

Ibikorwa bishoboka byatuma imikorere ya **WASH** yiyongereera

Impfasha nyigisho
ya 'WASH'
y'abakozi bi ubyu
buzima mubyarwo,
abigiisha kurwego
rwurungano
n'abakurikirana
ibikorwa byabo.



GUSHIIMIRA

Inyigisho yo mu minisitire y'ibyubuzima mu igihugu cya Uganda yateguwe n'inama y'umushinga wa WASHplus ikoresha impfashanyo kuva mu USAID (United States Agency for International Development). Iyi gahunda irashima Mariella Ruiz-Roquez, igitongore cya USAID muri Uganda kubwo umuhaati n'okwitanga bagiriye umushinga wa WASH. Uyu mushinga nti wari gushoboka iyo hatabaho indi mishinga yafatanije n'igitongore cya USAID nka SDS (Strengthening Decentralization for sustainability) Umushinga wa SPRING (Strengthening partnership, results and Innovations in Nutrition Globally Project), umushinga wa STAR-SW (Strengthening TB and HIV/AIDS response in the South West) na ba kuriye iby'ubuzima bo mu ma disitirikiti ya Kisoro, Kanungu na Kabale. Bamaramaje kwifatanya kureeba ko bashoboye gufasha aya madisitirikiti kuzana iyigahunda mubyaro ubwabo.

Uyu murimo wo gufasha wari warashiriweho guteeza imbere ibihugu nka Ethiopia, Kenya hamwe na Uganda na ba memba bashinzwe ibyo guteeza imbere iby'isuku mugitongore cya USAID (Hygiene improvement project) wongeyeho Runuka Bery, Julia Rosenbaum Elionore Seumo, hamwe na Elizabeth Younger. Juliet Nandahura na Julia Rosenbaum bavuguruye ibipande bitanga inama, bashingiye ku bya suzumwe n'abakozi biby'ubuzima mu ma disitirikiti, abiby'ubuzima mu byaro, abigiisha burungano bakoresheje mu minisitire yiby'ubuzima.

INYANZURA

Iyi gahunda yashyiriweho gufasha abaturage n'abakozi bo mu ma rwariro kugira ngo bigiishe abantu bamenye uburyo bwo gukoresha amaazi, iby'isuku n'isukuura. nabandi babifitemo uruhari nk'ababyeyi, na bandi bantu bafasha abana, amago atishoboye hamwe na bafite aga kooko ka siliimu.

Umwana guhora ahitwa, bituma adakura neza. Kurushaho mu mikorere y'ibya WASH nko guheha, gukaraba intoki n'isabune, ,kubiika no gufata neza amaazi mu m'amago bifasha kurinda indwara nko guhitwa, no gukendeza gupfa kw'abana bakiri hasi y'imyaka itanu. Kongera ku mikorere y'ibikorwa bya WASH, kugira isuku mu by'imihango y'igitsina gore hamwe n'indi mikorere ya WASH nkuko bivuzweho haruguru, imibereho myiza mu mago hamwe nu buzima bwiza n'igihe cyo kumara mu mashuri n'ogushakisha ubutunzi.

Amasezerano yo kumara imyaka itanu(2010-2015)-AIDOAA-A-1000040 yo gukorera hamwe yashizwe munkora na FHI360, Umushinga wa CARE, nu mushinga wa Winrock Internationa bitewe inkunga na office ya USAID ishinze ibyubuzima mu isi yose. WASHplus yashyizeho uburyo bwiza bwo gushigikira ubuzima bwo kubaho neza mumago n'imiryango, bashiraho uburyo bwo kugera kubuzima bwiza.umikorere yi by'ubuzima bwiza nko kuba na maazi meza, isuku no gusukura(WASH) hamwe nibifashe kubyo kwanduza umwuka womu mazu (Indoor air pollution). WASHplus ikoresha gahunda zo gusuzuma uburyo indwara zo guhitwa hamwe n'izifata mubuhumekero uko zakendera musiyose. Izi ndwara ibyere n'izo zikunda kwica abaana bakiri bato bafite imyaka iri haasi y' itanu.

Niba hari icyo ushaka ku menya jya kuli www.washplus.org cyangwa email: contact@washplus.org

ICYO USHAKA KUMENYA:

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FHI 360
1825 Connecticut Avenue, NW
Washington, DC 20009-5721
Communication via: jrosebaum@fhi360.org

GUKORESHA IYI MPFASHA-NYIGISHO

Nk'umukozi w'ibyubuzima kucyaro, uhugura urungano cyagwa umuvuuzi wo ku vuuriro ryo ku cyaro ,ufite inshingano ebyiri mugihe ukoresha iyi mpfasha-nyigisho:

1. Mu ivuuriro, icyaro cyo urimo hamwe n'urugo ubaramira, koresha inkora yisumbuyeho ifashe ku iby'amaazi ,isuku no gusukura.
2. Shyigikira amago kugira ngo ashishikarire gukoresha uburyo bwa WASH buri igihe.
Mu mwanya wo kwigiisha no guteza imbere imikorere y'umushinga wa WASH, tekereza uko wa kemura no gukuraho ingorane **kugira ngo icyo mwaganiragaho kirangire no kwitangira ku mikorere mishya hamwe n'ubuhanga, kwiyunvamo ubushobozi n'ubumenyi bwokubikora.**

Izi kadi zashiriweho kuku yamba kugira ngo ukore umurimo waawe neeza no kugufasha kwibuka ibyo ugomba kumenyesha abantu by'igenzi nka maazi, isuku hamwe n'isukuura.

Za kadi zoose zigamijye kuzamuura imikorere cyangwa imyitwarize ya WASH, kandinubundi za kaadi zigenewe gukora ku nzengo z'ibikorwa byigenzi bya WASH. **Ibi nibyo bikoresho byawe byakozwe ku bwawe kandi ni ibyawe! Bigufasha ku kwibutsa noguhiduraho imikorere ya WASH kugira ngo ibe myiza.**

Mugihe uba uhumuriza cyangwa ugiira abantu inaama mu rwariro, mumago no mugiturage, ushobora gukurikirana izi nzeego hepfo:

- a. Itegereze neeza ibikorwa bya WASH nuko ureebe icyo washiraho umwete kugira ngo gikorwe neeza mu buryo bwisumbuye.
- b. Sobanura uburyo ugiye gushiraho umwete nuko ukore kadi y'ibikoreesho gufasha gusobanura inzego zo uri bukurikirane.
- c. Bereeke icyo kureberaho, niba bibaye bishobotse, ubasobanurire mu bikorwa, uko umurimo wakorwa.
- d. Ushishikarize umufasha cyangwa mukuru w'urugo kureba ngo umurimo ahaawe ashobore kuwukora.
- e. Ibyubonye ubigaruzeyo. Fasha abantu gukemura ibibazo byo kutiringirana.
- f. Shima mukuru w'urugo n'umufashe kugerageza kandi ushire umweete kubyo yaakoze neeza. Kuramo kimwe mu bikorwa cy'ureeba ko cyifuzwa gushirwaho umwete kandi ureebe n'uburyo bwo bagikoramo neeza.
- g. Reka umwigiishwa ashire mu nkora ibyo yiize.
- h. Muhe igihe cyo uzagarukira kumusuura ukamuteera inkunga.

Wibukeko abantu kitaboroheraga guhindura kumitwari ze yabo kugirango bakore iby'ubabwira . Kiroroshe, kugirango ugende buhoro buhoro mugihe wigisha indi mikorere/ imyitwarize, gusa iyo mikorere igomba kuba yoroheye umwigishwa kandi ifite icyoya hinduraho ibaye ishizwe munkora. Ibi tubyita inzego z'ibitekerezo "ibikorwa bito bishoboka".

Ibitekerezo bituma umuntu yunvikanisha abantu neza nibi hepfo.

Imikorere ya WASH y'ukwiriye gushiramo imbaraga. Koreesha kadi gusuzuma kugira ngo umenye neeza ko abo mu rugo bakora ibyo babwiwe mu nyigisho zoose. Ushimire umwigiishwa wawe iby'ureba amaze gukoraneza, weho n'umwigiishwa wawe hamwe na bo m'urugomusharemo mikorere ya WASH yo ya/ba shobora gukore neza muburyo bwi sumbuyeho. Kubwokwiyongeraho kwimitwarize ya WASH hariho igenderwaho y'ukwiriye gukurikirana y'ibikorwa bito bishoboka(SDA)byo wa robanuramo nuko uka biteshaho .

Hepfo har'inzego zo wakwifuzwa gusobanura ibyangobwa byifuzwa, ukurikiranye za kadi za buri muntu zigagararisha mu kwiyongeraho mu by'umutindo wamazi, isuku nisukura.

INAAMA YO KONGEERA KU MIKORERE YA WASH.

Kugira ngo umwigiishwa n'abe bo mu rugo bayoboke imikorere ya WASH byifuza integura nziza, gutesha kubyobize neza hamwe no gu kurikirana inzinduko kw'abakozi.

Urwego 1: Gukurikiranya ibigomba gukorwa

- Suuzuma ibikorwa biri kuriza kaadi bigomba kwigishwa mu mago yo ubaramira cyangwa ku vuuriro.
- Ukurikije imigirire ya WASH witooze gusuuzuma ibikorwa bishoboka no kubijyaho inaama.

