byiza: Imyanda itabora & Isuku



1. Kujugunya imyanda



2. Imyanda ahatekerwa



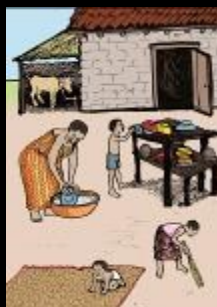
3. Gutegurira ibiribwa hasi



4. Kujugunya imyanda



5. Gukubura mu rugo



6. Kogereza ibyombo ku meza



7. Gutwikira imyanda mu ngarani



8. Gusukura umudugud



9. Agatanda k'amasahani



10. Gusukura igikoni



11. Gushyira ibiribwa mu kabati



12. Gutwikira ibiribwa bisigaye



13. Kurinda igikoni imbeba



14. Kubika neza amazi yo kunywa



15. Ibiribwa byangirika bibike ahakonje



16. Koresha rondereza



<b>IGIKORWA:</b>	Gukora amatsinda 3
<b>ITONDE Y'AMASHUSHO:</b>	10
<b>IGIHE:</b>	Isaha imwe kugeza kuri abiri
<b>INTEGO:</b>	Gusobanukirwa n'ukuntu umuntu yabona indyo yuzuye.
<b>UBUTUMWA BW'INGENZI:</b>	"Gaburira abana indyo yuzuye"
<b>UMUKORO:</b>	Imenyereze gutegura/kurya ibiribwa byujuje intungamubiri

**UBURYO BUZAKORESHA:**

1. Amashusho ufite yose yahe abahugurwa bari mu matsinda maze usabe buri muntu kuza imbere y'abandi gusobanura ibishushanije ku shusho ye.
2. Nimuganire kuri buri shusho, muyashyira mu by'iciro bitatu, ameza, amabi cyagwa meza buhoro kandi mutanga n'impamvu. Nibagira iyo banenga, bajye batanga impamvu.
3. Nimuganire kuri ibi:
  - Ibiryo bitegurwa bite?
  - Ni buryo ki abana bakwiriye kugaburirwa, ibyo kurya bibafitiye akamaro ni ibihe? (birimo intungamubiri).
  - Wagenza ute kugira ngo abana bajya ku ishuri bagende bariye?
  - Ni ibihe byo kurya bishobora kugurwa bihenze kandi ni buryo ki umuntu yabona ibyo kurya bikungahayemo intungamubiri?
  - Ni buryo ki abantu bajya bahinga ibiribwa imuhira kandi bakagira akamenyero ko kurya imboga buri gihe?
4. Bereke ishusho y'umwana urwaye bwaki n'uwazingamye, ubasobanurire itandu kaniro.
5. Basabe gutanga ingero z'abantu babonye barwaye indwara ziterwa n'imirire mibi.
6. Guhitamo uburyo bwo kwihaza mu biribwa duhinga uturima tw'igikoni.
7. Gukora igenamigambi ryerekeye guhugura mu buryo bwo gutangiza akarima k'igikoni.

**IMYITWARIRE YIFUZWA INATANGWAMO INAMA**

1. Abana bakwiriye kugaburirwa indyo yuzuye.
2. Abana bakwiriye kurya nibura incuro eshatu ku munsu.
3. Gukura neza kw'abana biterwa no kugaburirwa indyo irimo intungamubiri kandi iteguye neza.
4. Abana bato bakeneye konswa kugeza ku myaka 2, babaha n'imfashabere guhera ku mezi 6.
5. Iyo bujuje imyaka ibiri bakwiriye gukomeza kugaburirwa neza bamaze gucuka.
6. Abana biga bagomba guhabwa ibyo kurya mbere yo kuja kwiga.
7. Abana biga bakwiriye kurya saa sita na mugitondo mbere yo kujya ku ishuri.
8. Ababyeyi bagomba kujya bagura ibiribwa birimo intungamubiri, badapfuye kugura ibyo kurya bibonetse byose.
9. Ujye wirinda guha abana ibyo kurya birimo isukari nyinshi kandi ntukabahe coca-cola
10. Imiryango yose ikwiriye guhinga imboga kandi ikazirya aho kuzigurisha gusa.



## ITONDE Y'AMASHUSHO N° 10.a: Imirire myiza



1. Rya mbere yo kujya kwiga



3. Rya kumugoroba



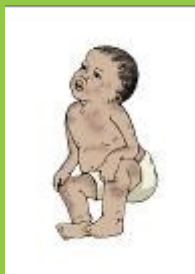
4. Amuha imfashabere ku mezi 6



5. Tegura ibiribwa birimo intungamubiri



6. Wigura ibiribwa bidafitiye intungamubiri 7. Gura imbuto n'imboga 8. Yabaye munini bitewe no kurya nabi 9. Igisheke kiruta isukari



10. Bwaki: kubura ibyubaka umubiri 11. Ubuzingo: Kubura ibiribwa 12. Umwana ufite ubuzima 13. Pima umwana buri kwezi



12. Abana bagwingiye



13. Gukurikirana imikurire



14. Ifishi y'ubuzima bw'umwana

<b>IGIKORWA:</b>	Murya iki?
<b>ITONDE Y'AMASHUSHO</b>	10b
<b>IGIHE :</b>	Isaha imwe
<b>IMFASHANYIGISHO:</b>	Buri muntu azazana ibiryo bitetse by'umuntu umwe
<b>INTEGO:</b>	Kureba ibiribwa biboneka muri ako gace
<b>UBUTUMWA BW'INGENZI:</b>	"Ibyo urya ni byo bikugize, nuko rero jya urya neza"
<b>UMUKORO:</b>	Hinga akarima k'igikoni kandi utere ibiti by'imbutu mu rugo

**UBURYO BUZAKORESHWA: GUTEGURA INDYO YUZUYE****UMWITOZO WA 1: AMATSINDA Y'IBIRIBWA**

1. Nimuganire ku byerekeye itandukaniro hagati y'amoko y'ibiribwa: Ibyubaka umubiri, ibirinda indwara n'ibitera imbaraga (ibinure n'ibinyampeke/ibisukari).
2. Jya uzamura ishusho imwe ubabaze icyo igereranya mu moko y'ibiribwa. Komeza ubigenze utyo kugeza ubwo buri wese amenya itandukaniro ku buryo ashobora ku-byerekana nta kujijinganya.
3. Saba buri wese guhaguruka yereke abandi ibyo kurya yazanye kandi ababwire n'ubwoko bwabyo akurikije ibyo mumaze kuganira. Mujye mukomera amashyi uwazanye ubwoko bw'ibyo kurya bukwiriye.
4. Shushanya hasi, uhashyire amatsinda 3, uyite amazina y'ubwoko bw'ibiribwa, maze usabe abahugurwa buri wese gushyira ibyo kurya yazanye mu itsinda nyaryo.
5. Batere umwete kugira ngo bafatanye gutoranya aho bashyira ibyo bazanye. Jya ubunganira igihe ubona ko bibeshye.

**Umwitotozo wa 2: GUTEGURA INDYO YUZUYE**

Bikorerwe mu matsinda y'abantu bane:

1. Ibyo kurya byose byashyizwe mu matsinda hakurikijwe ubwoko bwabyo. Ongera ubivange.
2. Bashyire mu matsinda agizwe n'abantu bane.
3. Buri tsinda rishake agace rihagararamo.
4. Aho hantu iryo tsinda rihashushanye uruziga rumeze nk'isahane nini, bayigabanyemo ibice bine.
5. Saba abantu bane muri buri tsinda kuza imbere maze batoranye ibyo kurya by'amoko atandukanye. Kora ku buryo buri bwoko bw'ibyo kurya babifataho.
6. Fata ibyo kurya ubisubize ku isahane yabyo.

