

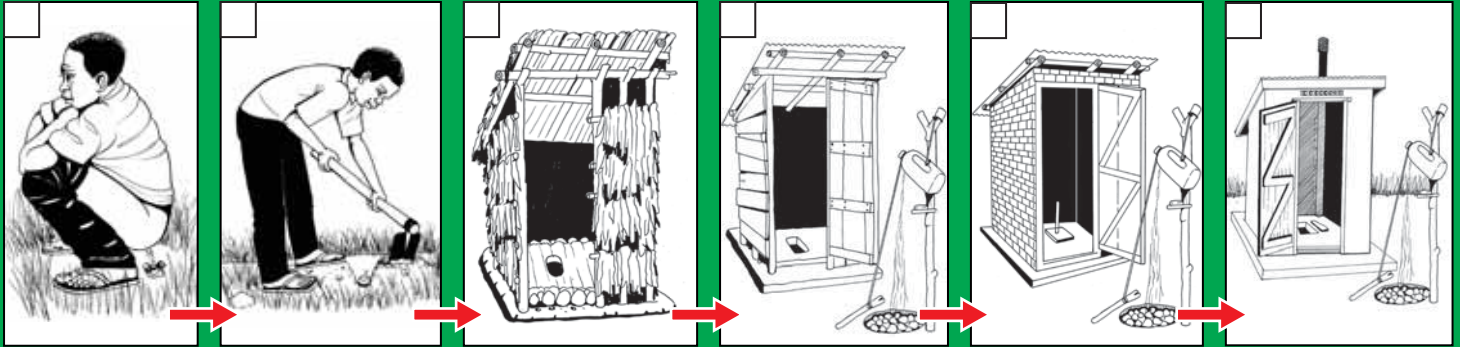
GUSUZUMA NOGUTESHAHAMWE

Izina rya so/ nyoko: _____ Amazina ya VHT: _____
 icyaaro: _____ Umusi wu ruzinduko: _____

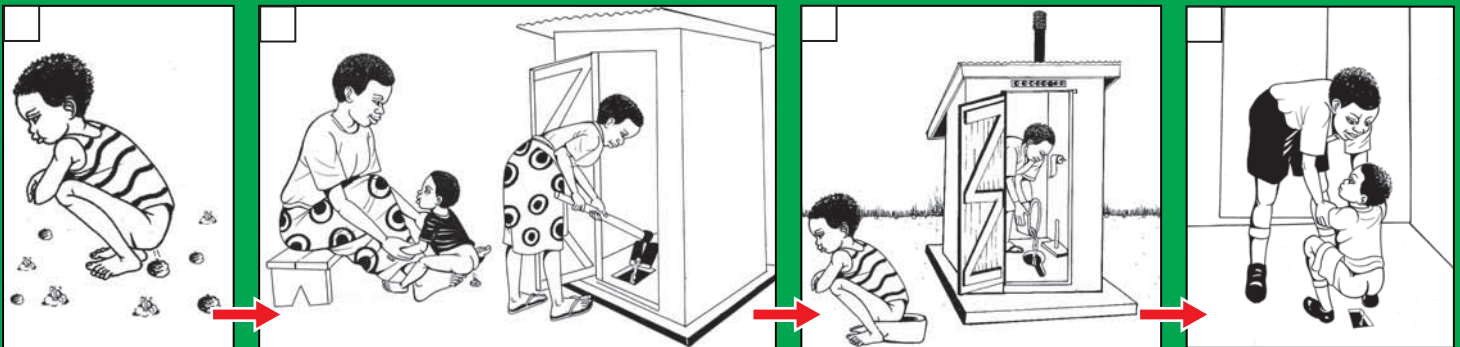
1. Suzuma imicyo ni imyifatire ya mukuru w'urugo.
2. Ukurikijye imyifatire y'uwusanze muri urwo urugo, bafashe bamenye uburyo baboneza imyifatire yaabo. Mu gihe uganiira nabo, ukurikirane ibi:
 - Ni ngorane ki abo muri urwo rugo bagiye kuzahura nazo igihe bahindura imyifatire yaabo
 - Ganiira nabo ureebe niba hari umwe muribo udashaaka guhinduraho biteewe na kamere ye cyangwa indi mpamvu.
3. Kurikiza ibyo mwemerekanijye gukora.
4. Inshiinga mwemerekanijye reeba ngo zirakurikijwe. Komeza gushishooza niba zikurikijwe.
5. Noneho kumuheru, biika kadi neza kubwincuro indi yokubarama.