Urwego 2: Yobora inaama.

► *Wiyegereze umwigiishwa hamwe n'undi wo mu bo mu rugo bajye baaza mu naama.*

- Jya uramutsa (abigiishwa) hamwe na bo m'urugo.
- Wiyanzure kandi ubabwire impanvu ikuzanye.
- Saba kugaaniira na Nyiri urugo ku ibifashe ku mikorere ya WASH.

► *Kurikirana ibyo urwo rugo rumaze kugeraho mu mikorere ya WASH*

- Uyoboora na kaadi, baririza ku byo bigishijwe witegereze ibyo bamaze gukora.
- Mu naama yo ku vuuriro, imikorere ishobora kuvugwaho mu biganiro cyangwa mu byo mwize.

► *Utoranye ku mikorere ya WASH imaze gushirwa kugerwaho kandi ushime umwigiishwa n'umwe kubo m'urugo.*

- Gereranya imikorere ya WASH iri mumago hamwe nibikorwa bike bishoka biri ku kaadi nuko ugenzure no kugaragaza ibyo umukiriye nabo m'urugo bamaze gukora.
- Shima umwigiishwa nabo m'urugo kubwogushira munkora ibikorwa bishoka (SDA).
- Shishikariza umwigiishwa nabo m'urugo gushira mu nkora ibyo bikorwa kandi bishoboka (SDA).

► *Hitamo ibyo WASH ya kogeraho*

Niba abo murugo cya gwase umwigiishwa afite imikorere ya WASH myinshi ikwiriwe kugerwaho, hitamo inyigisho utangirana nayo. Uhitamo igikorwa washobora kogeraho ukurikijye ibigenderwaho hepfo.

- Ibikoresho byaboneka.
- Byoroshe gushirwa munkora.
- Ingaruka yogukoresha cyagwa ubudakoresha inkora ya WASH.
- Kwemera k'umwigiishwa.

Ja utangira ninyagisho yoroshye icy'umwigiishwa nabo murugo bashobora gukora.

► *Ganira ku bikorwa bishoboko n'uburyo bya gukorwamo.*

- Ibikoresho byuyu mu murimo no gufasha abakozi bo mu mavuuriro hamwe nabatanga infashanyo, kwibuka ibikorwa bishoboka, ibyo wa hitamo.

Inzego zo gutesherezamo nziza.

- Fatanya na bo m'umago
- Suzuma imikorere ya WASH.
- Toranya umwe ku mikorere ya WASH yabo m'urugo bamaze gukora kandi ubashime.
- Vanamo igikorwa kimwe cya WASH cyowakongera ho.
- Ganira ufashe mugukemura ingorane yibikorwa bishoboka(SDA) byo gushirwa mu nkora.
- Tegura ibyo ku garuka kubarama n'uburyo bw'uzabikurirana

- Erekena kadi y’usuuzuma bujyanama ushaka ko umwigisha nabo m’urugo bagerageza guhitamo ku ibikorwa bishoboka bakurikije inyigisho iri mugukorwa muburyo bushoboka ba gamije ku byo mukuru w’urugo yashobora gukora.
- Weho numwigiishwa mwitegereze igikorwa gishoboka kandi mureebe ikibaasha ku bananiza. Niba igikorwa gishoboka cyifuzwa ku menya uburyo bw’umuntu yashobora kuboneza amaazi, kudaha amaziyokunywa nibindi, werekane m’uburyo bwo gusobanura kandi ubaze umwigiishwa kugaragaza gusubiramo ibyoyize Baza:
 - o Kitashoboka niki mukubigerageza...??[kimwe mubikorwa bya WASH, icyokureberaho nkogukaraba intoki namazi utarateka ibyokurya.....
 - o Niki gishobora kubyorosha ku.....[igikorwa cya WASH].
 - o Harumuntu umwigiishwa mutemeranije igihe umaze eyabyorosha nikihe wigisha ibya WASH].
- Ushishikarize umwigiishwa nabo m’urugo gukomeza ibya WASH.
- Gira umwete wo kugerageza kimwe mubikorwa bashoboka utaraaragiza inaama cyangwa utarakomeza.
- Mwemeranye igihe cyo kugaruka gusuzuma ibyakozwe.

Urwego rwa 3. Tegura umwanya wo kuja gusuzuma ibyo umwigiishwa waawe n’aburugo rwe baagezeho nibande no kubikorwa by’uruzindiko.

- Gira imikoranire myiza n’umwigiishwa waawe hamwe n’aburugo rwe.
- Buri gihe suuzuma niba aricyo gihe cyiza cyo kuganira cyangwa kuvugana n’umwigiishwa hamwe na bo m’urugo.
- Usabe umwigiishwa wawe na bo m’urugo kwibuka ibikorwa bike kandi bishoboka byo biyemejye gukora kandi usobanure ugaragaza imikorere bibaye byashoboka.
- Ubabaze niba byarabashobokeye gushira munkora ibikorwa bike kandi bishoboka(SDA), no gusubiramo mubibazo byo wa babajije “Niki cya tumye biba komerera?, Nikicyatumye byoroha? Bibaye bitari ijana ku jana.
- Witegerezeneza niba bariku bikora burigihe.
- Fasha umwigiishwa wawe gukemura ingorane zigaragaye kozibonetse.
- Shishikariza umwigiishwa gukomeza gukora ibikorwa bike kandi bishoboka (SDA).

Urwego rwa 4. Niba abo m’urugo cyangwa umukiriye bafite/afite ibyifuzwa byinshi bya WASH

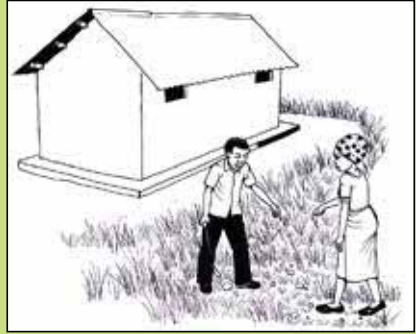
- Ukurikirane umukiriye kugeza igihe cyo azabikora mu bwuzuye no muburambuye muburyobuhagije kandi bwi sumbuyeho bwi bikorwa bya WASH. Utabarutse umwigiishwa kandi umusabe gukomezamo ku bishira munkora burigihe.

Mwemeranye igikorwa cya kabiri cya WASH kugira ngo gikorwe mu buryo bwisumbuyeho-ukoreshejye kadi yo kujya inama.

- Suzuma ibikorwa bike kandi bishoboka byo kujijaho inaama inshuro ya kabiri yimikorere ya WASH kandi ureebe ngo igikorwa cyambere kigumyeho .
- Mwemeranye uburyo wa kongeraho igikorwa cya kabiri cya WASH kandi ukurikirane uburyo abo m’urugo bashira munkora ibikorwa m’uburyo bwi sumbuyeho.
- Komeza gukurikirana gushira mu nkora kwigikorwa cyambere mu buryo bwisumbuyeho.

Kuubaka icyorone kutaka rikomeye

1. Gucukura icoba



shaka aho gucukura



harura aho gucukura



pima ahogushira icyorone



cukura icoba cya mita 0.6 ubugari, 0.9 umuramambararo hamwe na mita 5 uburebure.

2. Kubaka



Koresha mumbavu amabuye nangwasi amatafari.

wubakishe ibyondo cm 10-20 hejuru yi taka



shiraho ingigira z'ibiti

shiraho imbaho cyangwa ibiti hejuru yicoba bifite uburebure bwa cm50 impande zose.

Icoba gikwiriwe gucukurwa

- Nibura mita icumi uvuye ku Ifumbiro
- Mita mirongo itatu (30m) kuva ku isooko y'amaazi
- Inyuma y'inzu muraramo kugira ngo wihereere.

3. Kora igipfundikizo cy'icyorone, akoba ko gusutamaho hamwe nicubako



Homa ibyondo kubiti

Twikira ibiti cyangwa imbaho n'ibyondo urekeho akoba kogusutamaho ubugari bube sentimita 12.5 hamwe nu burebure bwa sentimita 25



Ubaye ushoboye gura silabu ifite akoba kogushira kucyorone kugirango bikworohere mukugisukura.



Icyubako

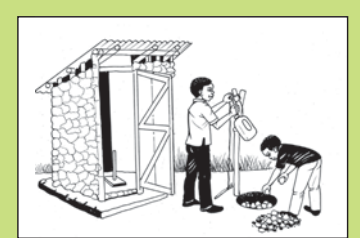
ubaka nyuma usakaze ibyatsi cyangwa ikindi cyose.

4. Tegura agapfundikizo k'icyorone hamwe naho gukarabira intoki



Kora agapfundikizo k'icyorone

Cya agace kurubaho gafite ubugari bwa cm cuminindwi (17cm) hamwe n'uburebure bwa cm mirongo itatu(30cm) tera umusumari mukabaho bihingure mugati ko gufata.



