

Umwuzure urashobora kwanduza Iriba ryawe canke isoko

Amakuru yo kuri runo rupapuro ni ay'imihora itwarara amazi mu mazu y'abigenga (amariba, n'imbizi). Nimba amazi yo kunywa mu nzu iwawe ava mu kiyaga c'igenga canke amazi y'isoko, **ntukoreshe ayo mazi** kandi hamagara [Umuhinga wo mu karere wo mu igisata kijejwe kubungabunga ibidukikiye](#) (mu Congereza) ku mabwirizwa.

Nimba uriha fagitire y'amazi, uriko ukoresha amazi rusangi. Usabwe kuja ku [rubuga rw'ikigo ca Vermont c'amasoko kama mu gusanura ivyononywe n'umwuzure](#) (mu Congereza) ku yandi makuru.

Fata ko amazi yawe yanduye nimba umwuzure warashikiriye iriba ryawe canke isoko ryawe, kandi ntuyakoreshe mu kunywa kugeza umenye ko ari meza. Amazi ashobora kuba atari meza gukoreshwa mu kunywa, guteka canke gusukura inyuma y'umwuzure. Mu gihe no mu nyuma y'umwuzure, amariba vy'igenga n'amasoko birashobora kwandukirwa n'amabagiteri, ibinyabuzima hamwe n'ibindi bicafuza biva mu myanda, ibitoro vyo gushusha, uburimyi, imyanda iva mu ruganda, amasumu, hamwe n'ibindi bintu bishobora gutera indwara zikomeme.

Umwuzure hafi y'iriba ryawe canke isoko

Ntukoreshe amazi yo mw'iriba ryawe canke isoko kugeza abanje gupimwa kandi umenye ko ari meza, cane cane nimba:

- Yari canke yarengewe n'umwuzure canke ari hafi y'umwuzure
- Asosa canke amota nk'ibitoro canke amasumu, canke wikeka ibitoro hafi canke isumu yasesetse

Suzuma sisiteme y'amazi yawe ko zononywe n'umwuzure

Nimba utabonye aho hantu mu gihe c'umwuzure, rondera ubucafu n'ibishanga aho hantu n'amazi canke ivyondo vy'amazi mw'iriba canke mw'isoko. Ibi ni ibimenyetso vyerekana ko sisiteme yawe yarengewe n'umwuzure.

1. Nimba ari vyiza gukora uko, suzuma ibice vy'umuyagankuba:
 - Raba intsinga zidapfutse/intsinga zononekaye canke ibikoresho vy'amatarara.
 - Raba nimba amazi yarinjiye mu gice ico arico cose c'amatarara. Ntukore nku intsinga z'amatarara.
 - Nimba ibifatanya amatarara canke ibikinga biri hanze y'iriba canke igisandugu c'isoko kikiri muni y'amazi, ntiwatse ipompo kugeza amazi y'umwuzure agabanutse.
2. Raba ibice vyononekaye bigize sisiteme y'amzazi.

- Suzuma uko iriba ryubatse - ahahengamye/hasadutse, hashobora gutuma amazi, imyanda yinjira mw'iriba no kwongereza ivyago vyo kwandura.
- Raba neza igifuniko c'iriba hanyuma ushireko igufuri kugira umenye neza ko wugaye neza. Imyanda ishobora kwinjira mw'iriba icye mu mufuniko utugaye neza.
- Genzura amategura y'agasandugu n'ibikoresho vyubatswe kugira urabe ko bifatanye kandi biri mu kibanza.

Nimba iriba ryawe canke isoko vyaratewe n'umwuzure

1. Kugeza amazi ywe apimwe, **Ntuyakoreshe:**

- Kunywa
- Guteka
- Kwoza amasahani
- Gukora umutobe canke ibarafu
- Kuronga ivyamwa n'imboga
- Kwiyugumura
- Gutegura amata y'umwana