**INGINGO ZIGANIRWAHO KURI BURI TSINDA:**

- Ibyo kurya wazanye ni byo musanzwe murya?
- Muganire ku ngorane zerekeye kurya indyo yuzuye, izerekeye igiciro, igihe (umwero, imvura, izuba), ibiboneka, imico muri ako kagari/umudugudu.
- Muganire ku byo bashobora gukora kugira ngo baburizemo izo ngorane.
- Dushobora guhinga bimwe mu byo kurya dukeneye?
- Muganire ku buryo bwo gutegura amafunguro.

## ITONDE Y'AMASHUSHO NO. 10b: Ibyo kurya bitera imbaraga



1. Umuceri



2. Ibirayi



3. Ibijumba



4. Ingano



5. Ubunyobwa



6. Amavuta



7. Ibigori



8. Umugati



9. Avoka



10. Imyubati



11. Marigarine



12. Isukari

**ITONDE Y'AMASHUSHO NO. 10b: ibyiryo birinda umubiri: imboga**



13. Karoti



14. Amashu



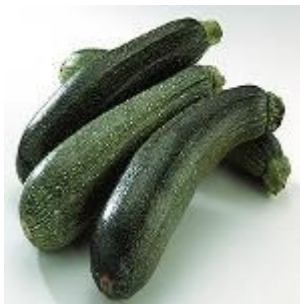
15. Imiteja



16. Betteraves



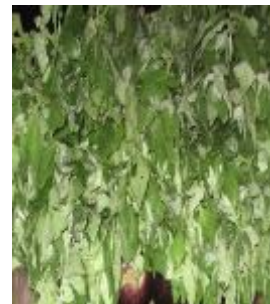
17. Ibitunguru



18. Imyungu



19. Intoryi



20. Epinari



21. Isombe



22. Inyanya



23. Ibitunguru bya puwaro



24. Dodo



**ITONDE Y'AMASHUSHO NO. 10b: Ibiryo birinda umubiri: Imbuto**



25. Imineke



26. Amapera



27. Pome



28. Inkeri



29. Amacunga/mandarine



30. Ibinyomoro



31. Inanasi



32. Imyembe



33. Ipapayi



34. Indimu



35. Amatunda



36. Water melon

## ITONDE Y'AMASHUSHO NO. 10b: Ibiryo byubaka umubiri



37. Amata



38. Inyama y'inka



39. Inyama y'lhene



40. Inyama y'inkoko



41. Ifi



42. Injanga



43. Amagi



44. Ibishimbo



45. Soya



46. Ubunyobwa

<b>IGIKORWA:</b>	Gutegura uburyo bwo kwihaza mu biribwa
<b>ITONDE Y'AMASHUSHO :</b>	N° 11a
<b>IGIHE:</b>	Isaha imwe
<b>INTEGO:</b>	Gukora ibishoboka ngo buri rugo ruhingwe imboga n'imbuto
<b>UBUTUMWA BW'INGENZI:</b>	"Isambu nto si urwitwazo rwo kutagira akarima k'imboga/n'imbuto"
<b>UMUKORO:</b>	Gutegura amayogi y'uturima tw'imboga

## UBURYO BUZAKORESHWA

1. Koresha ikarita y'umudugudu ishushanije ku mwenda, tegura aho uzatangirira guhinga uturima tw'imyaka ikungahayemo intungamubiri, kaba ari akarima rusange cyangwa se ak'umuntu ku giti cye.
2. Bahitemo ubwoko bw'akarima gakwiriye guhingwa aho hantu: Niba kazaba rusange cyangwa ak'umuntu ku giti cye.
3. Bisaba iki/ruhusa ki ngo iyo sambu rusange bayihabwe.
4. Uko uwo murima uzarindwa, hakoreshejwe uruzitiro cyangwa se byagenda bite niba nta mafaranga ahari, haterwa imifatangwe. Mbese utwo duti tuboneka muri ako gace cyangwa se ikindi cyakoreshejwe ni iki ngo uwo murima uzitirwe?
5. Nimwumvikane umunsi muzanonosora ibyerekeye gukoresha umurima rusange n'umuntu uzajya awukurikiranira hafi.
6. Nimuganire ku byerekeye uburyo bwiza bwo guhinga, urugero, ibyobo by'ifumbire imborera zonyine nta fumbire yindi ushyizemo, gusibiza umurima no guhinga imbuto z'imvange.
7. Nimurebe ukuntu mwabona impuguke mu buhinzi yaza gufasha kelebe y'isuku (CHC).
8. Nimuganire ibyerekeye ikoreshejwe ry'amayogi y'imboga n'ukuntu bayategura.
9. Bahe amashusho maze usabe buri muntu kuza imbere no gusobanura amashusho afite.
10. Shyira amashusho hejuru, uhagaze mu murongo, usabe buri muntu ahagarare inyuma y'ishusho yifuza kuzakora. Mukore gahunda ifatika yo gukora akarima nk'aka.





## ITONDE NO. 11: Kwihaiza mu biribwa: Kugira uturima tw'igikoni



1. Kubaka akarima k'igikoni



2. Amashu ku iyogi



3. Akarima karimo ibiribwa bifite intungamubiri 4. Zitira umurimoa



5. Guhinduranya imyaka



6. Shyiramo ifumbire



7. Kuvanga imyaka ku buso bumwe



8. Aho banika

# UBUZIRANEGE BW' IBIRIBWA: IMYANDA/UDUKOKO N'IMBEBA

11.b

<b>IGIKORWA:</b>	Kunyura mu mudugudu no gukora ikarita yawo
<b>ITONDE Y'AMASHUSHO :</b>	NTAYO
<b>IGIHE:</b>	Isaha imwe
<b>INTEGO:</b>	Guteza imbere uburyo bwo gucunga ibishingwe neza no kubivugurura no kwirinda udukoko twakwanduza ibiribwa
<b>UBUTUMWA BW'INGENZI:</b>	“Wikwibikaho ibishingwe bicunge neza izongere iko reshwe”
<b>Umukoro:</b>	Gutandukanya imyanda no gukora ingarane zitandukanye imyanda ibora n'itabora no gukora/ kugura umutego w'mbeba no gupfundikira ibiribwa

## UBURYO BUZAKORESHA:

1. Basobanurire ubwoko butandukanye bw'imyanda: Imyanda ibora n'itabora kandi ubabwire n'uburyo bwo kuyivugurura.
2. Shyira ikirundo cy'imyanda itandukanye mu gisanduku kinini maze usabe umuntu guhitamo ubwoko bumwe bw'umwanda asobanure ubwo aribwo.
3. Koresha ikarita y'umudugudu yashushanijwe ku mwenda, yicemo amatsida ukurikije uduce tugize uwo mudugudu.
4. Muganire uko udukoko ndetse n'imbeba zakwanduza ibyo kurya.
5. Bwira abahugurwa kujya kuzenguruka uwo mudugudu kandi bashyire ikimenyetso ahantu harunze imyanda.
6. Babwire baganire ku byerekeye ukuntu bazacogozo ingeso yo kwandagaza imyanda ahabonetse hose n'umwete muke wo kudashaka ikintu cyangwa ahantu hashyirwa imyanda.
7. Tegura umuganda wo gusukura umudugudu.
8. Nimuganire ukuntu batangira gahunda yo gukoresha no kubyaza ibishingwe umusaruro (ifumbire, ibicanwa).
9. Nimuganire ukuntu mwakwirinda udukoko ndetse n'imbeba zanduza ibiribwa.
10. Tegura gahunda yo gusura amabutiki n'aho bacuruzwa ibiryo.
11. Mu migi, hategurwe aho imyanda izajya ihurizwa mbere yo kujya mu kimoteri rusange. Mu cyaro buri rugo rugomba kugira ingarane zitandukanye ibishingwe bibora n'ibitabora. Kelebe ifatanye n'ubuyobizi gukora ubukangurambaga bw' umuganda wo kvanaho imyanda idatinze.