Kora nkandagira ukarabe (tipe tape)

Manika akadomora gatonyanga amazi buhorobuhoro kugisika cy'icyorone cyangwa kugiti kirihanze

Ibikorwa bito bishoboka:

Uburyo bwo kubaka icyoroone kurutare cyangwa kumusenyi

1



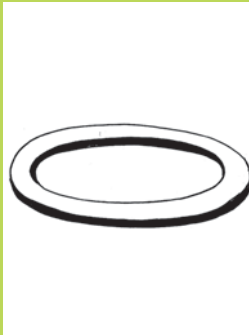
shaka umwanya wo gucukuramo icyoroone

2



teguura umwanya

3



erekana ahogucukura

4



cukura nka mita imwe.

5



shyira imbaho cyangwa ibiti hejuru yicobo kandi ureebe ngo imbaho cyangwa ibiti bisigaje igice cya mita (50cm) buri ruhande

6

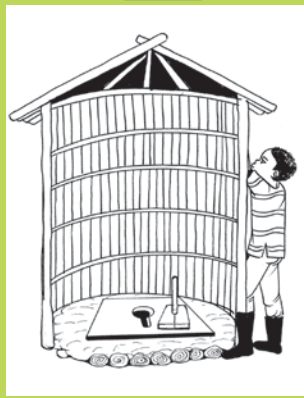


Twikira imbaho cyagwa ibiti nibyondo usigeho akobo kogusutamaho ka cm cumi ni biri na gace (12.5cm) hamwe na cm 25. Chibaye gishobotse, shira sanplat gutuma ichoroni chibanguka gusukuura nuko chikarebeka nkichiri kumutindo wohejuru.

Icoba gikwiriwe gucukurwa

- Nibura mita icumi uvuye ku Ifumbiro
- Mita mirongo itatu (30m) kuva ku isooko y'amaazi
- Inyuma y'inzu muraramo kugira ngo wihereere.

7



ubakisha/imbango imigano kugirango kibe cyaterurwa

8



shyiraho igikoresho kirimo amazi yo gukaraba hamwe n'isabune cyangwa itazi, suka itaazi. Suka itaazi mucyorone buri cyumweru kugirango kitanuka

9



Icyorone nicuzura ucukure ikindi coba iruhande nuko uterure icyohejuru ugishire kuri cya cyoba wacukuye. Taba uchoba gishaje n'itaka, utemurure uruhande nuko uteremo igiti murico choba.

Akamaro kichoba chirunzemo umwanda



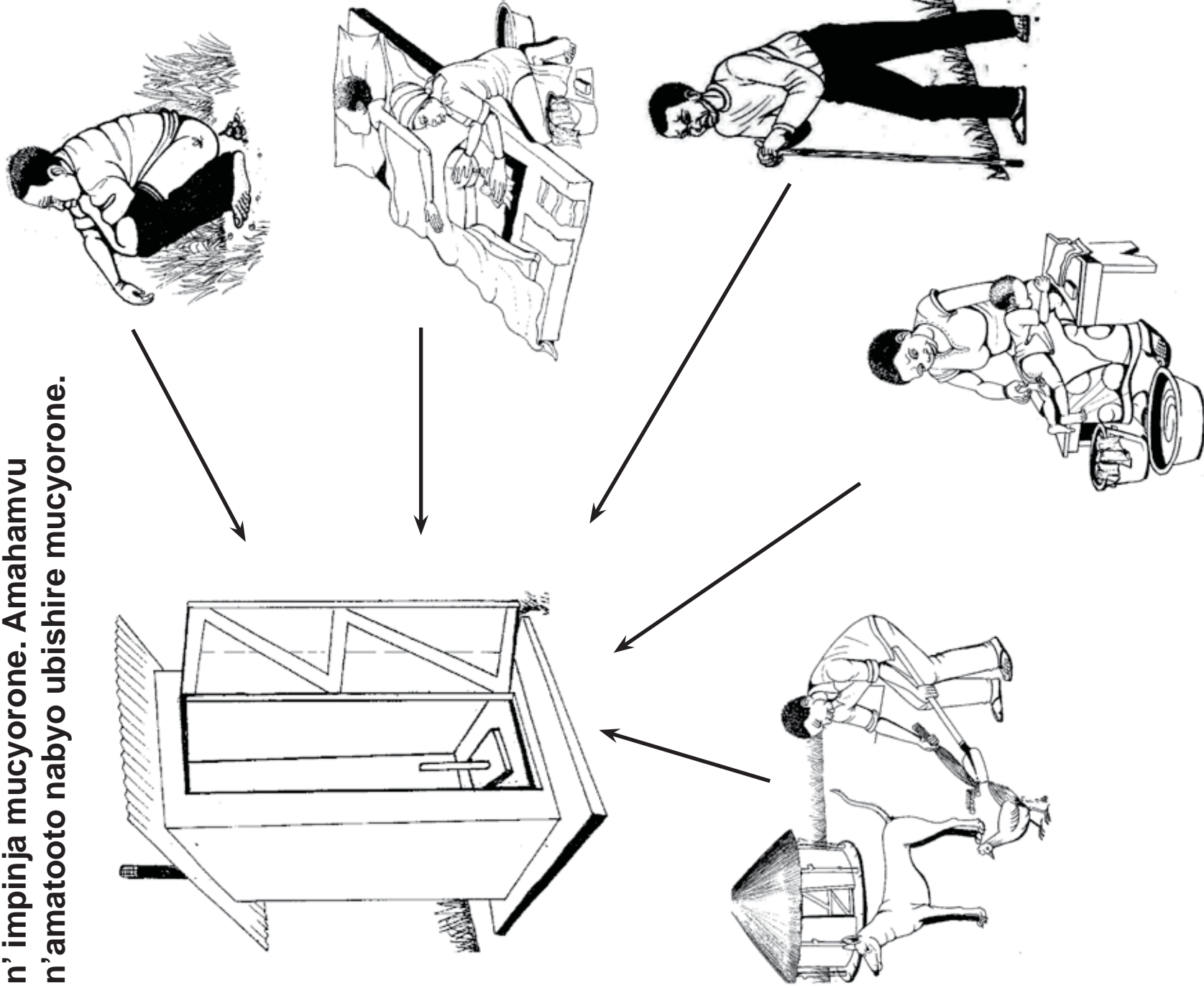
Nyuma y'umwaka umwe (kuja hejuru) uwo mwanda wakurwamo nuko ibyo bibore ukabisanza mumurima



Gufata ibyo bibore bivuye muchooba ako kanya nibyakaaga kubuzima. Udukura uwo mwanda muchooba hatari hashira umwaka umwe.

Ibikorwa bito bishoboka:
UBURYO BWO GUSHIRA AMABYI AHAKWIRIYE

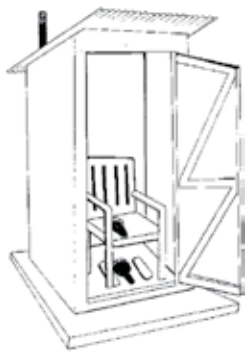
Jyana amabyi ya bantu bakuru, abana n' impinja mucyorone. Amahamvu n'amatooto nabyo ubishire mucyorone.



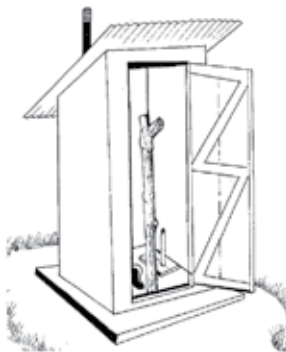
UMUNTU UFITE INTEGENKE ARIKO ASHOBORA KUGENDA



Gendera ku nkoni.



Pfumura akooba mu ntebe kugira ngo bifashe umuntu ufite intege nke kwituma



shinga inkingi cyangwa icyogufatirizaho kiri kugisika. Kugira ngo bifashe umuntu ufite intege nke kwituma neza



Tereka akabaketi muni y'intebe irimo akoba kungira ngo yitumiremo igihe ari munzu



Shira ibikoresho byogukarabisha bugufi ya aho umurwayi yitegurira

UMURWAYI UREMBYE CYANE



Sasa igitundubare ugerekeho umwenda muni y'amatako yu murwayi, uhindure uwo mwenda umaze kwandura.



Ukoreshe agakarayi ko abarwayi bitumamo

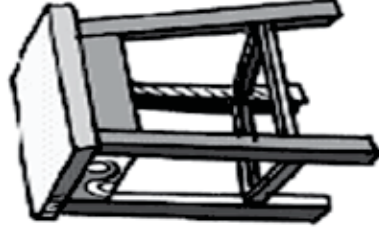


Shira amaazi, isabune (cyangwa itaazi) hamwe n'ubwenda bwogejwe hafi y'igitanda cy'umurwayi. Shira agataazi mugakarayi kugira ngo bigufashe mugutwara amabyi no kukoza.

Ibikorwa bito bishoboka: GUKORA INTEBE YO KWICYARAHO URIKWITUMA

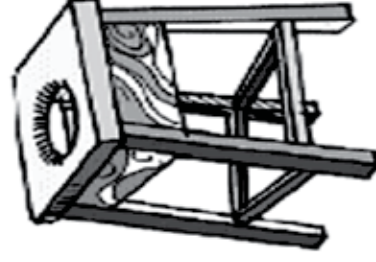
1

Kora akameza cyangwa agatebe murubaho.



