UBURYO BWIZA BWO GUKARABA INTOKI

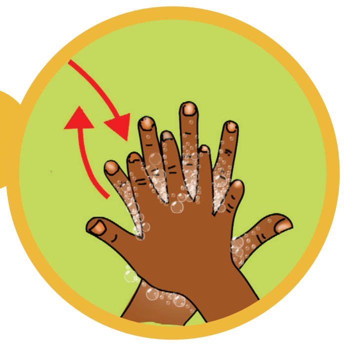
Akamaro ko gukaraba intoki:

- Gukaraba intoki n'amazi meza n'isabune bituma udukoko tuzirimo dupfa bityo bikakurinda indwara zituruka ku mwanda
- Kugira isuku mu biganza birinda umuntu indwara kandi bigakumira kuyikwirakwiza mu bandi

Intambwe zo gukaraba intoki:

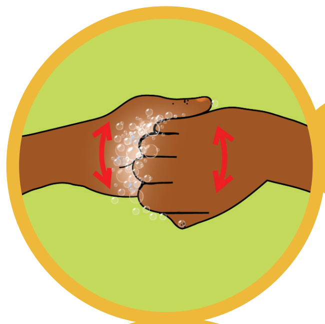
1. Tosa intoki n'amazi meza

2. Shyira isabune mu ntoki uyivugute neza ibiganza byerekeranye cyangwa se birebana kugeza urufuro ruje



3. Kora ku buryo ikiganza ukigereka ku kindi intoki zisobetse maze ubikubanye bihagije

4. Erekeranya ibiganza, usobekeranye intoke maze ubikubanye bihagije



5. Karaba neza inzara z'intoki zawe ukube no hagati mu kiganza

6. Karabya neza buri gikumwe ugenda ugikaraga mu kindi kiganza

7. Ukoresheje inzara, kuba mu biganza ugenda ukora nk'uruziga

8. Iyunyuguze neza n'amazi meza, wiyumutse n'agatambaro gasukuye cyangwa wiyumutse wifashishije umwuka/ umuyaga

Ikitonderwa:

- *Gukaraba neza intoki buri gihe ukoresheje amazi meza n'isabune tubigire umuco atari ukwirinda Ebola cyangwa Koronavirusi gusa, ahubwo twirinda indwara zose zituruka k'umwanda*
- *Ibuka gusukura ahantu ufata ku mbago, ku nkoni cyangwa indi nyunganirangingo ukoresha*