## IMYITWAIRE YIFUZWA INATANGWAMO INAMA:

1. Jugunya imyanda ahabugenewe, nko muri pubele ipfundikirwa cyangwa ingarane.
2. Imyanda ibora bashobora kuyikoresha mu gufumbira cyangwa se bakayitaba.
3. Imyanda itabora ikwiriye gushyirwa mu ngarane yabugenewe, ikagurishwa maze ikavugururwa.
4. Ntukareke amazi areka ahazengurutse inzu. Jya usukura umuyoboro w'amazi.
5. Buri kwezi jya ufatanye n'abaturanyi bawe gukora umuganda wo gusukura umudugudu.
6. Kora uko ushoboye kose urebe ko inyamaswa zapfuye zihambwe ako kanya.
7. Menyesha ubuyobozi bw'urwego rw'ubuzima, umukozi wo ku kigo nderabuzima niba hari ibitaro cyangwa uruganda rushobora guhumanya ikirere n'ibidukikije.
8. Shyiraho akanama gashinzwe gukurikirana iby'imyanda, amazi n'isukura.
9. Akanama gakwiriye kuba gutegura amabwiriza y'isuku umudugudu wajya ukurikiza kugira ngo haboneke uburyo bwo kugenzura ko buri rugo ruyakurikiza.
10. Inama zihoraho zigomba gutegurwa zihuriwemo n'abayobozi ba Leta kugira ngo amakuru na raporo ku isuku ku rwego rw'umudugudu bitangwe.
11. Gutangiza gahunda yo kubyaza imyanda umusaruro kugira ngo kelebe igire umutungo.
12. Komite igomba gutegura gahunda ya rimwe mu kwezi yo gukusanya imyanda ibyazwa umusaruro.
13. Ibyo kurya bibikwe neza kandi ibitetse bipfundikrwe.
14. Imbeba ntikagire umwanya mu rugo rwacu.

## AMASOKO Y'AMAZI

IGIKORWA:	GUKORA AMATSINDA 3
ITONDE Y'AMASHUSHO :	N° 12
IGIHE:	Isaha 1
INTEGO:	Gusesengura itandukaniro hagati y'amasoko y'amazi
UBUTUMWA BW'INGENZI:	'Ntukanywe amazi utayasukuye'
Umukoro:	Gusukura amasoko y'amazi

### UBURYO BUZAKORESHA:

1. Kusanya amashusho yose yerekana amasoko y'amazi.
2. Yahe abahugurwa yose.
3. Saba buri muntu guhaguruka maze asobanurire bagenzi be ibyerekeye ubwoko bw'amasoko y'amazi ari ku ishusho afite.
4. Saba abahugurwa guhamya amashusho agaragaza amasoko y'amazi meza yo kunywa.
5. Shyira ayo amashusho mu byicyiro bitatu: Isoko nziza, Isoko mbi n'isoko ifashe impu zombi.
6. Noneho basabe bahagarare ku murongo bayatondekanya bahereye ku masoko mabi kugeza ku masoko meza.
7. Saba buri muntu wese guhagara inyuma y'isoko ihwanye n'iyi iwabo bavumamo amazi yo kunywa.
8. Nihagira amashusho adafite abayahagaze inyuma mu yavanemo, biraba bishatse kuvuga ko ayo masoko adakoresheya muri ako gace.
9. Reba ukuntu abantu benshi bakoresheya amazi avuye muri buri bwoko bw'amasoko ari kuri ayo mashusho yose.
10. Bareke bicare. Nimuganire ku byerekeye itandukaniro ry'ayo masoko kandi murebe niba hari ahandi bashobora kuvoma amazi meza yo kunywa.

### IMYITWARIRE YIFUZWA INATANGWAMO INAMA:

1. Buri rugo rukeneye kubona amazi meza yo kunywa.
2. Jya uzirikana kurinda amasoko y'amazi kugira ngo atandura.
3. Jya witondera kurondereza no gukokoresheya neza amazi meza.
4. Nimushyireho komite yita ku masoko y'amazi kugira ngo bayafate neza.
5. Ntukiyuhagirire hafi y'isoko y'amazi, ntukahategurire ibyo kurya cyangwa ngo uhi-cire inyamaswa.
6. Ntukihagarike cyangwa ngo witume hanze cyangwa ngo wubake umusarane. keretse nibura ku metero 30 uvuye ku isoko y'amazi.
7. Zitira amasoko y'amazi kugira ngo hatagira inka cyangwa andi matungo ayanduza.

## ITONDE Y'AMASHUSHO NO. 12: AMASOKO Y'AMAZI



1. isoko itubakiwe/itarinzwe



2. isoko itubakiye



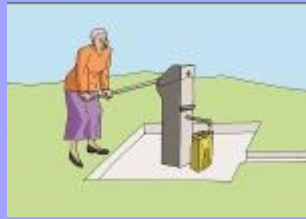
3. Umugezi utarinzwe imyanda



4. Ibiziba



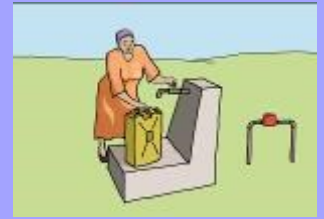
5. Ivomo ryubakiye



6. Amazi bapomba



7. robine rusange



8. robine y'umwihariko



9. Akazu k'amazi



10. Itanki yubakishije sima



11. Itanki ya Plastiki



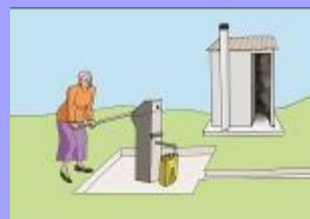
12. Amazi aza mu matiyo



13. Itanki idapfundikiye



14. Isoko izitiye



15. Umusarane wegeranye n'ipompe



16. Bariyuhagira mu mugezi



17. Arituma ahakamye amazi



18. Aranyara mu mugezi



19. Komite y'ivomo

<b>IGIKORWA:</b>	Uko amazi meza yo kunywa aboneka
<b>ITONDE Y'AMASHUSHO:</b>	N° 13a
<b>IGIHE:</b>	Isaha imwe
<b>INTEGO:</b>	Gusobanukirwa n'ukuntu tubona amazi meza; Isoko yayo, aho tuyabika n'uburyo tuyakoresha
<b>UBUTUMWA BW'INGENZI:</b>	'Isoko nziza + Kuyabika nabi = Amazi yanduye'
<b>UMUKORO:</b>	Bika amazi neza, uyapfundikire maze uyakoreshe uyasuka aho kudaha