2

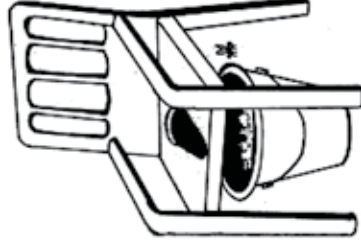
pfumura akoba hagati ya kameeza gakwiranye n'ugiyi kugakoresha gegena neza impande zako koba kugira ngo kadakomeretsa ugakoresha.



3

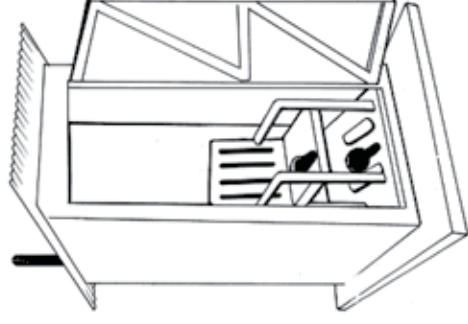
Gukoresha intebe yicyarwamo wituma

- shira akabaketi hasi y'akoba k'intebe cyangwa akameza



Cyangwa

- shira akameza cyangwa intebe hejuru ya koba ki cyorone.



Ibyo ukwiriye gukurikira kuva mugukora ibifashe kuntebe ya poti (intebe yo kwiteguriraho)" Hospice Africa (Uganda).



Ibikorwa bito bishoboka:
UBURYO BWO GUKARABA INTOKI

1

Suka amaazi mu
ntoki usiigemo
isabune cyangwa
itaazi.



2

Karaba intoki uboneze n'inzara zawe.



3

Unyuguza intoki
n'amaazi meza.



4

Kunkumura intoki kugira ngo
intoki zuzumuuke

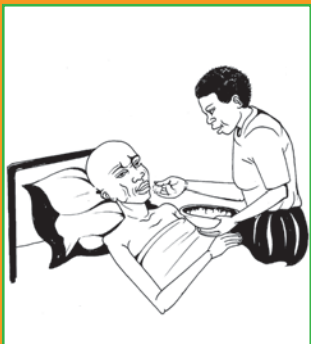
Ni gihe ugomba gukaraba intoki

Mbere yo:

Hanyuma yo:



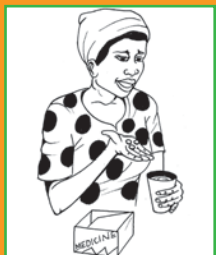
Guteguura ibyo kurya



Kugaburira umurwayi



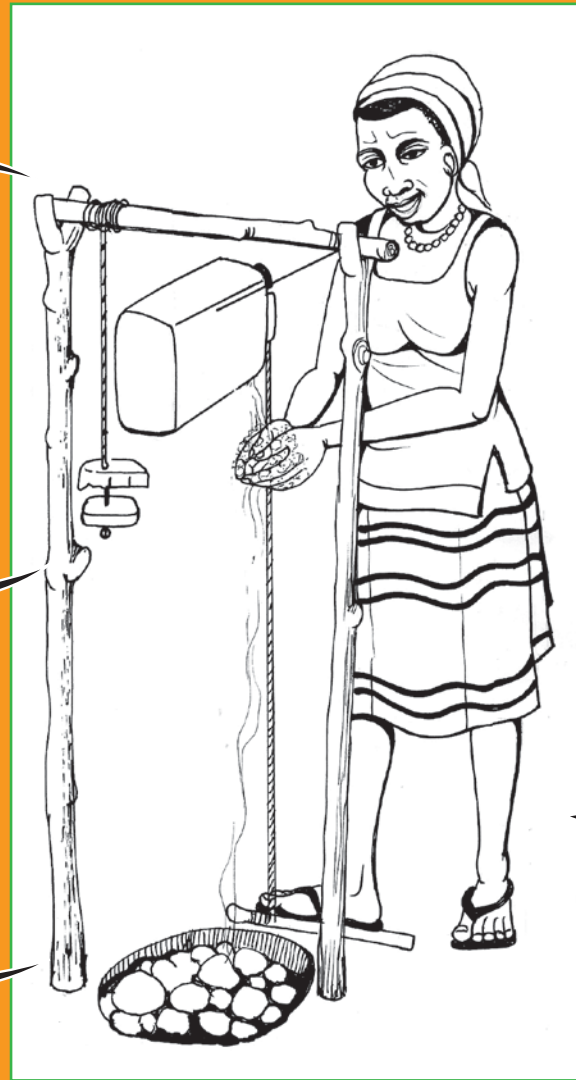
Kugaburira umwana cyangwa kumwonsa



Kunywa umuti



Kurya



Guhanagura ikibuno cy'umwana



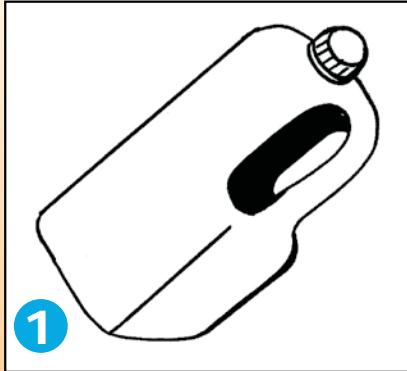
kunnya



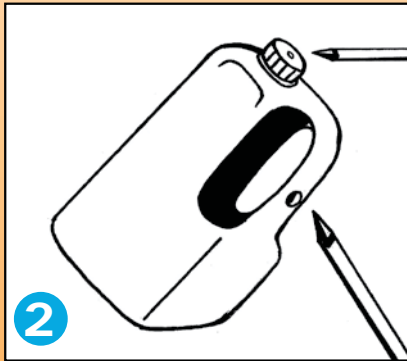
ufata mu mabyi y'abana, no gukukira amatungo

Ibikorwa bito bishoboka: UBURYO WAKORA NKANDAGIR'UKARABE

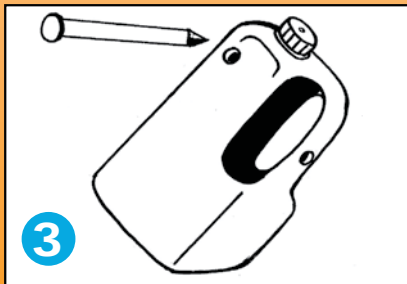
Ibyifuzwa: Akadomora gafite u mupfudikizoka lita etatu kugeza kur'itanu; Imigozi ebyiri ikomeye uburebure bwa sentimita mirogo itandatu (60cm) yo kumakisha akadomora hamwe n'ungana sentimita ijana (100cm) wo gukandagiraho .Akagozi gato karesha na sentimita mirongo itandatu(60cm) ko kumanikaho isabune. Biti bitatu (bibiri byogushingwa bireshya na centimita 150 nikindi kyo gutambika kireshya na sentimita 80) Agacupa ka plastika ko kubikamo isabune.



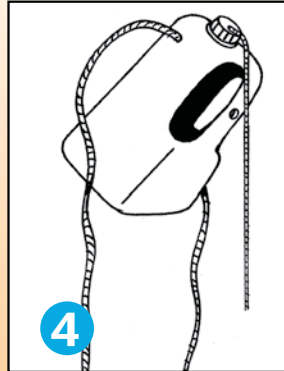
1 Shaka akadomora gasukuuwe karimo ubusa



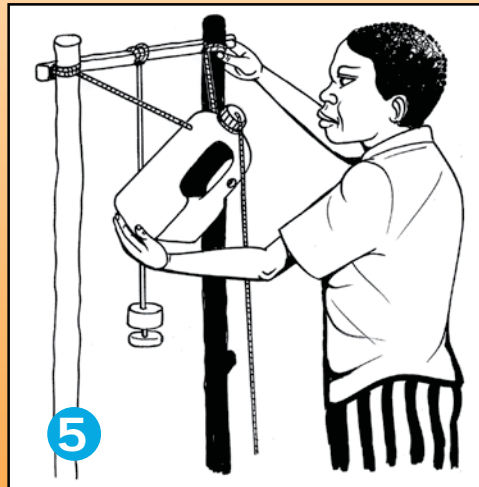
2 Pfumumura agapfundikizo k'akadomora n'umukondo waako ukoresheje umusumaari



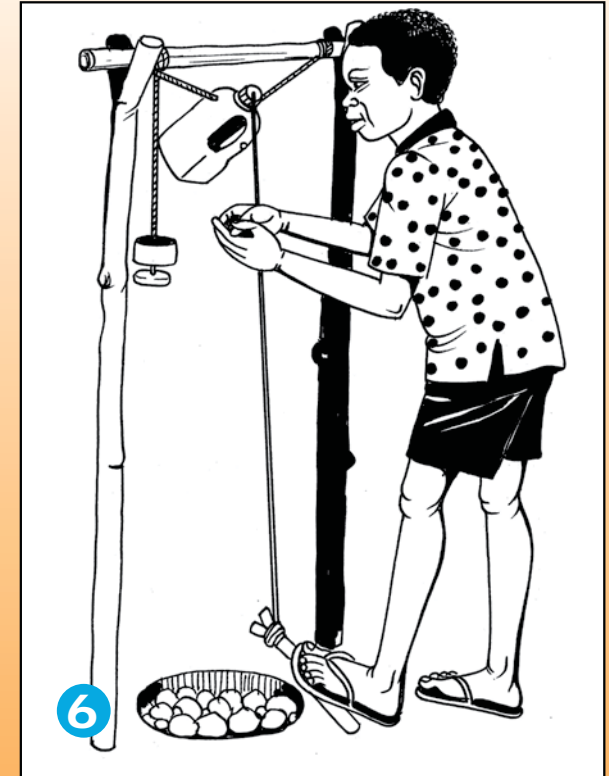
3 Pfumura akadomora k'urundi ruhande kugirango ushiremo umugozi wo kukamanika



