Mu gihe ikigo gifite imirindankuba, kwirinda guhagarara iruhande rw'aho umanukira ukajya nibura muri metero eshatu;

Kugira uburyo bw'itumanaho buzwi n'abanyeshuri ndetse n'abarezi bwifashishwa mu gutanga ubutumwa buburira (Inzogera, indangururamajwi, ...)

Murezi, mubyeyi, ibutsa umwana kwitwararika izi ngamba.

Mu gihe habaye gukubitwa n'inkuba,

- Gutanga ubutabazi bw'ibanze,
- Gutabaza ku gihe,
- Kwihutira kugeza uwo yakubise kwa muganga.

Ibigo by amashuri birashishikarizwa gushyira imirandankuba ku nyubako z'amashuri no gufata ubwishingizi ku bishobora kwangizwa n'inkuba cg inkongi z'umuriro rimwe na rimwe ziterwa no gukubita kw'inkuba.

Gira uruhare mu gukumira ingaruka ziterwa no gukubitwa n'inkuba.

Ni ubutumwa bwa Minisiteri Ishinzwe Ibikorwa by'Ubutabazi (MINEMA).

Ukeneye ibindi bisobanuro wahamagara umurongo utishyurwa 170."

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REPUBULIKA Y'U RWANDA
UBUMWE - UMURIMO - GUKUNDA IGIHUGU

MINEMA

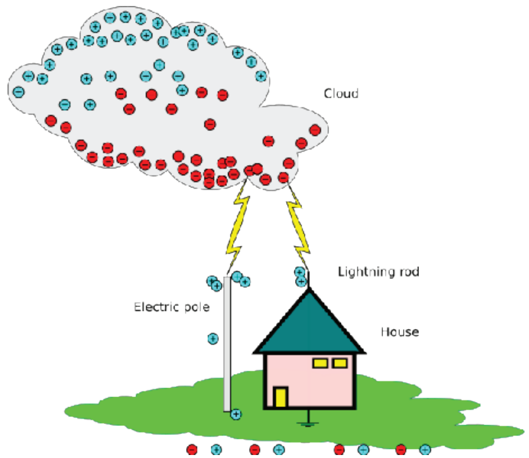
TWIRINDE, DUKUMIRE GUKUBITWA N'INKUBA

Ese inkuba ni iki ?

Inkuba ni amashanyarazi avuka mu kirere cyangwa se hagati y'ikirere n'isi biturutse ku inyuranamo ry'ibicu cyane cyane mu gihe cy'imvura, aho biteza guhura kw'ibimenyetso bitandukanye by'amashanyarazi, kuramo na teranya bikabyara umurabyo n'urusaku.

Ayo mashanyarazi avuka akaba yangiza ibintu cyangwa umuntu biri mu nzira yayo, ari byo byitwa gukubitwa n'inkuba.

Mu Rwanda inkuba nicyo kiza (Disaster) cya mbere mu gutwara ubuzima bw'abantu benshi no kubakomeretsa mbere y inkangu n imyuzure.



Ni izihe ngaruka ziterwa no gukubitwa n'inkuba ?

Zimwe mu ngaruka ziterwa no gukubitwa n'inkuba twavuga :

- Gutwara ubuzima bw'abantu,
- Gutwika uwo ikubise ikamuteza ubushye bukomeye,
- Gusigira ubumuga butandukanye uwo yakubise harimo, kwangirika kw'imitekerereze, guhagarara kw'ibice bimwe na bimwe by'umubiri (Paralysis)
- Gutwika ibikoresho cyane cyane ibikoresha amashanyarazi ;
- Gutera ihungabana ;

Ese ni iki twakora ngo twirinde gukubitwa n'inkuba ?

Mu bihe by'imvura cyane cyane umuhindo n'itumba haba ibyago byinshi byo kugira inkuba, ziteza ingaruka zavuzwe hejuru iyo hatabayeho kwitwararika.

Abanyeshuri bari mu bakunze kwibasirwa no gukubitwa n'inkuba.

Niyo mpamvu, buri munyeshuri asabwa kubahiriza ingamba zikurikira by'umwihariko igihe cy'imvura irimo inkuba:

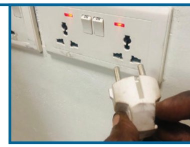
Guhagarika gukinira hanze mu gihe imvura itangiye kugwa ;

Kwihutira kugama mu nyubako/ishuri biri hafi, ukava byihuse mu mazi,

Kwirinda kugama munsi y'ibiti mu gihe uva cyangwa ujya ku ishuri,

Kirazira gukoresha telefoni mu gihe cy'imvura nk'iyo,

Kirazira kureka amazi cg gukora indi mirimo hanze mu mvura nko kumesa n'ibindi



Comokora mudasobwa n'ibindi ibyuma byose bikoresha amashanyarazi

Irinde kwegera hafi y'iminara y'itumanaho cg hafi y'uruzitiro rukozwe mu byuma.

Kwirinda kwegera cyangwa kwegamira inzugi n'amadirishya cyane cyane ibikoze mu byuma;

Kwirinda gukorakora no kwegera ibyuma bitandukanye bigize inyubako z'amashuri,

Kwirinda kwitwikira imitaka ifite utwuma hejuru cyangwa se gufata mu ntoki ibyuma ibyari byo byose;