Izimpanuka ziroroshe kuzikingira.Guhitamo kudatwara umudoga igie waborewe birashobora kurinda ubuzima.

- Ntuze unywe inzoga igihe uzi yuko uza gukenera gutwara imodoka mumwanya hamwe uhejeje.
- Nimba watuguye kunywa inzoga menya neza ukungene ishika muhira kare.
- Barira umuntu azi imodoka agutware muhira.
- Buza abagenze n'abaryango gutwara imodoka banyoye inzoga.
- Ntuze ureke wenyene canke abana bawe baje mumodoka y'umushoferi kumbure yaborewe.

Ntukigere Usiga Abana Bonyene Mumudoka

Gusiga abana bonyene mumudoka canke gusiga abana bonyene impande y'imodoka yuguruye birashobora kuba bibi cane.

- Abana barashobora gusha vuba cane gose.Ubushuhe burenze ni kimwe mubitera impanuka z'ugupfa zimdoka mubana barimunsi ya 14 kandi birashobora gukomera cane cane mubushuhe bwa Arizona
- Ntukigere usiga abana mumudoka moteriri yakije canke mumodoka harimo urufunguruzo.Ibi birashobora gutera impanuko aho imodoka yokwijanya harimo abana bawe.
- Abana basigaye bonyene impande y'imodoka zitugaye barashobora kwiyugarana bonyene mumodoka canke bakiyugarana hama bakishira bonyene mumpanuka y'ubushuhe bwinshi canke bakabura akayaga.

Izimpanuka birashoboka kuzirinda vyoroshe.

- Ntukigere usiga umwana wawe wenyine mumodoka, utaravye ukungene unyaruka kugira ngube ugarutse.
- Ntukigere usiga moteri iriko iraka canke ngusigemo ifunguruzo zimodoka. Siga ibikoresho vyingenzi nka telefoni, agahago kamahera,canke agasakoshi gato kibitabo hafi y'umwana aryame kugira ngo ntuze wibagire ko ari ngaho.
- Igisha umwana wawe kudakinira imberte, munsi, canke kumamodoka.
- Nimba ubona umwan a imbere y'imodoka yugaye, akura 911.

Kujabuka Ibarabara

Nivyiza navyone kugira umutekano ahegereyeamamodoka no mugihe utariko utwara.Igisha umuryango wawe ukungene bajabuka ibarabara kandi baze bamenye kwigana ibi hama bize bigane ibi bibe ingeso yabo bakora iminsi yose.

- Imbere yuko ijabuka ibarabara, raba ukuryo ukubanfu obone kwegera imodoka.
- Uze ujabuka ibarabara unyuze aho banyura n'amagaru.
- Igisha abana ntibaze bajabuke ibarabara badashashwe ukuboko n'umuntu akuze bizigiye.
- Araraba neza muri parikingi naho mw'injirira.

Arizona Department of Health Services

Wame Utekanye Impande y'Imodoka

Programe y'Amagara meza y'Impunzi Igisata c'Ibikorwa vy'Amagara meza ca Arizona

Ubahiriza Amategeko y'Ibarabara

Imwe munzira yoroheje yo kugabanya ingaruka z'ukuvunika uriko uratwara imodoka ni ukubahiriza amategeko yose y'ibarabara hama ugatwara mumutekano uko bigomba kose.

- Kurikiza ikiringo c'umuvuduko ntarengwa
- Hagarara kumatara atukura n'ibindi bimenyetso.
- Wirinde kurangara uriko uratwara imodoka.
- Ntuze ukurikire imodoka irimbere cane gose n'inyuma yawe.

Koresha Imikandara y'Intebe

Niyo utwara imodoka witonze, igihe cose witege ko vyoshoboka yuko hobaho impanuka. Ivyiza gose ko witegura, kandi imwe munzira nziza yo gukora ibi niukwambara imikaba y'intebe igihe cose uriko uratwara imodoka. Ibi n'ingirakamaro kubera yuko:

- Imikaba y'intebe irokora ubuzima bwabantu ibihumbi buri mwaka.
- Imikaba y'intebe isigura kugabanya ubushobozi bw' imvune canke gukomereka igihe imodoka yakoze impanuka.
- Muri Arizona, kwambara umukaba w'intebe mumudoka ni itegeko. Nimba wewe canke umwe mubagenzi atambaye umukaba w'intebe yicayeko, ugomba kwishura amande.