"Duce ingeso yo kunnya aho tubonye hose. N'ibikorwa by'umwanda biteera indwara mubyaaoro"

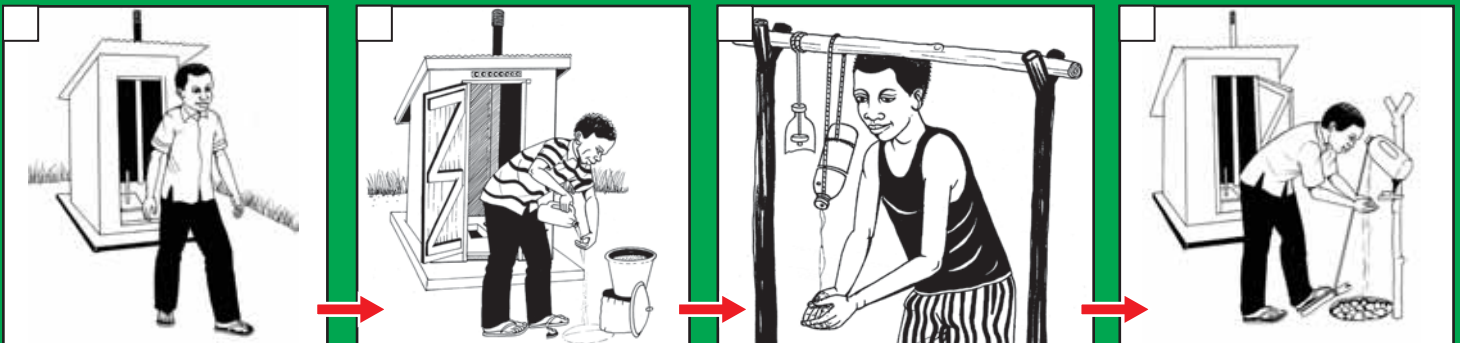
Kunyanyagiza umwanda



Guheha amabyi y'umwana



Gukaraba intoki ukoresheje isabune cyagwase itazi hanyuma yo kwituma



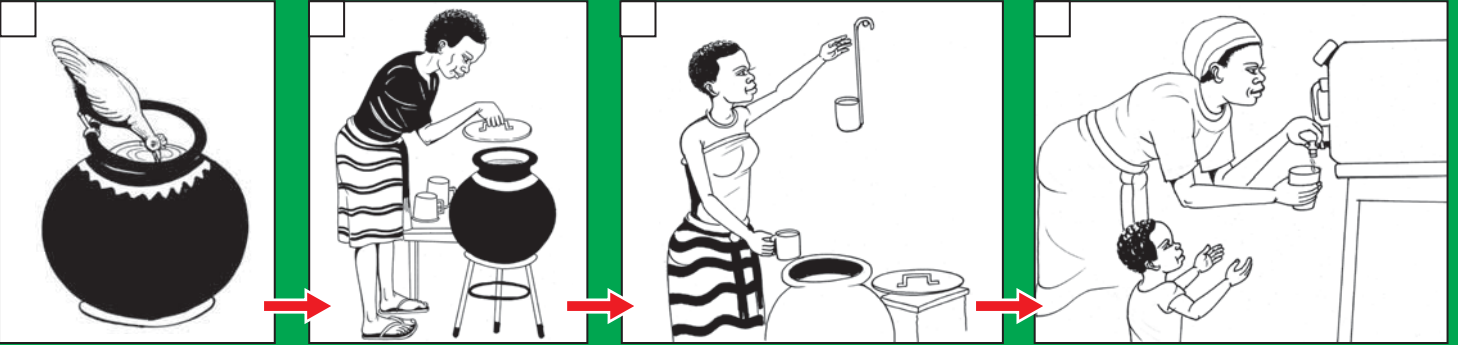
