

## AHANTU HATEKANYE H'URUBYIRUKO HO KUBONERA SERVISI ZINOZE Z'UBUZIMA



### HURA NA MUGANGA WIZEWE, MUBURYO BW'IBANGA

**INYIGISHO, UBUJYANAMA, KWIPIMISHA,  
UBUFASHA NO KUVURA:**



#### Ubuzima bw'Imyororokere

- ✓ Indwara zandurira mu mibonanompuzabitsina (STIs)
- ✓ Virusi itera HIV & SIDA
- ✓ Kuboneza urubyaro no Kwirinda gutwita
- ✓ Gupima Inda na serivisi zibanze ku batwite
- ✓ Udukingirizo
- ✓ Ibibazo bihereranye n'imihango
- ✓ Indwara z'imyanya ndangagitsina
- ✓ Inama n' ubufasha bw'ibanze ku Ihohoterwa rishingiye ku gitsina.
- ✓ Ibibazo bihereranye no gukuramo inda.
- ✓ Abasore bifuzaga kwisiramuzaga
- ✓ Abifuzaga gushinga urugo
- ✓ Ubwoko bw'amaraso

#### Ubuzima bwo mu mutwe

- ✓ Kwirinda ibiyobyabwenge,
- ✓ ubusinzi,
- ✓ akato n'ihohoterwa,
- ✓ n'ibindi byangiza ubuzima.
- ❖ **Indwara zitandurira**
- ❖ **Inama n' ubufasha bw'ibanze kubabyaye bakiri bato.**
- ❖ **Ibijyanye n'imirire n' Isuku bwite**
- ❖ **Amatsinda atandukanye y'ubufatanye n'abaterana inkunga.**



#### **SOBANUKIRWA, UFATE IBYEMEZO BYIZA, UGIRE UBUZIMA BWIZA KANDI UTERE IMBERE**

- ☞ Imiterere, Impinduka n' imikorere y'imyanya myibarukiro
- ☞ Indwara zandurira mu mibonano mpuzabitsina
- ☞ Kwirinda gutwita inda utifuza
- ☞ Kwirinda ibiyobyabwenge, ubusinzi, akato, ihohoterwa, n'ibindi byangiza
- ☞ Andi makuru ahereranye n'imibereho myiza no kubungabunga ubuzima.

**TURAGUTEGA AMATWI –  
TURAKWITAHO –  
TURAGUFASHA**

#### **IMIKINO ITANDUKANYE, KWIDAGADURA, NA SERVISI Z' IKORANA BUHANGA**

- ▶ Imikino,
- ▶ kwidagadura
- ▶ Wi-Fi y'ubuntu
- ▶ Amakuru ku buzima hakoreshejwe ikorana buhanga
- ▶ Kwigisha urubyiruko gukoresha neza murandasi n'imbuga nkoranyambaga.



**TUGIRA IBANGA, UBUFATANYE, SERVISI N'UBUNTU URUBYIRUKO RWOSE RUHawe IKAZE**

Hamagara :