**UBURYO BUZAKORESHA:**

1. Banza ubahe itonde y'amashusho no 12 (Isoko z'amazi) maze usabe buri muntu kuza imbere no gusobanura ishusho afite.
2. Toranya amashusho mu matsinda atatu: "Isoko nziza, Isoko mbi n'isoko batazi neza.
3. Bareke bicare hasi. Noneho toranye ubundi bwoko bwa kabiri bwerekeye uruherekane rw'ukuntu tubika amazi meza yo kunywa (inkurikirane y'amashusho n°13a).
4. Shyira ayo mashusho mu matsinda atatu, Isoko nziza, isoko itari nziza cyane, isoko mbi n'uburyo bwo kubika amazi.
5. Noneho tanga itonde y'amashusho no 13 b (Amazi yo kunywa).
6. Yashyire mu matsinda atatu: Amazi meza amabi n'ari mu rugero. Nimuganire impamvu bakoresha ubwo buryo maze ubabaze uburyo butanga icyizere bukoreshwa mu gace batuyemo.
7. Noneho saba abahugurwa bahaguruke bafite amashusho. Saba buri muntu guhagarara imbere y'abandi maze atoranye ishusho imwe muri buri bwoko uko ari butatu: Amasoko y'amazi, aho babika amazi yo kunywa. Babaze niba amazi azaba meza bitewe n'ibyo berekanye mu mashusho.
8. Ufashe ishusho yerekeye isoko y'amazi meza, biba byerekana ko amazi yavomwe mu isoko nziza ashobora kwandurira mu byo bayabikamo n'uburyo bayakoresha.
9. Mu mwitozo uheruka, bereke uburyo bwose butandukanye bwo kubika amazi maze usabe buri muntu avuge niba ishusho afite igaragaza aho babona amazi cyangwa uko bayabika.
10. Batere umwete bavugurure uburyo babikagamo amazi guhera mu cyumweru gitaha.

**IMYITWARIRE YIFUZWA N'INAMA BAGIRWA:**

1. Buri muntu akwiriye kunywa amazi angana na 1/5 kugeza kuri litiro 2 ku munsu.
2. Amazi yose akwiriye kubikwa mu kintu gisukuye kandi gipfundikirwa neza.
3. Koresha amazi uyasuka wirinda kudaha kugira ngo udakoramo.
4. Menyereza abana kuja banywa amazi batayanduje.
5. Mwirinde guhererekanya ibikombe cyangwa ibirahure musangira amazi cyangwa ibindi binyobwa.

## ITONDE Y'AMASHUSHO NO. 13a:Amazi meza yo kunywa — Uko bayabika



1. Ikibindi kirangaye



2. Ikibindi gipfundikijwe umwenda



3. Ikibindi gipfundikije akayungiro



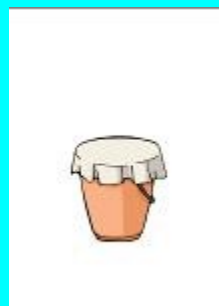
4. Ikibindi gipfundikije akeso



5. Ikibindi gipfundikiye giteretsweho ibikombe 6. Ikibindi gipfundikije ijagi



7. Ikibindi gipfundikiye neza+ibikombe+umudaho 8. Indobo irangaye



9. Indobo ipfundikije umwenda



10. Indobo ipfundikije umufuniko



11. Indobo ipfundikije umufuniko+igikombe



12. Indobo+igikombe+ umundaho



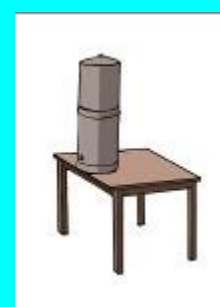
13. Ijerikane yanduye idafite umupfundikizo



14. Ijerikani isukuye +umupfundikizo



15. Ijerikane isukuye cyane+ ibikombe



16. Filitire ifite robine yacitse



17. Filitiri ifite igikombe+robine



18. Ijagi ipfundikiye



19. Ijagi



20. Umugore atwaye amazi

**IGIKORWA:** Kwerekana uburyo bwo gutegura amazi yo kunywa

**ITONDE Y'AMASHUSHO:** N° 13 b

**IBIKORESHO:** Icupa ry'umuti usukura amazi, amazi n'igikoresho cyo kuvangiramo.

**IGIHE:** Isaha imwe

**INTEGO:** Gusobanukirwa n'ukuntu amazi ashobora kubikwa neza

**UBUTUMWA BW'INGENZI:** "Sobanukirwa uburyo bwo gutegura amazi meza yo kunywa"

**UMUKORO:** Koresha umuti usukura amazi cyangwa uyateke mbere yo kuyanywa.

**UBURYO BUZAKORESHWA:**

1. Saba abantu bane kuza imbere maze buri wese afate mu ntoki ishusho iriho uko basukura amazi, 13b.10 - 13b.13.
2. Nimuganire ku buryo butandukanye bwo gusukura amazi.
3. Baza muri bo umuntu uheruka gusukura amazi maze ahaguruke maze ahagarare inyuma y' amashusho ane agereranya uburyo bune bwo gusukura amazi. Andika umubare wabo. Bareke bicare.
4. Bereke ukuntu imiti isukura amazi ikoreshe. Igihe udakoresheje umuti, amazi agenewe kunyobwa agomba gutekwa akabira nibura iminota itanu.
5. Muganire ku igihe amazi amara abira (nibura iminota 5) kugira ngo udukoko dupfe
6. Himba akaririmbo kerekeye gusukura amazi maze asubirane uburyohe bwayo, yahoze uyasukanura mbere yo kuyabika no kuyapfundikira.
7. Byaba byiza igikoresho giteka amazi kidatetswemo n'ibyukaririmbe iminota 6
8. Nimuganire ku buryo bwo guteka amazi.
9. Saba abandi batarasukura amazi bahaguruke maze bemeze ukuntu bazatangira gusukura amazi yo kunywa mu minsi iri mbere.

**IMYITWARIRE YIFUZWA INATANGWAMO INAMA:**

1. Jya uvoma amazi mu isoko irindwa imyanda/yubakiye.
2. Jya ubika amazi yawe mu kintu gisukuye kandi gipfundikiye.
3. Ntukigere unywa amazi adatetse cyangwa utabanje kuyasukura.
4. Nusanga amazi yatobamye (hamaze kugwa imvura nyinshi), mbere yo kuyateka cyangwa kuyashyiramo umuti banza uyatereke acayuke.
5. Kuyungurura amazi ntibihagije, ni ngombwa kuyateka kugira ngo mikorobe zipfe.
6. Fata neza amazi yo kunywa kugira ngo utayanduza.



## ITONDE Y'AMASHUSHO NO. 13b: Amazi meza yo kunywa — Uko akoreshwa



1. Imbwa iranywera mu ndobo



2. Umuntu aranywera mu iriba



3. Umuhungu aranywera ku ipombe



4. Aranyweshwa ikintu cyanduye



5. Arakoresha icupa ry'umutobe  
Drying produce



6. Aranyweshwa umunwa



7. Arashyira intoki mu mazi



8. Araha umwana amazi  
akoresheje umudaho



9. Arahesha umwana ijagi



10. Atetse amazi



11. Arayungurura amazi akoresheje umwenda



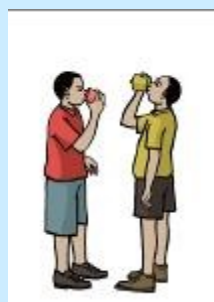
12. Akoresheje filitiri



13. Akoresha Sur Eau



14. Abana basangira igikombe



15. Abana ntibasangira igikombe



16. Abagabo barasangira inzoga

IGIKORWA:	Kuburizamo imigirire mibi
ITONDE Y'AMASHUSHO :	N° 14a
IGIHE :	Isaha imwe
INTEGO:	Gutangiza ikiganiro ku byerekeye umusarani uboneye
UBUTUMWA BW'INGENZI:	“Imana ikunda isuku, yanga abituma ku gasozi”