Nivyingenzi kandi kumenye neza yuko wambaye umukaba wawe neza.

- Umukaba w'intebe y'imodoka ugomba kukurinda ukakwegera kumatako n'ibitugu umukaba ugomba kuryama kugikiriza cawe. Ntuze
- wambare umukandara wo mubitugu nguwushire mumaboko, inyuma mumugongo, canke mu ijosi. Ntihagomba kubaho ugufyina kuriyi mikaba.
- Urabe neza ko abana badakina n imikaba yabo canke bayifyinatiraho.

Umutekano w'Intebe y'Imodoka

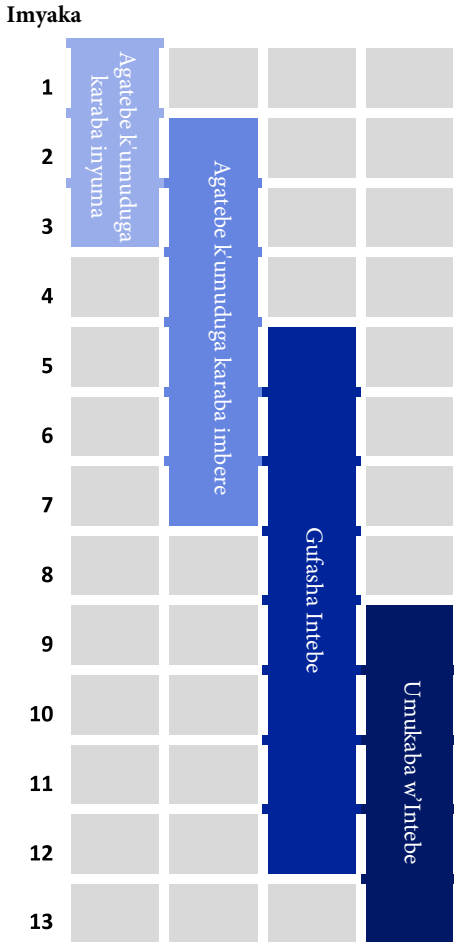
Abana batoyi cane badashobora gukoresha imikaba isanzwe y'intebe bagomba gushirwa muntebe yabugenewe mumodoka.Guhitamo intebe nziza mumodoka ni ingira kamaro kumutekano wabana bawe.

- Birashobora kuba bibi kwicara kuntebe mbi mumodoka. Menya neza ko intebe z'imodoka yawe ari izimyaka y'abana, uburebure, ubunini.
- Ukurikije Itegeko rya Arizona, abana bose barimunsi y'imyaka 8 na 4'9'' canke bagufi bagomba kwicara muntebe imufasha.
- Koresha ivyanditse hama umenye neza ubwoko bw'intebe yimodoka umwana wawe akeneye.

Niwaheza kubona intebe zimodoka zikenewe, n'ingirakamaro Kuyishira mo neza hama ugakingira umwana wawe-ly.

- Raba neza ko intebe imwegereye kandi ko yicaye neza umwegereye mugikiriza.
- Raba ko ibifungo nibifata igikiriza ko bimezeneza.
- Nimba utazi neza ukungene bakoresha intebe zimodoka, baza ajanse yakurondereye ubuhunzi bagufashe kandi bakongere ubundi bufasha.

Ntukigere Utwara imodoka Waborewe

Gutwara imodoka uhejeje kunywa inzoga canke ibiyayura mutwe ntabwo uba wikingiye kandi birashobora kugushira, n'abagenzi utwaye, nabandi batwaye imodoka kubateza impanuka mbi gose.

- Abantu ibihumbi bapfa buri mwaka bazize impanuka ziterwa n'abatwara imodoka baborewe.
- Gutwara imodoka waborewe ntivyemewe n'amategeko kandi baguca amahera ukajanwa muri mpimba