

Guma umeze neza iyo hanze hashushe

Iyo hanze hatanguye gushuha, hari ivyo utegerezwa gukora kugirango wikingire, ukingire mugenzawe, n'umuryango wawe.

Ntugasige abana, abantu bamugaye canke ibitungwa mu muduga igihe hashushe.

Tekereza

- Guma mu gitutu, ahari icuma gitanga umuyaga nimba bishoboka canke ahandi hapfutse nko mu nzu yo muni
- Ambara impuzu zigukwiye, zoroshe, zibonerana.
- Woge amazi apfutse.
- Koresha ibikoresho bitanga akayaga ariko ntubifate ko arivyo vyonyene bitanga akayaga.
- Genda munzu rusangi zifise ibikoresho bitanga akayaga.

Irinde umwuma

- Nywa amazi menshi gusumvya uko vyahora, cane cane mugihe uriko urakorera hanze.
- Bikore hakiri kare nturindire kunyoterwa kugirango unywe amazi.
- Irinde kunywa inzoga n'ibinyobwa birimwo ikawa.

Menya amakuru

- Kurikirana amakuru kwihindagurika ry'ibihe.
- Injira kubuhinga ngurukanabumenyi vtalert.gov. umenye ivyitonderwa
- Raba kubuhinga ngurukanabumenyi bw'igisata c'amagara y'abantu n'ubw'ubuyoyi bwa Vermont Emergency.

Umviriza umubiri wawe

- Worohereze mugihe hashushe.
- Gabanya ibikorwa bikorerwa hanze kandi ubigabanye ufatiye kubihe bidashushe vy'umunsi.
- Itabarize mugihe wumva urwaye.
- Igihe wumvise ucitse intege, hagarika ivyo uriko urakora.
- Iyubare mugihe ufise ingwara yagusinzikaje.

Ntiwigire sindabibazwa

- Kurikirana abawe n'abavukanyi, cane cane abageze muza bukuru canke abafise ingwara bagendana
- Raba ko banywa amazi akwiye kandi bari ahafutse.
- Bibutse kutirengagiza ubushuhe.

Ha akayaga inzu yawe

- Shiraho ibitutu bigwanya izuba.
- Ugara amadirisha ku mutaga mugihe hanze hashushe gusumvya munzu.

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- Ugurura amadirisha mw'ijoro mugihe hanze hafutse gusumvya munzu.
- Koresha ivyuma bitanga akayaga mukwinjiza akayaga gafutse munzu, canke bisohora ubushuhe bwo munzu.
- Gabanya gukoresha ibikoresho Bizana ubushuhe nk'iziko rikoresha umuyagankuba, ifuru n'ibindi.

Menya Ibimenyetso vy'indwara y'ubushuhe

Guta inguvu kubera ubushuhe

Ibimenyetso

- Gucika intege
- Kubira ivyuya vyinshi
- Urukoba rworoshe, rukanye
- Iseseme canke kuyogwa
- Umutima utera buhoro kandi wihuta
- Gufatwa n'imbwa

Icokorwa:

- Kunywa amazi.
- Kugerageza kwiha akayaga mukwegera ahantu hari agatutu, mukuja ahantu hafutse, mukwoga amazi akanye canke kwishirako impuzu ikanye.
- Mugihe ibimenyetso vviyongereye canke bibandaniye inyuma yo kunywa amazi no kugerageza gupfupfahaza, Hamagara 9-1-1.

Kugira umuriro

Ibimenyetso

- Kumeneka umutwe
- Kutabira icuya
- Ubushuhe burenze 103°F
- Urukoba rutukuye, rushushe kandi rwumye
- Iseseme canke kuyogwa
- Umutima utera buhoro kandi wihuta
- Guta ubwenge canke kugira ibimenyetso vyo kuburanirwa

Icokorwa:

- Hamagara 9-1-1.
- Gufata ingingo zo kumuha akayaga kugeza ubutabazi bushitse.