Kureba aho amaazi ava ngo hasukwewe

4



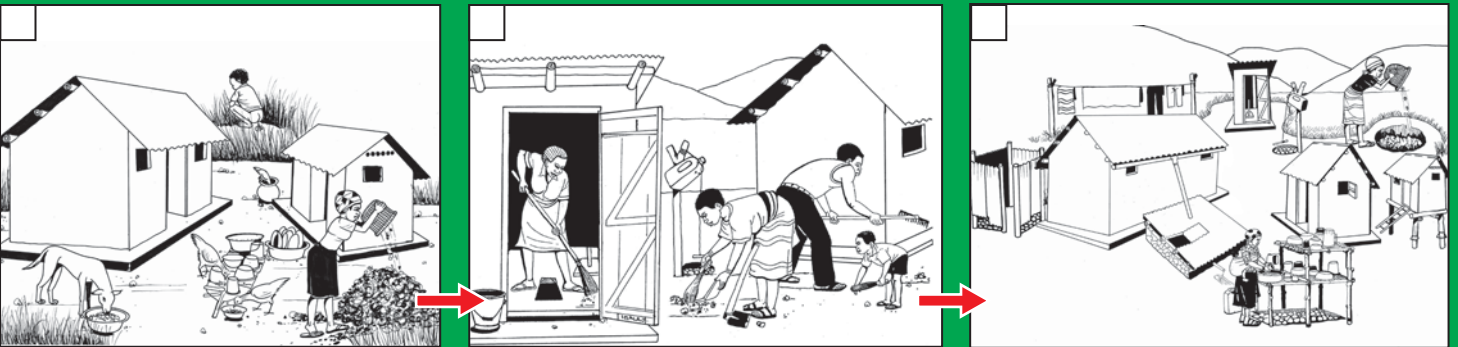
Uko wabika amaazi muburyobukwiriye

5



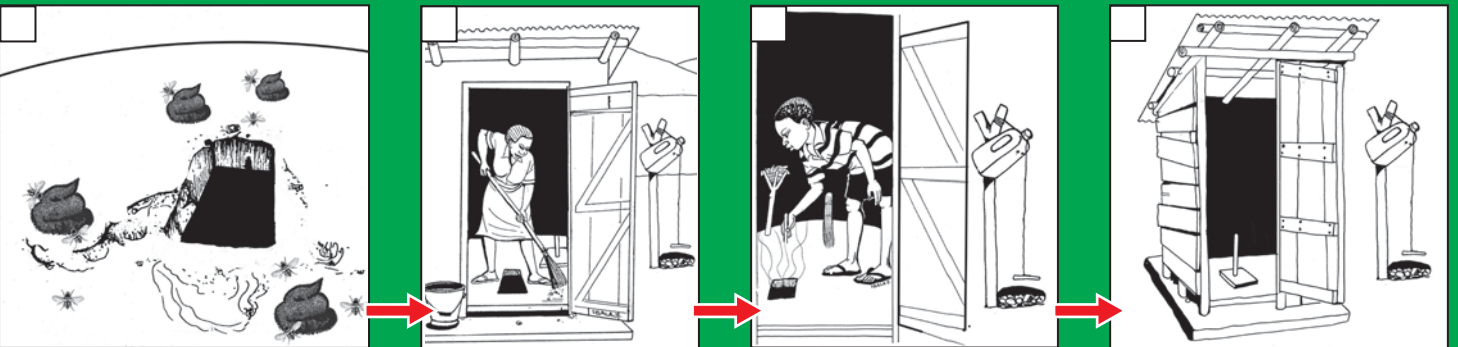
Gusukuura inzu hamwe n'imbuga

6



Gusukuura icyoroone

7



Igihe kifuzwa cyo gukaraba mu intoki

8