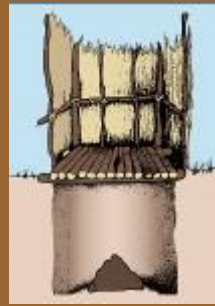
## UBURYO BUZAKORESHA:

1. Uhugura abanze ahe amashusho abahugurwa.
2. Abafite amashusho baza imbere maze buri wese asobanurire bagenzi be ikiri ku ishusho afite.
3. Buri wese igihe asobanura, ajye avuga niba hari abituma ku gasozi (umwanda wandagaye ku gasozi).
4. Shyira abantu mu matsinda abiri: itsinda rifite amashusho yerekana abantu bituma ku gasozi n'irifite amashusho y'abatituma ku gasozi.
5. Babaze niba iyi mico ikunze kuboneka aho batuye. Ibiyakunze kuboneka ubikuremo.
6. Noneho saba abahugurwa bo mu itsinda ry'abituma ku gasozi gushaka umuntu bacudika ufite ishusho yerekana abafite aho kwituma.
7. Abantu babiri babiri bakwiriye kwerekana amashusho yabo hamwe basobanura ukuntu ishusho imwe iha umuti abituma ku gasozi.
8. Noneho nimuganire iyi ngingo: Twakora iki ngo hatagira umuntu n'umwe uzongera kwituma ku gasozi.

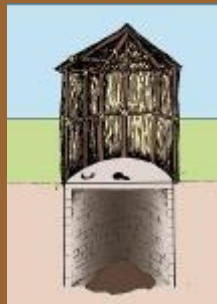
## IMYITWARIRE YIFUZWA KANDI ITANGWAMO INAMA:

- Ntukihagarike cyangwa ngo witume ku gasozi.
- Ntugafumbize umwanda ukiri mubisi.
- Umwanda abantu bitumye ukwiriye kubanza kubora nibura mu gihe cy'amezi 8 kugira ngo babone kuwufumbiza.
- Abana bakwiriye kwituma ahabigenewe.
- Umwanda abana bitumye ugomba kujugunywa mu musarani.
- Ntugakundire imbwa cyangwa ingurube kurya umwanda abantu bamaze kwituma.
- Ntukitume mu mazi, mu itanki yayo cyangwa mu kinogo.

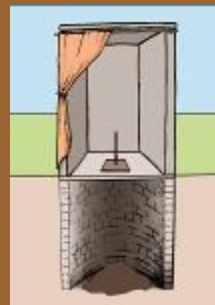
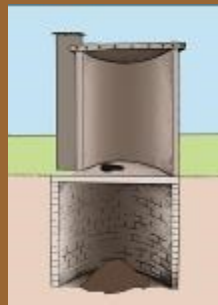
## ITONDE Y'AMASHUSHO NO. 14: ISUKURA



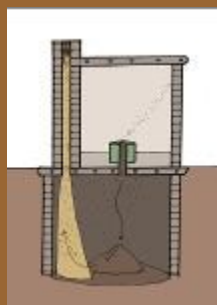
1. Kwituma ku gasozi 2. Kwituma ugataba mu kobo 3. Umusarane urangaye utidikishije ibiti 4. Umusarane urangaye wubakishijwe ibi-



5. Umusarane w'agateganyo+ umwenda 6. Umusarane utwikirije beto 7. Umusarane uhomyemo isima 8. Usize isima ku nsika, usakaye



9. Insika za sima + amabati 10. Inkuta za sima utinzwe na beto 11. Umusarane upfundikiye 12. Ufite imyobo 2



13. Inkari zijya ukwazo

14. Umusarane ufite itiyo isohora umwaka mubi

## ISUKURA: UMUSARANE UVUGURUYE

14.b

**IGIKORWA:** Urwego rw'imisarane

**ITONDE Y'AMASHUSHO:** N° 14 a

**IGIHE:** Isaha imwe

**INTEGO:** Gusobanukirwa n'uburyo bwo kuvugurura imisarane /ibikoresho by'isukura

**UBUTUMWA BW'INGENZI:** "Umusarane usukuye uwukoresha utishisha"

**UMUKORO:** Horana umusarane usukuye imuhira

### UBURYO BUZAKORESHWA:

1. Bahe amashusho yose yerekeye imisarane itandukanye (N° 14a.1. - 14a.14).
2. Saba buri wese gusobanura ishusho afite kandi avuge niba igereranya umusarane mwiza.
3. Tondeka amashusho ku murongo y'imisarane itandukanye kuva ku mubi kugeza ku mwiza cyane.
4. Noneho saba buri muntu ahagarare inyuma y'ishusho igaragaza imisarane bafite yerekana ibikenewe muri iki gihe ku misarane ivuguruye
5. Buri murongo ukore itsinda maze ujye impaka kuri iyi ngingo:
  - Niba umusarani ari mwiza cyangwa atari mwiza
  - Uko umusarane wavugururwa.
  - icyo umuntu yakora mu kuvugura umusarane
6. Kora igenamikorere y'ibyakorwa. Uburyo bwo gukusanya amafaranga.

### IMYITWARIRE YIFUZWA INATANGWAMO INAMA:

- Urugo rwawe rugire umusarani wujuje ibya ngombwa.
- Sukura umusarane buri munsu kugira ngo utanuka kandi ukumire isazi n'utundi dukoko.
- Shyira ivu ahazengurutse umwobo kugira ngo isazi zitahororokera.
- Jya uhora ukinze urugi rw'umusarane ngo hatagira inyamaswa/amatungo yinjiramo
- Kora ku buryo umusarane uhora upfundikiye kugira ngo isazi zitinjiramo.
- Ntugatume hari abituma iruhande rw'umwobo cyangwa ahazengurutse umusarani
- Teganya ibikoresho byo kwisukura (ikori cyangwa amazi n'isabune).
- Shyiraho aho umwuka mubi usohokera (itiyo) kugira ngo bigabanye umunuko.
- Shyira akayunguruzo hejuru y'itiyo aho umwuka usohokera kugira ngo gakumire isazi.
- Koresha imisarane iteganya uburyo umwanda uvamo ifumbire (ECOSAN).
- Fumbiza umwanda uvuye mu musarane nibura nyuma y'amezi 8.

IGIKORWA:	IRUSHANWA
IGIHE:	Isaha imwe kugeza kuri abiri
INTEGO:	Guha agaciro abantu bafite ingo zisukuye cyane
UBUTUMWA BW'INGENZI:	Rushaho gusukura urugo rwawe
UMUKORO:	Imenyereze imyitwarire myiza yose ugirwamo inama

Irushanwa ry'ingo ntangarugero: Ryagenewe urugo ntangarugero ku isuku yo mu rugo kandi uwo muryango ukaba ushyira ibintu byo mu rugo kuri gahunda.

Hitamo ibyangombwa by'ingenzi bigomba kugenderwaho uhereye ku byigwa.

Toranya itsinda ryo gusesengura (akenshi baturuka ku kigo nderabuzima, abakozi ba Leta , abalimu, n'abandi).

Gororera urugo/ingo rutsinze mu banyamuryango ba kelebe.

Niba Guverinoma ibishoboye: Ibiture kubazanira amazi (impombo z'amazi) cyagwa ikindi gikorwa remezo.

Kora ku buryo ibinyamakuru, Radiyo na Televiziyo bitangaza ingo zatsinze.