4 Seseka mugozi wo kumanika akadomora n'uwo kujya mugapfundikizo kaako



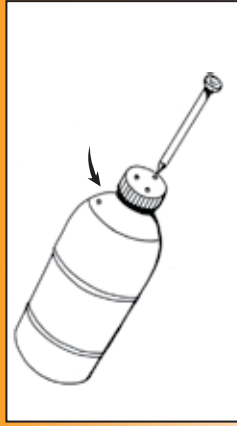
5 Manika akadomora ku biti bishinzwe. Pfumura isabune. Keba agacupa kugirango karinde isabune inyoni hamwe n'imvura. Bimanike ku giti



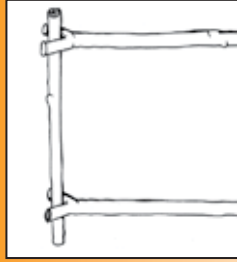
6 Hambira umugozi ku gati uwunyuze mu gapfundikizo k'akadomora, uburebure bw'umugozi bube cm 10-13 guhera hasi. Kandagira kugati kugirango amaazi aze. Cukura icoba utindemo amabuye ubugari bwa sentimita mirongo itandatu(60cm) hamwe nasentimita mirongo itatu (30cm) y'uburebure.

Ibikorwa bito bishoboka: UBUNDI BURYO WAKORAMO TIPI TAPE

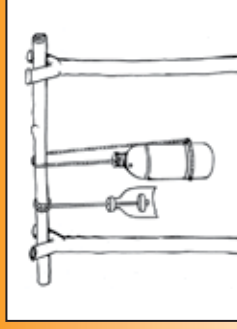
1 Agacupa k'amaazi -1



Kora ubupfumure butoya kugapfudikizo k'agacupa wongere upfumure hafi y'umunwa w'agacupa kugira ngo umwuka winjiremo.



Shinga ibiti bibiri by'amahango maze utambike ikindi heejuru.

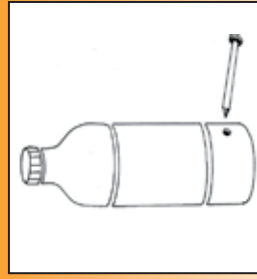


Manika agacupa hamwe n'isabune yogukaraba kuri ibyo biti. Shira amaazi mu gacupa.

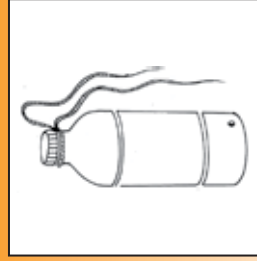


Curika agacupa kugira ngo amaazi aze neeza.

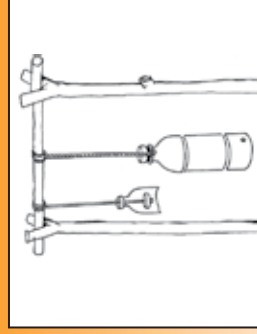
2 Agacupa k'amaazi -2



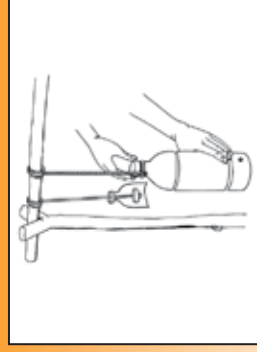
Pfumura hepfo kucupa.



Pfundika akagozi ku mu ijosi ry'agacupa kugira ngo kamanikwe neeza.

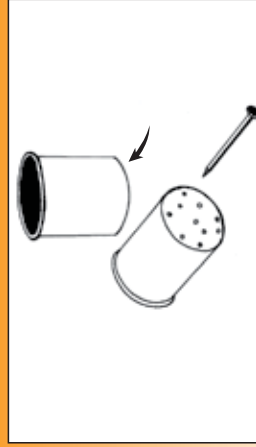


Manika agacupa hamwe n'isabune yo gukarabisha kubiti by'amahango. Suka amaazi mu gacupa.

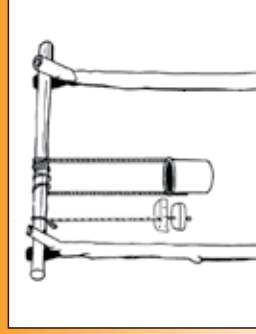


Pfundura agacupa kugira ngo amaazi aze. Nuragiza, wongere upfundikire.

3 Agakebe



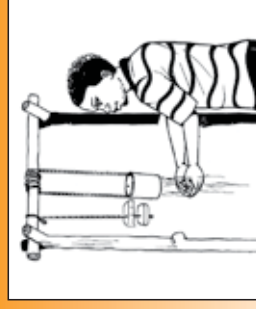
Shaka agakebe karimo ubusa ukoremo ubupfumure icumi mu intango.



Manika ako gakebe n'isabune ku giti.

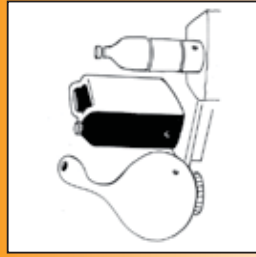


Uzuza amaazi mugakebe

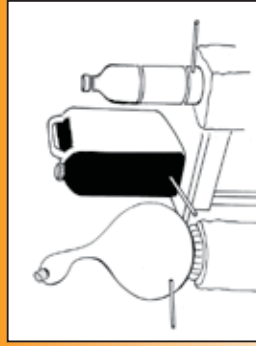


Karaba intoki n'isabune.

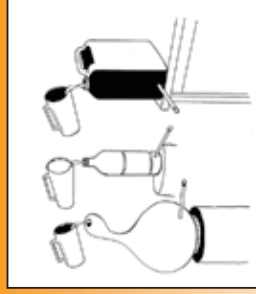
4 Umuseke: Igicuma, Akadomora, Agacupa



Pfumura hepfo kuruhande rw'ibikoreho bivuzweho.



Seseka igishushungwa kya peni, cyangwa umuseke murako gapfumure.



Pfundikira umuseke utarashira amaazi muri icyo gikoresho.



Kugirango amaazi aze neeza, pfundura igikoresho. Kugirango arekeraho kuza ongera upfundikire.

Ikyitonderwa: Cukura icoba muni ya tipi tape utindemo amabuye kurango amazi arigitiremo.

1 Intambura

Vomera amaazi mu kintu cyose gipfundikirwa.

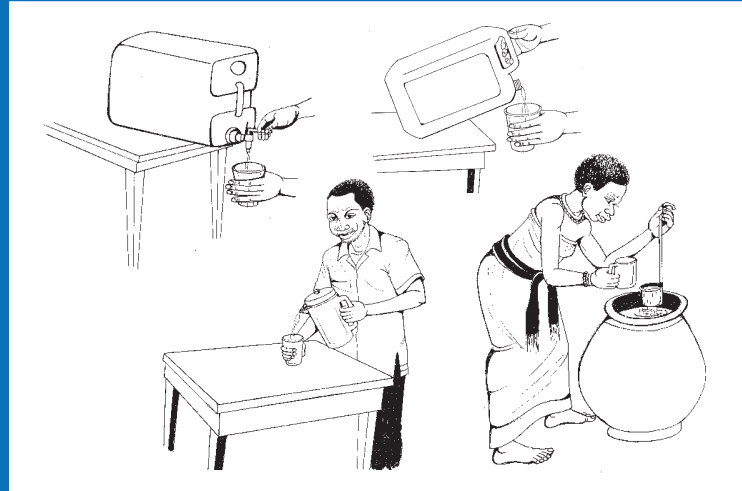


Ibikorwa bishoboka:

- Karabe intoki utaaravoma kugira ngo utanduz'amaazi.
- Pfundikiza igipfundikizo ch'ikiburi igipipa kugira ngo chitabura.
- Udafite igipfundikizo koresha ikindi kintugisukuwe cyapfundikira nk'ikijumba.

2 Gugabura

Gabura amaazi hatariho ichintu chose gishobora kuyazanira kwanoneka (nka intochi zawe nangwasi igikopu)



Ibikorwa bishoboka:

- Gura cyangwa ukore ikidahiisho gifite umukondo mureemure kugira ngo udahe neza nurangiza ukimanike ku gisika.
- Ugomba kugira ibikopu byinshi byo kunyweshayo amaazi.

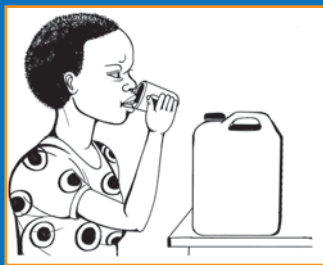
3 Kubika

Biika amaazi mu ikintu gipfundikiwe neza.



