Ibigo vyacu bitanga inama vuba bikoresheje telefoni. Dushobora kubatabara hamwe n'imiryango yanyu gusigura ivyerekeye isumu;

Mushobora guhamagara ku mutaga no mw'ijoro, iminsi indwi mu ndwi, umunsi uwo ariwo wose w'umwaka. Abaforomo, za Pharmasi, ba dogiteri n'abandi banyabuhinga bacu bazobishura;

Dushobora gusubiza mu ndimi ijana na mirongw'itanu (150), kabone woba uri n'igipfamatwi!!

Dufise ibigo biraba isumu mu gihugu hose. Hamagara izi nomero **1 800 222 1222** aho woba uri hose muri Amerika (USA)

Tubafasha gute?

Ugutabara Gutangura kubahawe Uburozi:

- ✔ Iyo umuntu ahagaritse guhumeka ;
- ✔ Aguye hasi (akorotse) canke
- ✔ Asa nkufise igicure;

Ca uhamagara 911.

Isumu yo mu maso:

Koza mu maso n'amazi atemba (ku ibombo) Hamagara Poison Center 1 800 222 1222

Isumu yo kumubiri:

Vanamo impuzu zandujwe n'ibihumanya canke isumu, kandi woze umubiri n'amazi atemba; Hamagara Poison Center 1 800 222 1222

Wahumetse isumu canke ibihumanya:

Sohoka hanze uje ahari umwuka mwiza; Hamagara Poison Center 1 800 222 1222

Wamize isumu canke ibihumanya:

Hamagara Poison Center 1 800 222 1222;

Ntuzokoreshe imiti yo murugo canke ugerageze kurutsa(kumudahwisha), hamagara mbere Poison Center.

Amakuru arambuye tohora kuri Internet www.aapcc.org canke Poison Center canke uhamagare ishirahamwe Poison Centre rikwegereye.

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Ikigo canyu Kiraba Amarozi

Uko amasegunda umunani aheze, umuntu umwe ashobora gukenera iki kigo......

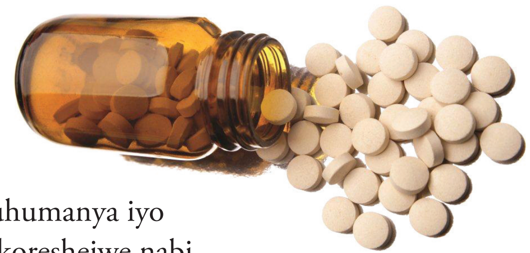
Yoba ari wewe?

POISON Help 1-800-222-1222

Kubusa, vuba, ubuhinga mu gutabara (kugoboka) Ijoro n'umutaga Iminsi indwi kundwi

Mbega urazi ko?

Twiyumvira kenshi ko ari abana bahabwa isumu. Mugabo abenshi bahabwa isumu n'abantu bakuze. Isumu canke ibihumanya n' isanganya kuri twese. Ikintu cose gishobora



guhumanya iyo gikoreshejwe nabi, urengeje igipimo co gufata imiti canke bikoresheje n'utagomba kubifata;

Bimwe mu isumu canke ibihumanya ni:

- Imiti: iyanditse na muganga canke itanditswe, imiti nya rwatsi n'idandazwa ku barabara,
- Ibikoreshwa imuhira nka shampoo, bleach, imiti yica udukoko mu mazu, amazi ashirwa mu muduga, n'ibitoro vyo gucana munzu;
- Imiti ikoreshwa mu nganda;
- Kurumwa n'imbwa canke inzuki;
- Ibihumyo canke bimwe mu birimwa;
- Imyotsi n'imyuka ihumanya;

Kurenza urugero ufata imiti, kunywa imiti itari iya wewe, kurya isabune zo koza ivyombo no kunywa inzoga zikomeye cane.

Kuki ugomba guhamagara iyo uhuye n'isanganya?

Amarozi canke guhumana birashobora gushikira buri wese! Guhamagara (gutera akamo) ni kubusa.

Tugufasha Kudatakaza Amahera n'Umwanya:

Abantu indwi kw'icumi baduhamagara batabagwa (bagobokwa) hakoreshejwe itelefoni. Ntibagomba kuraba Dogiteri canke kuja ku bitaro.

Dogiteri Wawe nawe Ahamagara Poison Centre:

Mugihe Dogiteri canke umuforomo bakeneye ibisiguro vyerekeye isumu, nabo baraduhamagara kuko tubifise mo ubuhinga.

Turi abahinga.

Kubusa, vuba, ubuhinga mu gutabara (kugoboka)
Ijoro n'umutaga
Iminsi indwi kundwi

1-800-222-1222

Ingene wo Kwirinda Isumu:

Niba wiyumvira ko kumbure umuntu yahawe Isumu, udatevye hamagara vuba kuri telefoni 1 800 222 1222. Amarozi ntabwo yerekana ibimenyetso vyayo ako kanya;

- Andika no 1800 222 1222 muri telefone yawe yo mu ntoki na hafi ya telefone y'imuhira;
- Shira imiti n'ibikoresho vyo mu rugo mu mwanya wavyo aho bitari hafi y'indya;
- Buri teka (burigihe), soma ingene bikoreshwa kandi ubikore uko bisiganuye;
- Ugara buri gihe aho imiti n'ibikoreshwa bibikwa, aho abana batabibona canke bashobora gushika;
- Gura(hemera) ibintu byugaye(bifunze) abana batashobora kugurura, n'ubwo ntakinanira abana;
- Ntukitiranye imiti na candy canke bombo, ibihumanya bishobora gusa n'ibifungugwa canke ivyo kunywa. Toza abana gusiganuza mbere yo kubonja ikintu canke ivyo kunywa.
- Umenye ibintu canke imiti abana bakunda cane. Sigurira abana ingaruka mbi zishobora kubashikira.
- Gushira munzu akamashini k'ifirimbi kubera impanuka z'umuriro.