**IGIKORWA:** Gushyiraho amatsinda 3  
**ITONDE Y'AMASHUSHO:** N°16  
**IGIHE:** Isaha 1 - 2  
**INTEGO:** Kwiga ibyerekeye uburenganzira bw'abana  
**UBUTUMWA BW'INGENZI:** Abana ni u Rwanda rw'ejo, biteho neza.  
**UMUKORO:** Kora ibishoboka umenye ko abana bose biga

## UBURYO BUZAKORESHWA:

1. Basobanurire ukuntu abana ari abanyanteye nke bikaba ari ngombwa kubitaho ubikoranye urukundo.
2. Bahe amashusho yose.
3. Saba buri muntu kuza gusobanurira bagenzi be ishusho afite kandi avuge niba ishushanije ari nziza cyangwa mbi.
4. Basobanurire ukuntu abana baba bakeneye kwitabwaho no gukundwa.
5. Nimuganire ukuntu ari ingenzi ku bana kugira umwanya wo gukina.
6. Nimuganire ku bibazo byo kuvana umwana mu ishuri.
7. Nimuganire ku mwana ubana n'ubumuga n'ukuntu yasabana n'abandi bana.
8. Bashyire mu matsida mato baganire kuri ibyo bibazo bakurikije ibyo babona.
9. Ni ibihe bibazo byerekeye kwita ku bana kelebe z'isuku zadufasha gute kubikemura.
10. Amatsida yongere ahure bageze ku bandi imyanzuro yafashwe.

## IMYITWARIRE YIFUZWA INATANGWAMO INAMA

1. Abana bakeneye ababyeyi bombi kugira ngo bumve ko bashyigikiwe.
2. Abana bakeneye igihe gihagije cyo gukina.
3. Ntugakoreshe abana imirimo bakiri bato.
4. Abana bose bakwiriye kujya kwiga.
5. Abana b'abakobwa ntibakwiriye guhezwa.
6. Jya ugaburira abana incuro eshatu ku muni.
7. Reba neza ko abana bafite imyambaro bihariye kandi ujye uyisukura.
8. Abana bakwiriye kuhagiza isabune buri muni.
9. Teganya aho abana bajya bituma hakwiriye.
10. Jya uha abana amazi meza.

## ITONDE Y'AMASHUSHO NO. 16: Uburezi bwiza—Kwita ku mwana



1. Ababyeyi baraganiriza abana

2. Ababyeyi barakina n'abana

3. Abana bagiye ku ishuri

4. Umukobwa asibye ishuri



5. Umuhungu ntagiye kwiga

6. Abana bakina harimo abafite Ubumuga

7. Ha umwana imyenda n'ibitabo

8. Mbere yo kujya kwiga banza urye

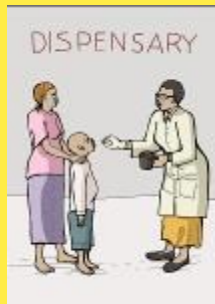


9. Uhagira abana buri muni

10. Mesa imyenda y'umwana buri muni

11. Buri mwana afite imyenda ye

12. Ubaka umusarani wujuje ibyagombaga



13. Abana ntibasangira igikombe

14. Jyana umwana ku ivuriro niba arwaye



**IGIKORWA:** Gushyiraho amatsinda 3, Gukumira indwara z'ubuhumekero

**ITONDE Y'AMASHUSHO:** N°17

**IGIHE:** Isaha imwe

**INTEGO:** Gufasha abantu gusobanukirwa uburyo bwo kwirinda indwara z'ubuhumekero

**UBUTUMWA BW'INGENZI:** Gukorora, kwitsamura, guhererekanya ibiganza byanduza abantu indwara

**UMUKORO:** Guhera nonaha, jya witsamura cyangwa ukorore wipfutse ku munwa

## UBURYO BUZAKORESHA:

1. Sobanurira abahugurwa amoko atatu y'indwara z'ubuhumekero (ibicurane, giripe boronshite, umusonga n'igituntu, werekana ishusho igaragaza ibihaha bizima n'ibyafashwe n'uburwayi).
2. Bahe amashusho yerekana ukuntu indwara z'ubuhumekero zikwirakwizwa mu bantu n'uko bazirinda.
3. Saba buri muntu ufite ishusho guhaguruka maze asobanurire bagenzi be ibishushanijeho kandi avuge niba iyo myitwarire ari myiza cyangwa mibi.
3. Saba abafite amashusho y'imyitwarire mibi guhaguruka kandi batonde umurongo bayafashe mu ntoki.
5. Bwira abafite amashusho meza guhaguruka maze babahagarare imbere bakumire amashusho mabi.
6. Basobanure kwitsamura wipfutse ku munwa ari ingenzi n'ukuntu gukaraba intoki ukoresheje isabune ari ingirakamaro bifasha kugabanya indwara z'ubuhumekero.
7. Nimukore agakino nyigisho kerekana uko birinda indwar z'ubuhumekero.

## IMYITWARIRE YIFUZWA INATANGWAMO INAMA:

1. Karaba intoki buri gihe ukoresheje isabune.
2. Ntugahe umukono cyangwa ngo wegerane n'umuntu wanduye.
3. Igihe witsamuye cyangwa ukoroye jya wipfuka ku munwa.
4. Koresha agatambaro igihe witsamura maze ukamese ukanike ku zuba.
5. Igihe cy'ubukonje jya wambara imyambaro ikongerera ubushyuhe.
6. Ntukanywere itabi mu bantu kugira ngo utanduza abatarinywa.
7. Jya wubaka igikoni maze uteganye ahanyura umwuka n'aho umwotsi usohokera.
8. Abana bakwiriye kuvurwa hakiri kare ukimara kubona ibimenyetso by'uburwayi.
9. Rya indyo yuzuye kugira ngo umubiri ugire ubudahangarwa.
10. Byaba byiza umuntu urwaye indwara y'ubuhumekero atararanye n'abandi.
11. Ntugacire cyangwa ngo wimwirire aho ubonye hose.

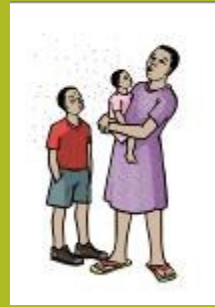
## ITONDE Y'AMASHUSHO NO. 17: indwara z'Ubuhumekero



1. Ibihaha bizima



2. Ibihaha birwaye



3. Arakororera ku bandi



4. Araywa isegereti



5. Arimyiza intoki



6. Aracira igikororwa hasi



7. Kwikora mu mazuru



8. Arahanagura amazuru y'umwana



9. Kwitsamura apfukishije ibiganza



10. Kwitsamura apfukishije urutugu



11. Aranyanyagiza ibitambaro



12. Arakaraba neza



13. Arumutsa intoki



14. Barihanaguza isume imwe



15. Baryama ahatagira umwuka



16. Baryama ahari umwuka



17. Ateka mu gikoni kirimo umwotsi



18. Akoresha rondereza



19. Araha umurwayi amazi



20. Araha umurwayi ibyo kurya

**IGIKORWA:** Gukumira Malariya  
**ITONDE Y'AMASHUSHO:** N°18  
**IGIHE:** Isaha imwe  
**INTEGO:** Gusobanukirwa n'uburyo bwo kwirinda malariya  
**UBUTUMWA BW'INGENZI:** Imibu itera ibizazane, wituma yororoka.'  
**UMUKORO:** Abo mu rugo bose bajye baryama mu nzitiramibu

## UBURYO BUZAKORESHWA:

1. Bagezeho amakuru yerekeye ikwirakwizwa ry'indwara ya malariya.
2. Koresha amashusho yerekana ukuntu twandura malariya. Saba bamwe guhagarara neza imbere, bafate ayo mashusho, berekana uko abantu bandura malariya.
3. Gira abantu uha amashusho agaragaza uko abantu birinda malariya. Nimuganire ku buryo imibu yakumirwa ntishobore gukomeza kororoka no kuruma abantu.
4. Hamagara abafite amashusho y'ukuntu malariya yandurwa, bahagarare imbere y'u-muntu ufite ishusho igaragaza uko tuyirinda. Ibyo biraba byerekana ko ishusho izarinda abantu umubu ntushobore gukura.
5. Nimurebere hamwe niba ubwo buryo bwo kuyirinda bushobora gukoreshwa mu baturage kandi mugaragaze n'uburyo byakorwa.
6. Saba abahugurwa gufata ingamba zo kurwanya malariya.
7. Kora ku buryo abana bose bari muni y'imyaka 5 bahabwa inzitiramibu.
8. Nimuganire ku bindi bikorwa bashobora gukora mu rwego rwo kwirinda imyo-rorokere y'imibu ikurura malariya.