Ibikorwa bito bishoboka:

- Ubike amaazi hejuru yubutaka haringaniye nko mu mbavu kugirango uyagabure neza kandi uyarinde abana n'amatungo ku yageraho.
- Robanura igipipa gifite izosi ritoya changwa si igipfundikizo.



Ibikorwa bito bishoboka:

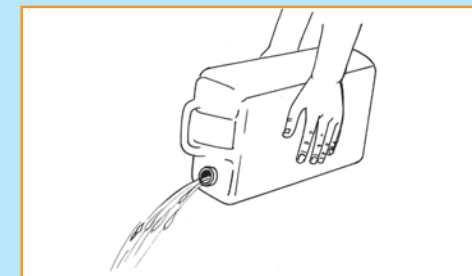
GUSUKUURA IBIKORESHO BYO KUBIKAMO AMAAZI

Oza ibikoresho wifashishije amaazi, isabune, cyangwa itaazi. Ububuye, umusenyi na sitiruwaya nti byemerewe gukoreshwa kuko bikorobora ibikoresho bigatuma ubusimba (germs) bu byariramo. Imyenda ishajye, ibyatsi n'ibindi bintu ntabwo byemerewe gukoreshwa kuboneza amaazi yokunywa kuko biba bifite ubukoko (germs) bigatuma amaazi yandura.

Koza ibyombo byamazi:



1. Oza ibikoresho by'amaazi ukoresheje isabune, amaazi hamwe n'itaazi. Ububuye, umusenyi, na sitiruwaya ntibyemerewe gukoreshwa kuko bikorobura ibikoresho bigatuma ubusimba bwabyariramo. Shira amaazi arimo isabune cyangwa itaazi mu bikoresho hanyuma uzunguze cyane nuuko uyamene.



2. Unyuguze ibikoresho n'amaazi kugezaho umwanda na maazi arimo isabune cyangwa itaazi birashiriramo.



3. Kuubisha umwanda inyuma y'ibikoresho wifashishijye isabune hanyuma wunyuguze n'amaazi meeza.



4. Urangijye kooza ibikoresho n'amaazi meza, bishire kugatanda kugirango byumuuke.



5. Pfundikira ibikoresho neza kugirango bitandura.

Hari uburyo butaanu (5) bwokureeba ngo amazi nimeeza kandi arinzwe neza:

Umuti wa water guard | ibisaro bya aqua | ibiyungurura amaazi byemerewe | guteka amazi | gukoresha izuuba

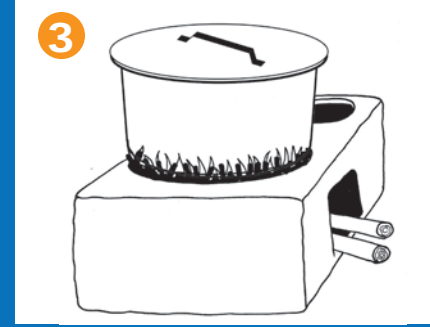
Ibikorwa bito bishoboka: Uburyo bwo kuboneza amaazi yo kunywa.



1 • Vooma amaazi kumugezi



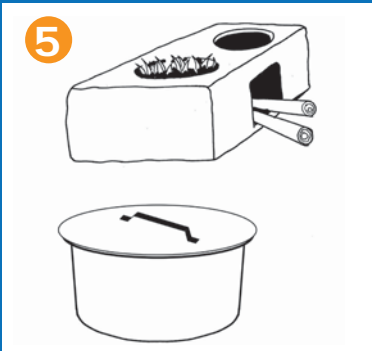
2 • Suka amaazi mu kintu cyo kuyatekamo.



3 • pfundikira amazi ari kumuriro kugira ngo abire vuba



4 • Teeka amaazi kugeza ubwo ari bubirindurire



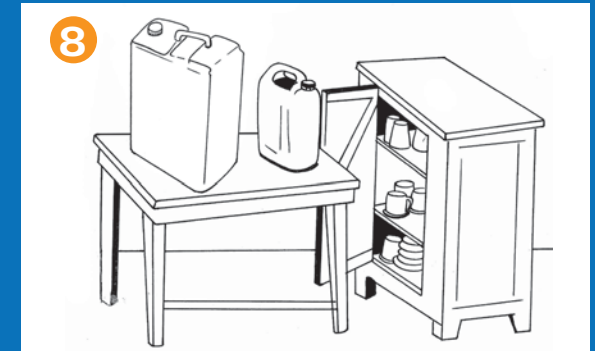
5 • Vaana k'umuriro icyo watetsemo amaazi kugira ngo ahore. Ntukwiriye kuyapfunduura kugirango atandura.



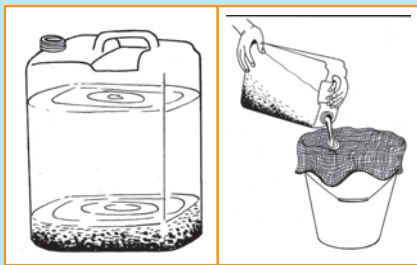
6 • Biika amaazi yokunywa mu kintu gisukuuwe kandi uyapfundikire neza



7 • Mwirinde kunywesha amaazi igikopu kimwe



8 • Biika amaazi yokunywa mu kintu gipfundikiye neza, mumwanya mwiiza nko kugatebe, akameeza kandi uyashire kure yabaana n'amatungo .



Kuyungurura no guteeka amaazi

Niba amaazi afite umwanda yatereke kanya gake kugirango yiteeke ku ntango. Yungurura ayo maazi kugirango abonere. Kugirango ubone amaazi meza kora ibi bikurikira:

- Shaaka umwenda usukuuwe uwutwikiriza ibaketi
- Reeba ngo umwanda wasigaye ku ntango kandi nt'ugiyeye k'umwenda igihe usuka amazi mukintu gisukuuwe.

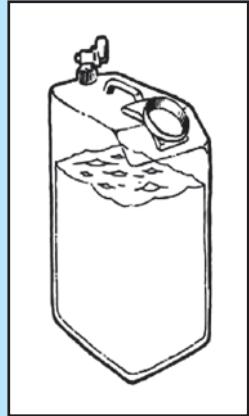


Kuboneza amaazi ukoresheje imiti

- Amaazi yokunywa ashobora kuba meeza hanyuma yo gushiramo imiti nka sefugadi cyangwa igisaro cya aqua. Kurikirana neza ibigenderwaho

Ibikorwa bito bishoboka: Ikinin cya gadi IBYUKWIRIYE GUKURIKIRANA

Amaazi ni meeza?



Cyencura amazi igitambara cya jinja

Kadi yu bujanama



Shyira agasaro mu lita 20 z'amaazi amaze gucencurwa.

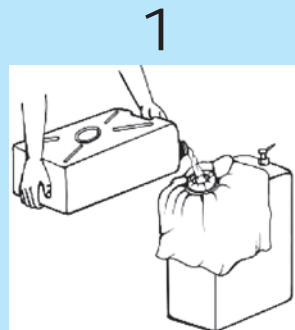
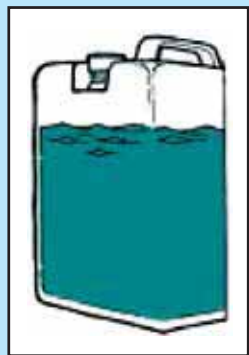


Tegereza idakiika milongo itatu

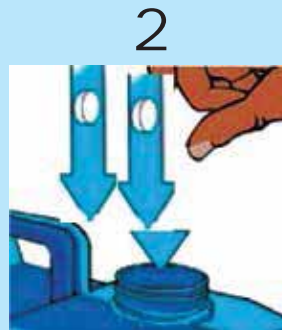


Ubu amaazi yanywobwa

Amaazi yawe asa arimo umwanda?



Cyencura amazi ni gitambara cya jinja



Shyiramo ibusaro bubiri mu lita makumyabiri ya amaazi acencuwe



Tegereza idakiika milongo itatu



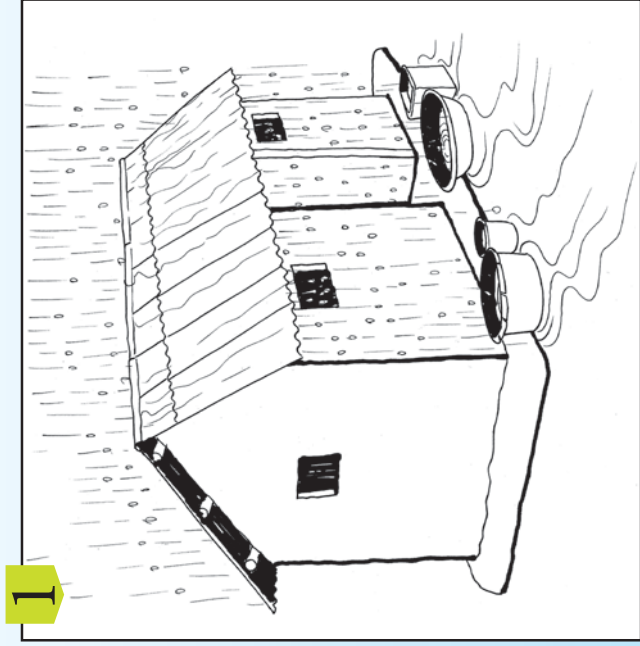
Ubu amaazi yanywobwa

Ibuka: Leka kumira ibyo bisaro ubibike kure yabana. Amaazi akozweho na kanini ka water guard abitswe mukintu cumunwa mutoya gipfundikiwe na gapfundikizo gakomeye yanyobwa kumara imisi irindwi. Amaazi akozweho nibinini bya waterguard ashizwe mukintu kigari kidapfundikiwe neza yanyobwa mu masawa makumyabiri nane(24hrs).

