Ibigo byita ku bantu bahumanyijwe n`uburozi bitanga inama zimbitse mu gihe cya vuba, kuri telefone. Dushobora kugufasha wowe n`umuryango wawe mu makuba atewe no guhumanywa n`uburozi, no mu gusubiza ibibazo bifitanye isano biturutse ku guhumanywa n'uburozi

Ushobora guhamagara ku manywa cyangwa n'ijoro. Iminsi irindwi mu cyumweru, umunsi uwo ari wo wose w`umwaka. Abaforomo, abahanga mu miti, abaganga, n`izindi nzobere mu birebana n'uburozi buhumanya bazitaba telefone yawe muvugane.

Dushobora kuguha ubufasha mu ndimi zirenze 150 ndetse n`iyo waba ufite ubumuga bwo mu matwi.

Hari ibigo bitanga ubufasha mu byerekeye uburozi buhumanya mu gihugu hose. Ushobora kuvugana n`ikigo cyita ku byerekeranye n'uburozi buhumanya wahamagara kuri **1-800-222-1222** aho waba uri hose muri AMERIKA.

Ubutabazi bw`ibanze mu gihe umuntu yahumanyijwe n' uburozi

Iyo umuntu

- ✔ Atagihumeka
- ✔ Arabiranye
- ✔ Aguye igihumura

Ako kanya hita uhamagara 911.

Uburozi buhumanya amaso

Oza amaso ukoresheje amazi yo kuibombo. Hamagara ku kigo cyita ku bantu bahumanyijwe n'uburozi kiri hafi yawe kuri nomero 1-800-222-1222.

Uburozi buhumanya uruhu?

Kuramo imyambaro yose yagezweho n`uburozi. Oza uruhu ukoresheje amaziyo kuibombo. Hamagara ku kigo cyita ku bantu bahumanyijwe n'uburozi kiri hafi yawe kuri nomero 1-800-222-1222.

Uburozi buhumetswe mu mwuka?

Ihutire kujya ahari umwuka mwiza. Hamagara ku kigo cyita ku bantu bahumanyijwe n'uburozi kiri hafi yawe kuri nomero 1-800-222-1222.

Uburozi umuntu yamize

Hamagara ku kigo cyita ku bantu bahumanyijwe n'uburozi kir ihafi yawe kuri nomero 1-800-222-1222.

Uramenye ntugerageze uburyo bwa magendu cyangwa ngo ugerageze kumurutsa. Banza uhamagare ku kigo cyita ku bantu bahumanyijwe n'uburozi.

Ukeneye amakuru arambuye wajya ku rubuga rwa interineti www.aapcc.orgcyangwa ugahamagara ikigo cyita ku bantu bahumanyijwe n'uburozi kikuri hafi.

©2010 Ishyirahamwe ry`ibigo byita ku bantu bahumanyijwe n'uburozi muri Amerika

Ikigo cyita ku bantu bahumanyijwe n`

UBUROZI

Buri gihe nyuma y'amasegonda 8 haba hari umuntu ukeneye ubufasha bw' ikigo cyita ku bantu bahumanyijwe n`uburozi...

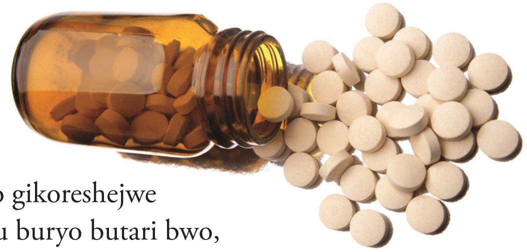
Ushobora kuba ari wowe utahiwe se?

POISON Help 1-800-222-1222

Ubufasha bw`inzobere ku buntu, mu kanya gato. Amasaha 24 kumunsi, iminsi 7 mu cyumweru.

Wari uziko?

Akenshi dutekereza ko abana aribo bashobora kurogwa Nyamara abenshi mu bicwa n`uburozi baba ari abantu bakuze! Uburozi ni ikibazo kuri twese. Hafi ya buri kintu Gishobora kuba uburozi



iyo gikoreshejwe
mu buryo butari bwo,
mu rugero rutari rwo,
cyangwa n`umuntu utakigenewe.

Bumwe mu burozi:

- Imiti (yanditswe na muganga, imiti iguzwe utayandikiwe na muganga, imiti rwatsi) n`ibiyobyabwenge
- Imiti y`isuku nk'iyo gusukura imisatsi, ubururu, imiti yica udukokon`ibyatsi bibi, umuti wozaibirahure by`imodoka, na peteroli y`itara.
- Imiti ukoresha ku kazi
- Amenyo n`imbori
- Ibihumyo n`ibyatsi
- Imyotsi na za gaze

Gukoresha urugero rutari rwo rw`umuti cyangwa umuti w`undi muntu, kurya isabune yoza ibyombo utabimenye, kuvanga imiti y`isuku, cyangwa kunywa alukolo nyinshi bishobora kuba uburozi.

Kuki wagombye guhamagara?

Kurogwa bishobora gushyikira uwo ari we wese, kandi ibigo byita ku bantu bahumanyijwe n'uburozi bibereyeho buri wese. Guhamagara ni ubuntu kandi uhamagara agirirwa ibanga.

Tugufasha kudasesagura no kudapfusha ubusa igihe cyawe.

Abantu barindwi ku icumi bahamagara ku bigo byita ku bantu bahumanyijwe n'uburozi bibegereye babonera ubufasha kuri telefone. Ntibirirwa bajya kubonana na muganga cyangwa ku ivuriro.

Muganga ukuvura nawe ahamagara ku kigo cyita ku bantu bahumanyijwe n'uburozi.

Iyo abaganga n`abaforomo bagize ikibazo mu kuvura uwarozwe, bahamagara ku kigo cyita ku bantu bahumanyijwe n'uburozi kibegereye.

Turi inzobere.

Ubufasha bw`inzobere ku buntu, mu kanya gato. Amasaha 24 kumunsi, iminsi 7 mu cyumweru.

1-800-222-1222

Akabanga ku buryo wakwirinda uburozi

Niba ukeka ko umuntu yamize uburozi, hera ko uhamagara kuri nomero 1-800-222-1222. Uburozi bukaze ntabwo iteka buhita bugaragaza ibimenyetso igihe cyose.

- Andika nomero 1-800-222-1222 muri telefone yawe igendanwa, no hafi y'aho telefone yo mu rugo iri.
- Rekera imiti n`ibindi bikoreshwa mu isuku yo mu rugo mu macupa byajemo kandi ubibike kure y`ibyo kurya.
- Igihe cyose soma ibyanditse ku icupa kandi ukurikize amabwiriza yose.
- Bika ibikoresho byawe by` isuku yo mu rugo n`imiti isanzwe ahafungwa. Bibike aho abana batabona kandi badashyikira.
- Gura ibikoresho bipfundikiye kuburyo bugora abana kubipfundura. Gusa wibuke ko ntacyo umwana adafungura.
- Irinde kwita imiti "bombo". Hari ubwo uburozi buba busa n`ibiribwa cyangwa n'ibinyobwa. Igisha abana kubanza kubaza umuntu mukuru mbere yo kumva {kuryaho/kunywaho}.
- Menya imiti n`ibiyobya bwenge urubyiruko rukoresha mu kwitesha umutwe. Ganiriza abana bawe b' n`ingimbicyangwa abajya kuba zo ibyerekeyne`aya makuba.
- Shyira mu nzu yawe Akuma gatabaza Igihe hari umwuka wa karubone bita monogiside.