

## KINYARWANDA HEALTH MATERIAL



### GAHUNDA YO KUZAGARUKA KUBONANA NA DOGITERI

Itariki: \_\_\_\_\_ Isaha: \_\_\_\_\_

Aderesi: \_\_\_\_\_

Nomero ya telefoni: \_\_\_\_\_

Umuryango wakwakiriye: \_\_\_\_\_

Umukozi ukurikirana ibyawe: \_\_\_\_\_

Nomero ya telefoni: \_\_\_\_\_



Nomero ya telefoni y'imodoka izakuzana: \_\_\_\_\_

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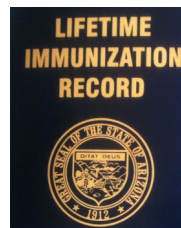
Nomero ya telefoni y'imodoka izakuzana: \_\_\_\_\_

## IBYO UGOMBA KUZAZA WITWAJE

Imiti



Ikadi y'inkingo/  
Agatabo k'ubururu

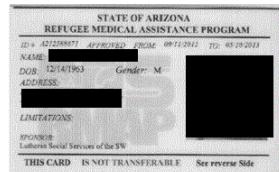
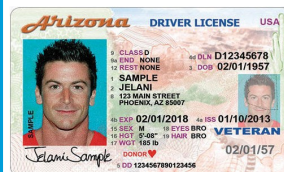


Raporo ya muganga yakozwe  
witegura kuza ino (niba uyifite)

AHCCCS cyangwa  
ikarita y'ubwishingizi



Ikarita ikuranga



## IBYO NGOMBA KUBAHIRIZA

- ✓ Kuja muri gahunda zose
- ✓ Kuhagera hasigaye iminota 15 ngo nakirwe
- ✓ Kumenyesha hasigaye amasaha 24 ndamutse ntashobora kuza
- ✓ Kubika impapuro zose zo kwa muganga
- ✓ Guhamagara tagisi hasigaye iminsi itatu



## UBURENGANZIRA BWANJYE

✓ Guhabwa umusemuzi



✓ Gusaba dogiteri w'umugabo  
cyangwa w'umugore



✓ Kwakirirwa ahihereye no kugirirwa ibanga

✓ KUBAZA IBIBAZO



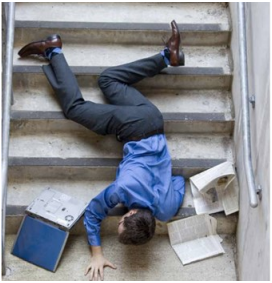
# HAMAGARA 911

## KUJYA KW'IVURIRO RIHITA RYAKIRA ABANTU IGIHE CYOSE BAZIYE

## GAHUNDA YO KUBONANA NA MUGANGA

## ICYO WAKWIKORERA WOWE UBWAVE

### KINYARWANDA HEALTH SCENARIOS



Hari umuntu wataye ubwenge.



Ufite umuriro umaranye iminsi  
2 cyangwa irenzeho.



Umaze iminsi wumva ufite  
umubabaro kandi wihebye.



Urwaye ibicurane.  
**Icyo wakora:** Kuruhuka.  
Kunywa ibinyobwa.

### DOGITERI WANJYE

Izina: \_\_\_\_\_

Aderesi: \_\_\_\_\_

Nomero ya telefoni: \_\_\_\_\_



Hari umuntu ufite ibimenyetso  
by'igicuri.



Ufite igufwa ryavunitse.



Umaze iminsi wumva ushaka  
kuruka.



Urwaye umutwe ariko bidakabije.  
**Icyo wakora:** Gufata umuti  
woroshya ububabare. Kunywa  
amazi menshi.

### IBITARO BIRI HAFI Y' AHO NTUYE KURUSHA IBINDI

Izina: \_\_\_\_\_

Aderesi: \_\_\_\_\_



Urababara mu gatuza cyangwa  
mu mutima.  
Akaboko kawe k'ibumozo  
kaguye ikinya.  
Ntushobora guhumeka.



Umaze iminsi ubabara cyane  
mu gutwi cyangwa urwaye  
umutwe.



Ufite akantu kasheshe ku  
mubiri kanze kuvaho.



Hari akantu kagukomerekeje  
buhoro.

**Icyo wakora:** Gushyiraho  
agapfuko kabugenewe.



### IVURIRO RIRI HAFI Y' AHO NTUYE RIHITA RYAKIRA ABANTU IGIHE CYOSE BAZIYE...

Izina: \_\_\_\_\_

Aderesi: \_\_\_\_\_