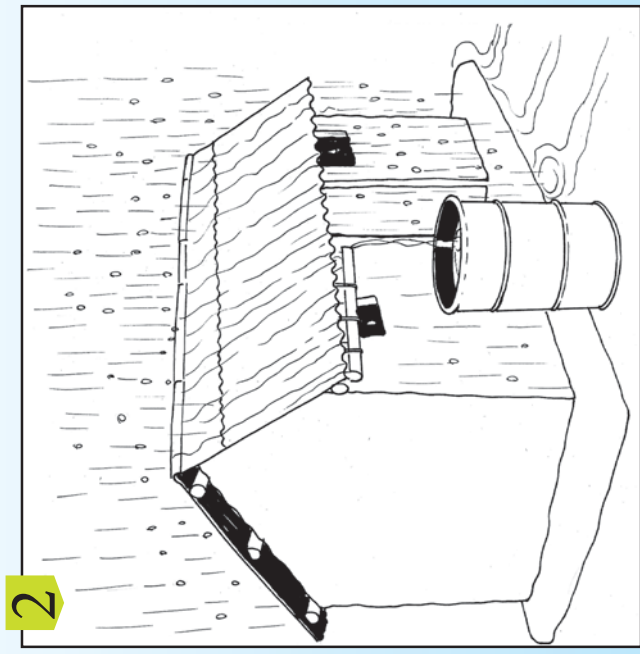
Ibikorwa bito bishoboka: **UBURYO WAHITAMOMU KUREEKA MAAZI Y'INVURA**

KUREEKA AMAAZI Y'INVURA BYONGEERA KU MAAZI Y'ISOKO N'AYANDI.

Wa kwihitiramo uburyo bwo urugo rwaawe rwabonamo amaazi meeza kandi meenshi. Kureeka amaazi y'invura bigabanya urugendo rwo kujya kuvooma. Bituma ibitwitorooye birindwa neeza.



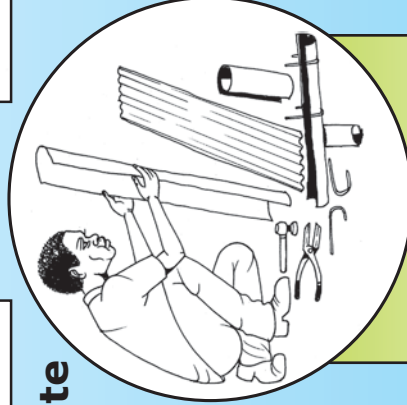
1



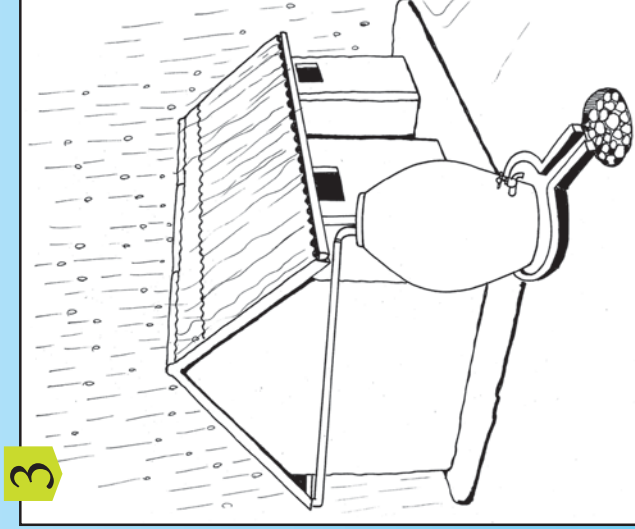
2

Kureeka amaazi udafite umureko

Gukoresha ubu buryo si byiza.



Tema ibaati nuuko ukoremo umureeko ukoresheje iwaya guhambira ku baati

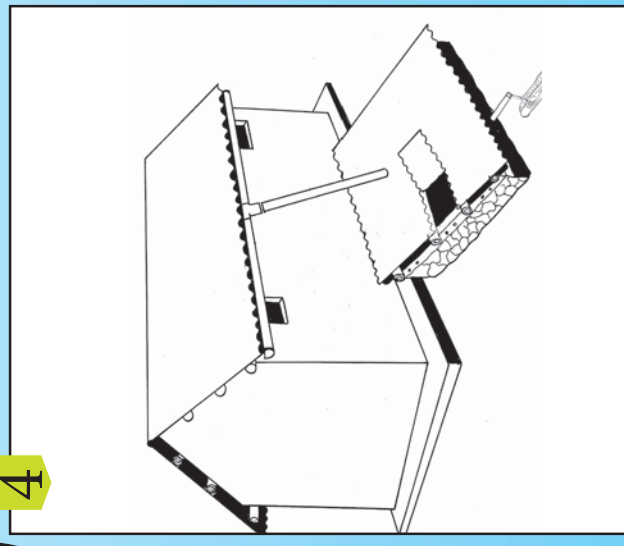


3

Kureeka amaazi y'invura ukoresheje agatanka ko hejuru.

Kureeka amaazi y'invura mu duramu ukoresheje umureko umwe

4



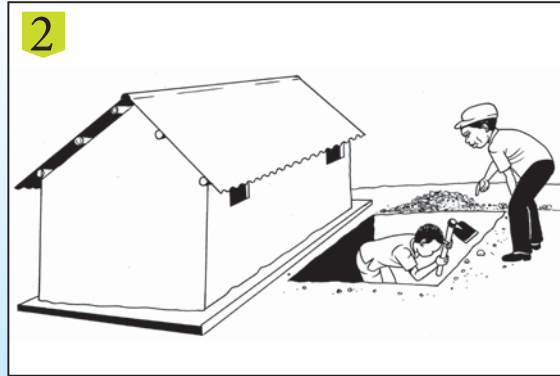
Kureeka amaazi y'invura ukoresheje tanka yo hasi

IBYIFUZWA:

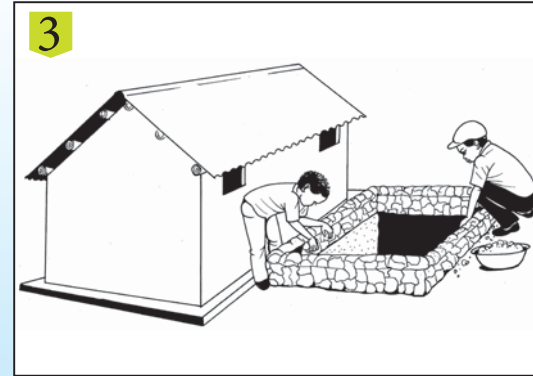
Igikabucyo kimeze nka itundubare | Umureko | Amabuye | Akambuuni | Igiti gikomeye kingana mita ebyiri | Ingufuro cyagwa ikintu cyose cyarinda abana | Ibyo gucukuzza, guhamagira



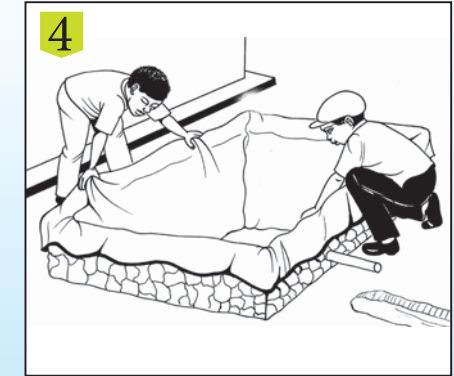
1 Tegura buri kimwe utaraatangira. Pima impande zombi.



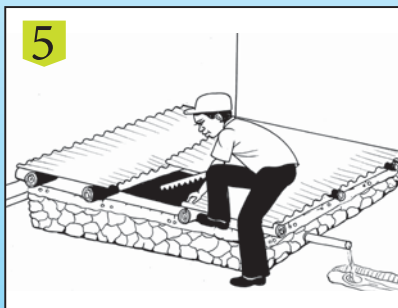
2 Cukura icooba kinini nka futi ebyiri ujya haasi. Ubunini bw'icooba buviriira uko itaka ringana cyangwa itundubaare.



3 Ubakiisha igisiika ibyondo n'amabuye witoroora icooba.



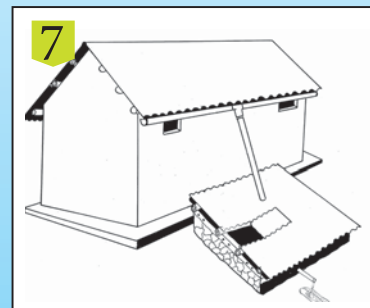
4 Twikiira icooba n'itundubaare. Itegereze uburyo bwo ushizemo itundubare.