2. Ronka amazi ava mw'isoko rizwi.

- Uzuzura amazi ava mw'isoko ryizewe ibikoresho bibika imfungurwa neza, nk'isomero ry'ibitabo ryo mu gisagara, inzu y'igisagara, igisata kijejwe kuzimya umuriro mu mashure, amasengero canke ibiro vy'igisagara.
- Gura mazi yo mw'icupa.
- Gura amazi ava ku bagurisha menshi kandi wuzuze itangi. Rondera [urutonde rw'abagurisha amazi](#) canke urondere interineti "y'abagurisha amazi i Vermont."
- Nimba udashobora kuronka amazi ava kw'isoko rizwi, **shusha amazi yawe ikiringo c'umunota umwe** kugira wice amabagiteri n'utundi tunyabuzima dushobora kuba mu mazi. Usabwe kumenya ko gushusha amazi gushobora kwegeranya imicafu y'umwuzure, nka nitarate, mbi cane ku bana bato. **Ntukoreshe amazi ashuhije mu gutegura amata y'umwana.** Ntushusha amazi nimba:
 - Amota canke ubona ibimenyetso vy'amavuta mu mazi yawe
 - Wibaza ko hoba hari ibitoro hafi canke amavuta yasesetse
 - Ubona ko amazi yatobetse canke yuzuyemwo imicafu.

- **Nti** wuzuze amazi iriba ryawe ryanduye canke isoko amazi azanywe n’uwuyatwara. Ahubwo, shira amazi mu bikoresho bitonona imfungurwa.
3. Nimba gushusha ibitoro canke amavuta bizwi ko vyasesetse hafi y’iriba canke isoko, hamagara [igisata co kubungabunga ibidukikije c’i Vermont \(DEC\) no kwitaho ivyasesetse](#) mu gihe c’amasaha y’akazi (isaha 1 n’iminota 45 yo mu gitondo kugeza isaha 10 n’iminota 30 zo ku mu goroba.) kuri 802-828-1138 canke inyuma y’amasaha y’akazi kuri 800-641-5005 kugira umenyeshye ivyasesetse. **Ntunywe amazi nimba** ukeka ko ibitoro canke isumu yasesetse yononye iriba ryawe cake nimba amazi yawe asosa canke ameze nk’ibitoro canke amavuta.
 4. Pimisha amazi yawe naho hoba ata bitoro canke amavuta vyasesetse. Amabagiteri na nitarate biboneka akenshi mu mazi yo kunywa yandura inyuma y’umwuzure.
 5. Imbere yo gufata igipimo c’amazi:
 - Kuramwo ivyondo vyose biboneka, umucafu, hanwe n’ibindi bicafu biri iruhuhande y’iriba canke mu gikono c’isoko.
 - Nimba amazi yawe arimwo ivyondo canke acafuye, yakuremwo ukuresheje ibombo yo hanze iriko umuringoti kugeza amazi asigaye atonganutse atagira umucafu. Ibi bishobora gufata iminota 30 kugeza ku masaha menshi canke iminsi, bivanye n’ubunini n’uburebure bw’iriba canke isoko n’ubwinshi bw’ubucafu.
 6. Nimba isoko ryawe ry’amazi ririmwo amabagiteri, [ica imicafu iri mw’iriba ryawe canke isoko](#) inyuma y’igabanuka ry’umwuzure. Nimba ukeneye ubufasha bwo kwica imicafu mw’iriba ryawe canke isoko, [hamagara umwimvi w’amariba wo mu karere](#) canke [umuhinga mu vy’amazi wo mu karere](#).
 7. **Kugeza inyishu z’igipimo zerekanye ko ata bagiteri canke iyindi myanda mibi irimwo, ntukoreshe amazi** mu kunywa, guteka no gutegura imfungurwa, gukora umutobe, canke ibarafu, kwiyugumura, kwoza amasahani, gutegura amata y’umwana, canke ivyamwa n’imboga.
 8. Nimba ushaka ubufasha bwo gusubiriza uburyo bwo gutanga amazi budakora, hamagara [umwimvi w’amariba avyemerewe](#) canke [umuhinga wawe wo mu karerere](#) ku makuru y’impusha hamwe no kubangira ku mpusha.

Ushobora kandi kuba ufise ikibazo ca sisteme yawe y’umwanda. [Rondera abafasha kugira bagufashe sisteme yawe y’umwanda](#)

Imihora kuri runo rupapuro ija ku yandi masoko mu congereza. Kugira uronke amakuru mu rundi rurimi, hamagara ikigo kijejwe amasoko kama kuri anr.civilrights@vermont.gov canke 802-636-7827.