



Repubulika y'u Rwanda

Minisiteri ishinzwe Ibikorwa by'Ubutabazi

KWIRINDA GUKUBITWA N'INKUBA.

A. INTANGIRIRO

Inkuba ni iki?

Inkuba ni amashanyarazi avuka mu kirere cyangwa se hagati y'ikirere n'isi biturutse ku inyuranamo ry'ibicu cyane cyane mu gihe cy'imvura, aho akenshi muri iryo nyuranamo biteza guhura kw'ibimenyetso bitandukanye by'amashanyarazi, kuramo na teranya bikabyara ikibatsi kinini cy'amashanyarazi ari cyo cyitwa umurabyo ndetse bigatanga n'urusaku.

Kubera ubwinshi bw'ayo mashanyarazi, yangiza umuntu cyangwa ikintu ahuye na cyo mu nzira yayo hagati y'isi, ikirere n'umwuka, ari byo byitwa gukubitwa n'inkuba. Mu Rwanda inkuba ni cyo kiza (Disaster) cya mbere mu gutwara ubuzima bw'abantu benshi no kubakomeretsa mbere y'inkangu n'imyuzure.

B. NI RYARI INKUBA YITWA IKIZA?

Inkuba yitwa ikiza mu gihe ayo mashanyarazi yagize ingaruka ku buzima bwa muntu, kwangirika kw'ibikoresho, ibikorwaremezo, inyubako, gukomeretsa, cyangwa guhitana ubuzima.

C. INGARUKA ZITERWA NO GUKUBITWA N'INKUBA

Zimwe mu ngaruka ziterwa no gukubitwa n'inkuba twavuga:

- ✓ Gutwara ubuzima bw'abantu,
- ✓ Gutwika uwo ikubise ikamuteza ubushye bukomeye,
- ✓ Gusigira ubumuga butandukanye uwo yakubise harimo, kwangirika kw'imitekerereze no guhagarara kw'ibice bimwe na bimwe by'umubiri (Paralysis),
- ✓ Kwangiza inyubako n' ibikorwa remezo
- ✓ Gutwika ibikoresho cyane cyane ibikoresha amashanyarazi,
- ✓ Gutera ihungabana,

D. AMABWIRIZA YO KWIRINDA GUKUBITWA N'INKUBA

Mu bihe by'imvura cyane cyane umuhindo n'itumba haba ibyago byinshi byo kugira inkuba, ziteza ingaruka zavuzwe hejuru iyo hatabayeho kwitwararika. Ni yo mpamvu, buri wese asabwa kubahiriza amabwiriza akurikira by'umwihariko igihe cy'imvura irimo umuhindo w' inkuba:

I. UBURYO RUSANGE

- ✓ Kugama mu nzu mu gihe cy'imvura irimo imirabyo n'inkuba,



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- ✓ Kwirinda kugama munsu y'ibiti ; iminara y'itumanaho, amapironi atwara amashanyarazi n'ibindi ;
- ✓ Guhagarika gukoresha telefoni n'ibindi bikoresho by' amashanyarazi, mu nyubako idafite uburyo bwo kurinda inkuba bwagenewe imiyoboro y'amashanyarazi ndetse n'itumanaho;
- ✓ Kirazira kureka amazi cyagwa gukora indi mirimo hanze cyane cyane ifite aho ihurira n'amazi mu gihe imvura igwa nko kumesa, kuroba, koga mu biyaga cyangwa se pisine ;
- ✓ Kwirinda kwitwira imitaka ifite utwuma hejuru cyangwa se gufata mu ntoki ibyuma ibyari byo byose ;
- ✓ Irinde kwegera hafi y'iminara y'itumanaho, amapironi atwara amashanyarazi cyangwa hafi y'uruzitiro rukozwe mu byuma,
- ✓ Kwirinda kwegera cyangwa kwegamira inzugi n'amadirishya cyane cyane ibikoze mu byuma,
- ✓ Va ku binyamitende (igare cyangwa ipikipiki), wihutire kujya kugama mu nzu,
- ✓ Mu gihe uri mu modoka, genzura ko ibirahuri byose bifunze.
- ✓ Gushyira imirindankuba ku nyubako. Mu gihe irimo amashanyarazi hashyirwamo kandi n'uburyo bwo kurinda ibikoresho bicomekwa ku mashanyarazi ndetse n'ibikoresho by'itumanaho;
- ✓ Kwirinda kwegera aho umurindankuba umanukira ugana mu butaka, ugahagarara nibura muri metero eshatu ;

II. AHAHURIRA ABANTU BENSHI (INSENGERO, AMASHURI, AMASOKO, IBIBUGA BY'IMIKINO N'IMYIDAGADURO, ...)

- ✓ Kwirinda amateraniriro mu nyubako zidafite imirindankuba, ababikora baba bateza ababagana ibyago byo gukubitwa n'inkuba;
- ✓ Guhagarika imikino cyangwa se imyidagaduro mu gihe imvura igwa kandi aho bikorerwa hakaba hadafite imirindankuba; abantu bakihutira kugama.
- ✓ Gukangurira abanyeshuri kudakinira hanze mu gihe imvura igwa kandi no mu ishuri bakirinda kwegera amadirishya n'inzugi cyane cyane ibikoze mu byuma;
- ✓ Gushyira imirindankuba ku nsengiro n'amashuri aho itari, ku masoko rusange n'ubwo yaba atubakiye no ku bibuga by'imikino n'indi myidagaduro itandukanye;

E. NI IKI WAKORA MU GIHE UWO MURI KUMWE AKUBISWE N'INKUBA?

Nta muziro uba ku muntu wakoze ku kintu cyangwa umuntu wakubiswe n'inkuba. Bityo mu gihe uwo muri kumwe agize ibyago byo gukubitwa n'inkuba:

- ❖ Tanga ubutabazi bw'ibanze ukurikije ubumenyi bw'ibanze ufite muri byo;
- ❖ Tabariza ku gihe inzego z'ubuyobozi n'iz'ubuzima zikwegereye;
- ❖ Ihutire kugeza uwakomeretse cyangwa uwahungabanye ku ivuriro rikwegereye;