



1.3. Isuku yo ku mubiri wacu

• Umubiri:

Umubiri wacu ukeneye gukorerwa isuku ihagije buri muni (gukaraba

umubiri wose byibuze rimwe ku muni) Dukoresheje amazi meza n'isabune. Kwa mbara inyenda ifuze igihe cyose umaze gukaraba kandi ukibuka kuyihindura buri muni.

- Isuku y'amenyo: Mu rwego rwo kwita ku isuku yo mu kanwa, cyane cyane amenyo, umuntu agomba koza amenyo byibura 3 ku muni akoresheje uburoso bumeze neza ndetse n'umuti wagenewe koza amenyo. Uburoso ukoresha bugomba kuba butavunguka kugira ngo utaba wamira tumwe mu bigize uburoso kuko bishobora na byo ubwabyo kugutera izindi ndwara.
- Ku bijyanye n'igihe cyo koza amenyo rero, umuntu ategatswe byibura koza amenyo mu gitondo abytse, nyuma yo gufata ifunguro rya ku manywa ndetse na nyuma yo gufata ifunguro rya nimugoroba



- Isuku y'intoki: Isuku ihagije ni ingenzi mu gukumira impiswi n' izindi ndwara.



- Karaba intoki ukoresheje isabune n'amazi meza asukirwa mbere yo gutegura ibiryo, mbere yo kurya, nyuma yo kuva mu bwihereho cyangwa umaze gusukura umwana wawe witumye.

1.4. Isuku y'amazi

- Amazi yo kunywa agomba kuba ari meza ngo akurinde indwara.
- Hari uburyo butandukanye bwo gutunganya amazi harimo gutekwa akabira, gushyirwamo umuti uyasukura wabigenewe(Sure Eau), filitre n'ibindi.
- Yashyire mu kintu gisukuye kandi kandi gipfundikiye.

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UBUZIMA BWAVE BURI MU BIGANZA BYAWE:



Muze twese twitabire kugira isuku: Kunywa amazi meza, Intoki zisukuye, n'Umusarani usukuye.



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1.1. Kuki isuku ari ngombwa ku buzima bwacu?

Indwara nyinshi zivurirwa mu mavuriro yo mu Rwanda abantu bashobora kuzirinda baramutse bahinduye imyumvire n'imytwarire ku byerekeye isuku y'amazi tunywa, isuku y'umubiri harimo gukaraba intoki, isuku y'aho dutuye n'ubwihereho. Ni ngombwa kumenya ko abaza kwisuzumisha mu bigo nderabuzima byo mu gihugu, abagera kuri 80% baba barwaye indwara zikomoka ku mwanda:

Indwara z'impiswi, izifata mu myanya y'ubuhumekero, iz'uruho, Tifusi, Kolera, inzoka zo mu nda n'izindi. Nyirabayazana w'izo ndwara zose ni ukutagira imisarane ndetse no gukoresha imisarane yanduye, kunywa amazi yanduye, kutagira uburyo bukwiye bwo kubika imyanda, isuku idahagije y'ibikoresho n'aho dutuye no kutagira umuco wo gukaraba intoki ukoresheje amazi meza n'isabune.

Global Communities ibinyujije mu mushinga wayo USAID Ejo Heza, ifatanyije na Save the Children International n'imiryango



nyarwanda yiyemeje gufasha leta y'u Rwanda mu gahunda ikangurira abaturarwanda kunywa amazi meza, gukaraba intoki n'isabune no gukoresha imisarane isukuye.

Ubutumwa buzaba bukubiye mu bice bitatu by'ingenzi: Isuku y'aho dutuye harimo imisarane n'ibikoresho byo mu rugo. Isuku y'umubiri harimo intoki n'amenyo n'isuku y'amazi. Isuku ihagije muri rusange irinda indwara z'impiswi, iz'ubuhumekero, Malariya n'inzoka zo mu nda. Ni byiza rero kugira isuku aho turi hose kuko kwirinda biruta kwivuzwa.

Dore ibyo ubushakashatsi bwakozwe mu Rwanda bugaragaza:

No	Imyifatire ku isuku	Aho byavuye/ Umwaka	Ijanisha
1	Ingo zinywa amazi asukuye	DHS-2010	49%
2	Ingo zifite imisarane ivuguruye	EICV-2011	74.5%
3	Ingo zifite aho gukarabira intoki	DHS-2010	10%
4	Ingo zikaraba intoki bakoresheje isabune	DSH-2010	20%
5	Abana bari muni y'inyaka 5 barwaye indwara z'impiswi	DHS-2010	13%

1.2. Isuku y'aho dutuye harimo n'imisarane n'ibikoresho byo mu rugo:

- Aho dutuye: hakeneye gusa neza igihe cyose, dukeneye gusukura inzu tubamo



ndetse no mu mpande zayo, dukeneye gusukura aho turyama ndetse n'ibikoresho byose byo mu nzu.

- Ukeneye gufungura inzugi n'amadirishya ngo hinjire mu nzu umwuka mwiza
- Ibikoresho: Amasahani agomba kozwa agashyirwa ku gatanda kabugenewe
- Si byiza gukoresha amacupa, bibero cyangwa udukombe dupfundikirwa dufite imihoro ku munwa, kuko birushya kubyoza kandi bishobora kwanduza ubikoresha indwara. Bika ibiryo bigenewe umuryango wawe ahantu hafite isuku.
- Umusarane: Kirazira kwituma ku gasozi
- Gira umusarane usukuye ufite idari rishobora kozwa, usakaye kandi ukingwa.
- Koresha ibikoresho byo kwisukura (amazi, Impapuro n'ibindi).
- Pfundikira umusarane kugirango isazi zitawugeramo ngo zikwanduze
- Koresha kandagira ukarabe ifite amazi meza n'isabune igihe uvuye ku musarane.
- Kora isuku mu musarane buri muni, uwukubura, uwoza neza n'amazi arimo isabune byirukana umwuka mubi n'amasazi.