## IMYITWARIRE YIFUZWA INATANGWAMO INAMA:

1. Jya uryama mu nzitiramibu kugira ngo bikurinde malariya.
2. Kora isuku ahazengurutse inzu kugira ngo umubu utabona aho wororokera.
3. Siba imyobo yose kandi ushake inzira y'ibiziba bireka.
4. Tera umuti mu binogo byose/ingomero z'amazi uburizemo iyororoka ry'umubu.
5. Tema ibyatsi n'ibihuru ahazengurutse urugo.
6. Kinga inzugi n'amadirishya bwije kugira ngo imibu itinjira.
7. Shyira akayungiro mu madirishya.
8. Abo mu rugo bose bakwiriye kuryama mu nzitiramibu.
9. Ihutire kujya ku kigo nderabuzima kwivuza igihe warwaye.

## ITONDE Y'AMASHUSHO NO. 18:

### Uko bandura malariya



1. Umubu utera amagi agahinduka inyo



2. Umubu ukuze



3. Amazi y'imvura areka mu bikopo no mu byobo



4. Umubu uruma umuntu urwaye malariya



5. Uwo mubu ukaruma umuntu muzima



6. Uwo muntu akarwara malariya

### Ukuyirinda



7. Mena amazi/siba ibinogo



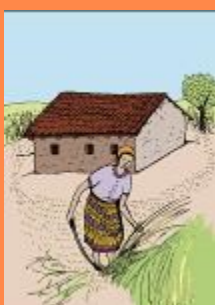
8. Suka amavuta kubireka



9. Shyira utuyungiro ku madirishya utere umuti



10. Gukoresha imiti yirukana udukoko



11. Tema ibyatsi bizengurutse urugo



12. Ryama mu nzitiramibu



13. Itwikire umubiri wose nijoro



14. Nywa imiti yo kwirinda

**IGIKORWA:** Gukumira inzoka ya bilariziyoze  
**ITONDE Y'AMASHUSHO:** N° 19  
**IGIHE:** Isaha imwe  
**INTEGO:** Gusobanukirwa n'uburyo bwo kwirinda bilariziyoze  
**UBUTUMWA BW'INGENZI:** "Ntutoborwe n'umugera wa bilariziyoze"  
**UMUKORO:** Nywa umuti wa bilariziyoze igihe uyirwaye

**UBURYO BUZAKORESHA:**

1. Ha abahugurwa amashusho ariho ubuzima bwa bilariziyoze (19.1.– 19.6) . Buri muntu agire iye maze umusabe kugira ibyo asobanura kuri yo.
2. Basobanurire neza ukuntu abantu bandura iyo nzoka.
3. Bahe amashusho yerekana uko bayandura (19.7– 19.12) . Buri muntu ahagarare imbere ya bagenzi be maze yerekana uko bilariziyoze ikwirakwira mu bantu. Basobanurire ko iyo myitwarire ari yo ituma abantu bandura. Nimubiganireho maze ubabaze niba bene iyo myitwarire ikunze kuboneka aho batuye.
4. Gira abantu uha amashusho agaragaza uko dukwiriye kwirinda iyo nzoka (19.13 - 19.20) maze ubasabe guhagarara imbere y'abafite amashusho y'ukuntu ikwirakwizwa. Bwira abafite amashusho yerekana ikwirakwizwa ryayo bicare.
5. Abafite amashusho y'uburyo tuyirinda basigare bahagaze imbere mu murongo. Kora incamake y'uburyo butandukanye bukoreshwa mu kwirinda bilariziyoze.
6. Shyira amashusho yose hejuru maze usabe abahugurwa gutoranye imwe yerekana imyitwarire yoroshye kugera ku iruhije guhinduka.
7. Nimuganire ku kintu cyakorwa uwo mwanya, mu gihe kigufi, no mugihe kirekire kandi werekana uko ibyo byakorwa.
8. Saba abahugurwa gufata ingamba zo kwirinda inzoka ya bilariziyoze. Shishikariza abafite ibimenyetso bya bilariziyoze cyane cyane abana kujya kwa muganga ngo bavurwe.

**IMYITWARIRE YIFUZWA ITANGWAMO INAMA:**

- Jya wituma mu musarane.
- Shaka imiyoboro y'amazi y'uburyo bwose kandi usukure aho utuye.
- Tera umuti ahantu birariziyoze ishobora kororokera.
- Jya ukoresha amazi asukuye , ntukavome amazi y'inzuzi n'imigezi.
- Jya wiyuhagirira imuhira, ntukoge mu nzuzi n'imigezi.
- Jya wogereza amasahane imuhira ntukayoze mu nzuzi/imigezi.
- Jya umesa imyenda imuhira, ntukayimese mu nzuzi/imigezi.
- Jya ujya kwivuza ku ivuriro niba hari ibimenyetso bya bilariziyoze bikugaragayeho.

## ITONDE Y'AMASHUSHO NO. 19: Bilariziyoze



1. Inzoka ziri mu nda



2. Amagi yatewe mu mabyi



3. Amagi n'amabyi bigiye mu mugezi



4. Amagi ahinduka inyo



5. Inzoka zirinjira mu kirenge



6. Umuntu wituma mu mugezi



7. Umuntu unyara bugufi bw'umugezi



8. Umuntu uhagaze mu mazi



9. Abagore baramesera mu mugezi



10. Abagore barogereza mu mugezi



11. Umusarane bugufi bw'inzu



12. Umugabo arataba amabyi ye



13. Umugabo utera umuti mu mugezi



14. Umugore aravomesha ipombo



15. Umuhungu ariho ariyuhagira



16. Umukobwa ariho aroza amasahane

# IRUSHANWA

**IGIKORWA:** Gutegura amarushanwa  
**IGIHE:** Isaha imwe  
**INTEGO:** Gukoresha irushanwa hagamijwe gutera umwete abaturage  
**UBUTUMWA BW'INGENZI:** 'Haranira kurusha abandi'

- Gutegura irushanwa mu bagize Kelebe cyangwa hagati y'Amakelebe mu rwego rw'Akagari, Akarere, Intara no mu rwego rw'igihugu ni zimwe mu ngamba zituma abaturage bitabira kugira isuku mu ngo zabo.
- Amarushanwa ni bumwe mu buryo bukoreshwa mu guhamba abagize umwete wo kuba intangarugero mu by'isuku aho batuye.
- Guha umwanya abayobozi n'abanyacyubahiro bizatuma ubona uko ubagaragariza ibibazo by'ubuzima rusange bw'abaturage ubagaragariza ko bishobora kuzakemurwa mubikesha inkunga yabo.
- Ushobora kandi gutegura inama muzageza ku baturage ibitekerezo bishya n'amakuru ku bantu batari abanyamuryango kugira ngo bitabire kuba bo.
- Abantu benshi bashimishwa no kurushanwa no kureba amarushanwa kubera ko bibaruhura ubwonko, bikabasetse ari na ko babyungukiramo.
- Bituma abantu bagira ishema mu muryango bikabatera kwiteza imbere mu mibereho myiza.
- Urwego rw'irushanwa ruzatwera n'amafaranga ahari n'ubufasha bwabonetse. Mushobora gusaba inkunga mu maduka/butike no mu bacuruzi.
- Shyiraho Komite yihariye yo gutegura ikusanya ry'inkunga no kwamamaza uwo munsu.

