

Isuku Nziza y'Umuntu

Ntucire

Gucira bigaragara ko uba utubaha iyo ucira kandi ntivyemererwa gucira munzu. Gucira navyo birashobora gukwirakwiza indwara.

Koresha Ibikoresho vy'Isuku vy'Abagoree

Abapfasoni igihe cose bagomba gukoresha ibikoresho vyisuku igithe bari mumihango yabo y'ukwezi. Ugomba guhindura nyuma yamasaha makeyi kugira ngo wirinde indwara n'impumuro mbi. Ibikoresho vyisuku bambara bigomba kujugunywa kure mugabo ntibijugunywe mukazu kasugumwe. Gukoresha ibikoresho by'isuku byongera isuku kandi bitera imihango y'ukwezi y'abapfasoni kuborohera. Urashobora kugura ibikoresho by'isuku mw'iduka y'imiti canke amaduka y'ububiko.

Mesura Impuzu Zawe n'Amashuka

Mesura impuzu zawe n'amashuka utareka n'ingirakamaro kugira ukumire indwara n'impumuro mbi. Uduhu zu twimbere n'isogesi bigomba kumesurwa uhejeje kuzikoresha. Amashati agomba kwambara bitarenze inshuro 2

Imbere yuko umesura ipantaro ntigomba kugororwa inshuro zirenga 3 -4 imbere yuko uyimesura. Ugomba kumesura umwenda uwariwo wose utose canke uboneka ufise ubucifu.

Ugomba kumesura amashuka yowe nimiburiburi rimwe mundwi zibiri. Nimba umwana wasovye kuburiri, amashuka yiwe agomba kumesurwa ubwonyene.

Bigire Akamenyero

Inzira imwe kugira ngo wimenyereze isuku nziza ni ukubikora igithe cose. Ibikorwa vyaminsi yose, nko koga no gukaraba amenyo yawe, ishirireho amasaha amwe wenyene. Akarorero, urashobora kwemeza kuzaza woga burigitondo utaraja kukazi hama ugasukura amenyo iminsi yose uhejeje kunywa icayi nambere yo kuryama. Kugikorwa nkico kumesura impuzu n'amashuka, birashobora kukorohera gufata umunsi wihariye mundwi hama igithe cose uze umesure kuruyo munsi. Niwashiraho ububuryo bw'imikorere yaminsi yose, bizoroha kwibuka ikintu cose.

Yaga na Dogiteri Wawe

Nimba ufise ikibazo icarico cose kijanye n'ukwimenyereza isuku canke ukungene ukoresha ibikoresho vyisuku vyiwawe, urashobora kuyaga igithe cose na dogoteri wawe. Barashobora kuguha inkuru z'uburyo bwiza bugufasha ukamaa isuku n'amagara meza wewe n'umuryango wawe



Progaramu y'Amagara meza y'Impunzi
Igisata c'Ibikorwa vy'Amagara meza

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Kuberiki Isuku ari Ingirakamaro?

Isuku nziza n'ingirakamaro kumvo zitandukanye. Kwama ufise isuku birashobora kugukingira indwara, kugufasha wewe n'abo murikumwe kugira amagara meza. Kwimenyereza isuku birashobora kugufasha gushobora ishuri no kukazi.



Nimba ufite inda, uzaba ukeneye shampoo yihariye iva kuri dogiteri wawe canke ugurisha imiti

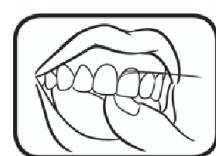
Koresha Imibavu

Uhejeje koga, abagabo n'abapfasoni bagomba gukoresha imibavu mumaha yabo kugira ngo birinde impumuro mbi. Kugabana impumuro mbi kumubiri bishobora kugufasha kumenya ku ishuri no mukazi. Urashobora kugura imibavu imota neza mw'iduka ry'imiti canke mumaduka.



Floss kandi Usukure Amenyo Yawe

Nivyingirakamaro kwama umunwa wawe n'amenyo guhora asukuye kugira ngo ugire amagara meza kandi umerewe neza. Ugomba koza amenye yawe buri gitondo no mwijoro. Ubwambere, ugomba koza amenyo. Floss isaba ko ukoresha akanti gato kagufasha gukura indya zasigaye mumenyo ikagufasha kuzikurayo zose amenyo akera. Urashobora kugura floss mw'iduka ry'imiti canke amaduka y'ibigega.



Nigute Nkora Isuku Nziza?

Gukora isuku nziza wenyene bisigura kwama ukorera umubiri wawe isuku hama ukagabanya akamoto.

Karaba Intoki Zawe

Gukara intoki zawe nimwe munzira nziza yo kwama usukuye hama ukagira amagara meza kugira ngo ukumire gukwirakwiza indwara. Igihe cose karaba amaboko yawe uvuye mukazu kasurwumwe, guhindurira umwana, isuku yo munzu. Nivyingirakamaro gukaraba intoki zawe imbere na nyuma yo guteka no gulfungura. Uriko urakaraba koresha isabune n'amazi. Sukura amaboko yawe mugihc c'isegonda 30 mbere yo gushirako isabuni, urabe neza ko usukurua hagati yintoke zose no munzara.

Oga Udasiba

Nivyingirakamaro koga canke gukaraba buri munsi kugira ngo umubiri wawe wame usukuye kandi utanuka Uriko woga, urashobora gukoresha isabune isanzwe canke iyamazi uriko uroga umubiri. Isige isabune umubiri wawe wose imbere yo gusukura. Koresha shampoo gusukura umusatsi. Uhejeje gushiramo shampoo, abantu bamwe bakunda gukoresha amavuta y'imisatsi wabo kugira ntize yume gose. Shampoo nziza ntishobora kwica inda. Nimba ufite inda, uzaba ukeneye shampoo yihariye iva kuri dogiteri wawe canke ugurisha imiti ntishobora kwica inda.

Uhejeje gusukura, ugomba koza amenyo ukoreshheje umuti w'ameno n'uburoso bw'ameno. Uze urabeko wasukuye impande zose z'ameno muminota 2. Niwareka koza amenyo yawe, arashobora kwandura, bikagutera kubabara gose. Koza amenyo navyone bifasha guheza impumuro mbi mumwuka uhema. Abantu bamwe nabone bakunda gukoresha amazi yoza mukanwa akica udukoko twinshi ashobora gutera impumuro muguhema.

Kumunwa uriko Urakorora

Igihe urwaye, ningirakamaro ko ukora ivyo ushoboye kugira ukingire abantu murikumwe kugira ntibaware nabo. Nimba ukeneye gukorora, uze wibuke gufata umunwa nukuboko canke ingingo y'inkokora. Ntuze ukorore muntoki zawe nkeretse ugira ukarabe intoki ubwo nyene. Bitarivyo, uzokwirakwiza indwara ufite kukindi kintu ukozeko.



Koresha Mouchoirs

Niba ufise ikimyira koresha mouchoir kugira ngo uhanagure ikimyira kuzuru. Ugomba kujugunya mouchoirs wakoreshheje hama ugakraba amaboko yawe uhejeje kuzikoresha. Ntuze wimyize intoke zawe canke amaboko kuko ibi bishobora gukwirakwiza indwara kandi ugafatwa nk'umutu atubaha. Iduka ry'imiti rigurisha paketi ntoy za mouchoirs ushobora gutwara nimba urwaye.