5 Twikiira icooba n'amabati.



6 Keba ibaati ukoremo umureeko hamwe n'akayobora amaazi mu itanka.



7 Nurangiza, teera akayobora amaazi kuva kumureko kujya mu tanka kugira ngo amaazi asarurwe neza.



8 Kora icyo kudahisha amaazi ukoresheje akabuni ka lita itanu, igiti hamwe n'ubugogo cyangwa imisumari.



9 Buri gihe ujye ukoreesha ibintu byogeje mu gihe udaha amaazi mu itanka.

*Reeba ngo abaana ntabwo baabona uko bakinira mu maazi kugira ngo batayanduza cyangwa bakagwa mo!
Reeba ngo ntwamwanda wamatungo ugiye mu maazi kugira ngo atandura!*

Ibikorwa bito bishoboka: GUTEGURA IBYO KURYA

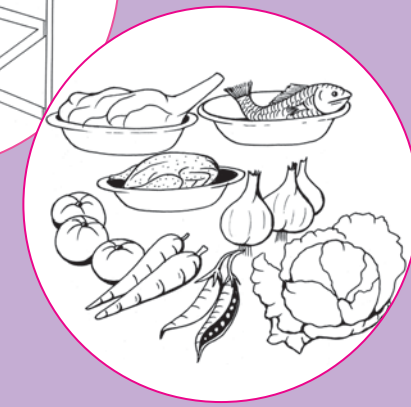
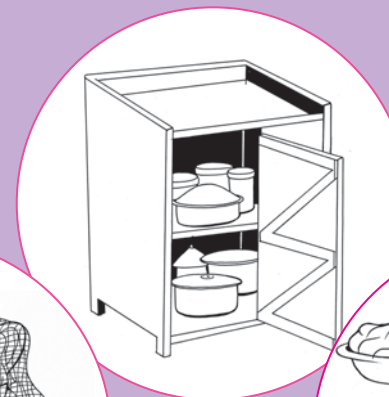
Ni ngombwa gukaraba intoki no gusukuura ibyifashiho okureesheje isabuune n'amaazi utarabifataho kugira ngo ugabanye ubusimba buteera indwara. Reeba ngo buri muntu akurikije iby'isuku nko guca inzaara.



- ◆ Kora ka tipe tape haafi y'ifumbiro kugira ngo bikoorehere yo guteguura ibyo kurya.
- ◆ Karaba intoki mbere yo guteguura ibyo kurya.
- ◆ Ca inzaara zaawe buri gihe
- ◆ Reka kwegeeranya inyama mbisi, isamaaki n'ibindi byo kurya bibisi. Reka kubangikanya ibyo kurya n'ibyo kunywa.
- ◆ Sukuura ahantu h'uteegurira ibyo kurya ushobora gukoreesha Jiki cyangwa n'isabune.
- ◆ Oza imboga n'ibibuto kugira ngo ukuureho ubusimba n'imiti ikoreswa mu gufuhirirwa.
- ◆ Reka kwegereza amatungo aho utegurira ibyo kurya.
- ◆ Oza indiga, ububaho bw'ogukeberaho, nyuma yo kubikoreesha.
- ◆ Nurangiza gukoreesha ibyifashiho ugomba kubyoza n'isabune nyuma ubibiike ku butandaaro cyangwa mu kabada.

Ibikorwa bito bishoboka: KUBIIKA IBYOKURYA NO KUBITA AHURA

Nigikuru cyane gukaraba muntoki hamwe no koza ibyombo byukoresha ukoreshejye isabune hamwe n'amaazi atemba utara bifatamo kugirango ukendeze kubusimba buteza indwara. Rebango burimuntu wese arinze imikorere y'ibyisuku na cane nko gushara inzara kugira ngo zigume kuba ngufi mugihe ufata ku byokurya.



GUTAHUURA

- ◆ Karaba intoki mbere yo gutaahura
- ◆ Shyushya ibyo kurya bitogote. Wibuka n'okubicugusa
- ◆ Shyushya ibyo kurya incuro imwe gusa.
- ◆ Teka inyama n'amagi bishe neza.

- ◆ Twikiira ibyo kurya n'agatimba, agasaniya, akabaaho cyangwa umwenda kubirinda ubusimba n'isaazi.
- ◆ Tereka ibyo kurya ku butandaaro bwo mu nzu no mu ifumbiro cyangwa mu kabada. Ubaka agatandaaro haafi y'aho bogereza ibyifashiho. Nibimara kumuuka ubibike neza.
- ◆ Ugomba kuba ufite ubutambara bubiri cyangwa butatu n'ubutimba bwo gutwikiira ibyo kurya.
- ◆ Amata gatwikiize agatimba cyangwa igitambaro.

- ◆ Ubutambaara butwikiira ibyo kurya bugomba gukoreeshwa incuro zitarenze itatu. Oza ubwo butambaara n'isabune.
- ◆ Reka kubangikanya ibyo kurya bibisi n'ibihiiye.
- ◆ Inyama mbisi, inkoko, n'isamaaki bikwiriye kubiikwa mu mabakure n'ubuveera bitandukanye.
- ◆ Woze ibibuto hamwe nimboga ukoresheje n'amaazi utarabibika.

Ibikorwa bito bishoboka:

Uburyo bwo gukora iby'ibindisho bya gitsina gore byamara igihe kireekire

Hifuuzwa agace k'umwenda ukomeye wa kotoni (jinja), uwuzingye hanyuma ukore n'ubundi bwenda bwinshi. Utwo twenda tugomba kuba tworohereye kuburyo twashobora kunyunyusa. Ugombo kugira ubundi bwenda bwinshi by'umhanda kuko iminsi n'uburemeere bitandukanye.

1

Akaboko k'umwenda nka sentimita 11 kuri 24

Akaboko k'umwenda nka sentimita 11 kuri 24

Keba ubuce bw'umwenda bubiri buremereye, sentimita 11 kuri 24, uhine impande enye ingufi zoose, uzinge sentimita imwe, nuuko wongere uzinge hanyuma udode

2

akenda gatwikira 5x8cm

gahidurizekugirango ugahine

akaboko baze kudoda akambere

akaboko baze kudoda akabiri

Keba ubwenda bubiri bungana sentimita 8 kuri 5, ubukubiranyemo nuuko udode, uruhande rumwe rube rureerure kandi ahandi hafundane kabe nk'angafuka nuuko ugahinduze ikaraamu cyangwa agati kuruhande rwa buryo. Pfumura akenda k'uruhande rumwe nuuko hanyuma uteereho ipesa.

3

Zana akenda kagufi ko gutwika nuuko ubushumi bugafatire hagati. Akandi kenda ugashyire hejuru nuuko udode ubutwikizo bwombi. Usigeho sentimita imwe kugira ngo bureke neeza. Ubwenda bwo wabushizemo buryame hanyuma ubuhindurire mu ruhande rwa buryo

doda sentimita itatu kuruhande rumwe rugufi urekoho umwanya uhagijye wogushiramo urutoki nuuko uhindure kuruhande rwaburyo

4

Akenda komunda

- Cheba ibitambara nka pad ibishobora gukamura neza cangwa n'ibindi bintu biri nk'ibyo, 16x20cm. Bikubemo kabiri.
- Kimwe ugisoseke munda, urigukoresha imyanya y'ibyara biriri ubigeze kumuheru nuuko gifashe gutereza nokunanuura iyo pad.

5

Yifashe mumpare nuko uyambare ufite gukomera.



Hanyuma y'ogukoresha icyibindisho, ukuremo twa tenda udutumbike mu maazi akonje uyooze n'isabune na jiki rubaye uyifite. Tandukanya icyibindisho (padi) n'iyindi myenda. Uyanike hanze kuzuuba atari musu y'igitanda kugira ngo itamera uruhumbu igatuma umuntu yishimagura.

IBITARI IBYO KONGERA KWI BINDISHA

Umwenda wanduye utari bwongere gukoreshwa hamwe n'ibyibindisho biyombo kotswa bitya;



Uburyo bwo kotsa bwakoreeshwa mu byaro no mu matawuni.



Kujugunya mu cyoroone biba mubyaaro honyine.



Bihambirire m'ubuweera bubiri nuuko ubushira aho uta ibishingwe bitabwora. Iyi nkora yakoreeshwa no mu byaro.

IBYAKONGERA GUKOREESHWA

Imwenda nkiiyo igombo koozwa ako kanya **imaze gukoreshwa**. Ntukabiike ibyanduye kumara umwanya munini kandi we kubihisha munsu y'igitanda, umufariso cyangwa ahandi hantu hoose.



Bibaye byashoboka, umwenda wo umaze gukoreesha wutumbike kumara nka itakiika makumyabiri, ugomba gutabura igice kimwe cya Jiki ibaye iriho ku bice icenda by'amaazi.



Ogesha isabune n'amaazi nuuko wunyuguze.



Byanike ku zuuba

Icyingenzi: Buri gihe ambara udupiira two muntoki (giravuzi) cyangwa ubuweera mugihe ufata mubintu birimo amaraso hanyuma ukarabe intoki.