**Hitamo ibyo bazarushanwamo:**

## 1. Indirimbo nziza zerekeye ubuzima:

Buri CHC igomba gutegura indirimbo irimo ubutumwa bwerekeye ubuzima, hakaba irushanwa. Indirimbo ibaye iya mbere icishyira kuri radiyo na televiziyo by'igihugu mu rwego rwo kugeza ubutumwa ku baturage bose.

## 2. Ikinamico yabaye iya mbere:

Buri CHC ikwiriye gutegura irushanwa mu ikinamico ikubiyemo inyigisho z'ubuzima noneho ibaye iya mbere igatangazwa kugira ngo ubutumwa burimo bufashe abandi. Itsinda risengura rigomba kumvikana ku ngingo zibandwaho mu gutanga amanota (imyambaro, ibigize ikinamico, umwimerere, ibisetso, ubutumwa n'ibindi) no kugena amabwiriza azagenderwaho. Ikinamico ibaye iya mbere itangazwa kuri radiyo na televiziyo kugira ngo bibashe kugera ku baturage benshi

## 3. Ibibazo byerekeye ubuzima Irushanwa mu by'ubuzima:

Irushanwa nk'iri risanze rikorwa mu mashuri ariko bishobora no gukorwa mu baturage. Abayoboye uwo mushinga bashobora gukora urutonde rw'ibibazo byerekeye ubuzima byibanda ku byaganirweho mu mahugurwa ya CHC. Buri CHC itanga itsinda ry'abantu maze irushanwa rikaba ku mashuri atandukanye maze abana bakareba aho ababyeyi babo bakina. Ibi na byo bitangazwa kuri radiyo na televiziyo.

## 4. Isiganwa n'imikino:

Kwiruka ahantu harehara, gusiganwa ahantu hagufi, umupira w'amaguru n'intoki ni imikino imenyereye ishimisha abantu. CHC ifite ikipi y'umupira w'amaguru iba ifite amahirwe yo kubona urubyiruko rwitabira kuyizamo. Iyo uwo mwitozo ukorwa buri gihe bituma abawukina bagira ubuzima bwiza kandi bukaba n'uburyo butuma abanyamuryango bashya binjira.



# IBIRORI BYO GUSOZA AMAHUGURWA

<b>IGIKORWA:</b>	Gutegura gahunda yo gusoza amahugurwa
<b>IGIHE:</b>	Isaha imwe
<b>INTEGO:</b>	Guhemba abarangije amahugurwa nk'uko bikwiriye
<b>UBUTUMWA BW'INGENZI:</b>	“Uzahabwa icyubahiro n'abaturanyi bawe” “Abarangije bahabwa impamyabushobozi”

Imihango yo guha ibyemezo by'abarangije amahugurwa y'Amakelebe y'Abaturage agamije isuku yakozwe n'Abajyanama b'Ubuzima bo mu Mudugudu iba ku mugaragaro. Iyo irangiye ni bwo amakelebe atangira gukora imirimo yayo bitakiri ngombwa ngo Minisiteri y'Ubuzima ibatekerereze ibyo bagomba gukora. Ariko rero, iyo bigeze kuri iyi ntambwe, ni ngombwa ngo habe hari Komite Nyobozi ishoboye kuyobora gahunda ya Kelebe igamije gukemura ibibazo by'ubuzima bw'abaturage, harimo gufata neza amazi, n'isukura no gucunga imyanda mu mudugudu wabo.

Muri ibyo birori hatumirwa abaturage bose bo mu mudugudu, baba abanyamuryango ba Kelebe cyangwa se atari bo kugira ngo bakurikirane umuhango wo guha impamyabumenyi abarangije amahugurwa kandi bagatsinda amasomo yose yateganijwe. Ni umunsi w'ibirori ukomeye aho abarangije bemerwa ku mugaragaro kandi n'agaciro kabo kakamenyekana. Muri byo birori kandi hatumirwa n'abayobozi n'umushyitsi uza kuyobora imihango n'abashyitsi b'imena **bo gutanga impamyabumenyi ku batsinze**.

Umujyanama w'Ubuzima mu mudugudu akoresha ubushishozi mu gutoranya abantu batsinze kandi barangije amasomo yose yanditswe ku ishusho y'abanyamuryango. Dukurikije uko twabibonye, ni byiza cyane guhitamo abakurikiranye ibiganiro byose kandi bakaba barujije ijana ku ijana (100%) nta kubabarira kubera impamvu runaka. Niba hari uwacikanywe n'ikiganiro kimwe cyangwa se bibiri basabwa kuzakurikirana ibyo biganira ariko ntibahabwa impamyabumenyi batarangije. Ibyo bituma hatabaho ishyari maze gahunda igatangira nta nzitizi kandi amabwiriza agakurikizwa hose uko yakabaye. Nta buriganya bushobora kuhaba bitewe n'uko abahawe impamyabumenyi bashobora kuzatorerwa indi mishinga mu bihe biri imbere, urugero, umushinga wo kuzana amazi n'uwerekeye isukura n'ibindi. Ibyo bizatuma habaho icyizere cy'uko ibyagenewe Kelebe bitazanyerezwa. Iri tegeko/ibwirizwa ni imwe mu mpamvu zikomeye zituma Kelebe y'Abaturage igamije Isuku ikomera igakomeza imishinga yatangiye kandi amikoro abonetse ntasesagurwa.

Ibigize gahunda y'imyiteguro:

1. Hitamo igihe n'aho bizabera. Tumira mu nyandiko abagomba gutumirwa bose n'abayobozi hasigaye nibura ukwezi ngo imihango ibe.
2. Shyikiriza Minisiteri y'Ubuzima urutonde rw'abarangije kugira ngo hategurwe impamyabumenyi zabo.
3. Tegura hakiri kare irushanwa ry'abaririmbyi n'abahanzi kugira ngo abazatsinda bazagaragaze ibihangano byabo (indirimbo n'udukinamico) kuri uwo munsi kandi uteganye urugo ntangarugero ruzasurwa uwo munsi.
4. Teganya abanyamakuru ndetse n'abafata amafoto ku bizahabera.
5. Teganya ibyerekeye ingendo z'abantu bazaza (bibaye ngombwa).
6. Teganya ibihembo by'abazagira icyo bakora kuri uwo munsi.
7. Hitamo uzayobora gahunda n'abazavuga amagambo.
8. Tegura gahunda: Ntigomba kurenza amasaha 2.
9. Uwo munsi, amakelebe yose azana amabendera yabo n'amakarita y'imidugudu bakinjira bari rimba indirimbo zabo zerekeye ubuzima.
10. Amakelebe yose akwiriye kuza yambaye umwambaro usa, bishobotse, kandi bakazana n'imiryango yabo n'incuti zabo.