

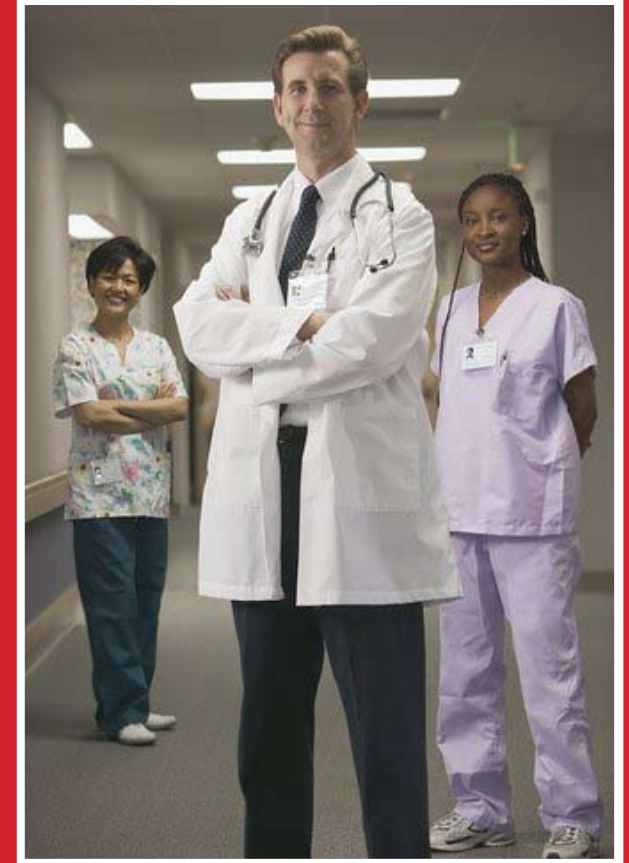
**Genda gukoresha icumba cakira abaremvyeye ni:**

- Watakaza ubwenge
- Wavunika igufa
- Ukorora kandi udahwa amaraso
- Wagize ingwara, giturumbuka, idasanzwe
- Wumva itiyumva mu maso, ku maguru canke ku maboko
- Wahiye (ubushe) bikomeye cane
- Wakomeretse ku mutwe
- Umwana wawe yakomeretse

**Ntugende gukoresha icumba cakira abaremvyeye kuyerekeye:**

- Ububabare bwo mu matwi
- Ibicurane, inkorora canke agahiri
- Ubushe (busanzwe)
- Ubuhinyagare
- Wipfuza kwicancisha
- Wipfuza irucanco rwa gahehera canke rwa giripe
- Ububabare bwo mu mihogo

**Niwaremba cane urahamagara inomero 911:**



**Amavuriro muri amerika**



[www.refugees.org](http://www.refugees.org)

*Protecting Refugees, Serving Immigrants,  
Upholding Freedom since 1911*

*Infashanyo y'amahera yo kwandika aka gatabo yatanzwe na Department of Health and Human Services Office of Refugee Resettlement.*

**CONTACT INFORMATION:**

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**[www.refugees.org](http://www.refugees.org)**

## UBUVUZI BWO MURI LETA ZUNZE UBUMWE MURI AMERIKA

Muri Leta zunze ubumwe za Amerika hariho uburyo bwinshi bwo kwivuzza, ariko ubukoreshwa cane n'ubu:

- Kuja kuraba umuganga umusanze mubiro vyawe
- Amavuriro yakira abarwayi ubwo nyene (kwakira uwuje wese)
- Ivyumba vyakira abaremvyeye

### NI RYARI NOJA KURABA UMUGANGA NDAMUSANZE MUBIRO VYIWE?

Kuja kuraba umuganga umusanze mubiro, ni iyo wabanje gusaba isango canke randevu kugira ubonane n'umuganga wawe asanzwe ukwitaho. Saba isango canke randevu yo kubonana na muganga kuvyerekeye:

- Ibicurane, inkorora, canke agahiri
- Kubabara mu matwi
- Guhurirwa
- Kwicancisha
- Isuzumisha ry'amagara riba rimwe ku mwaka

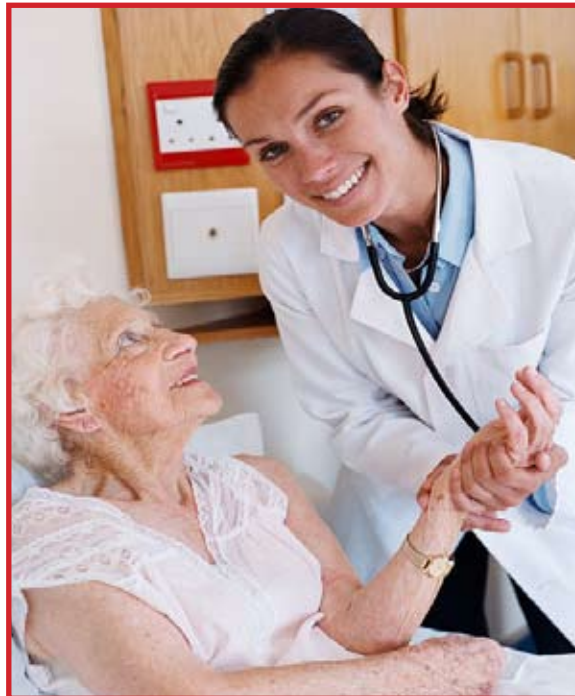
### NI RYARI NOKOresha AMAVURIRO YAKIRA ABAGWAYI UBWO NYENE?

Amavuriro yakira abarwayi ubwo nyene canke yakira uwuje wese akora cokimwe n'ibiro vy'abaganga, ariko ntasango canke randevu umuntu akenerwa. Ahokubonana n'umuganga wawe asanzwe akwitaho, uzobonana n'umuganga uwariwe wese usanze kukivi mur'ayo mavuriro. Amavuriro yakira abarwayi ubwo nyene ukunda kuyasanga hafi y'ibitaro canke utugururo, kandi akunda kwugurura kare mugitondo agaheza akugara atevye kumugoroba. Woja kwivuzza kuri mwenayo mavuriro iyo ufise ingwara zitahambaye cane canke wagize nk'isanganya nk'izi:

- Ubabara mu matwi
- Waturiwe n'izuba canke wagize ubushe budahambaye
- Ibicurane, inkorora, canke giripe
- Ufise umuriro mukeya
- Iyo ishule canke akazi vyagusavye gupimisha amagara yawe canke ukeneye kwisuzumisha amagara yawe – ivyo abantu bakunda gukoresha rimwe mu mwaka,
- Urucanco rwo kwikingira agahehera

### NI RYARI NOKOresha ICUMBA CAKIRA ABAREMYE?

Ivyumba vyakira abaremvyeye biba mu bitaro. Kenshi biba vyuguruye igihe cose -- amasaha 24 k'umunsi, iminsi 7 mw'iyinga. Icumba cakira abarenye kigurwa amafaranga menshi kurusha kuja kuraba umuganga mubiro canke kuja kw'ivuriro ryakira abarwayi ubwo nyene. Urashobora kumara igihe kininiya



batarakwakira iyo wagiye gukoresha ico cumba kandi ingwara urwaye idakomeye cane. Wokoresha icumba cakira abaremvyeye iyo wasinzikaye cane gusa, nk'iyi:

- Ubabara cane mugikiriza, utiyumva mu maso (gutimba), ku maboko, ku maguru, canke wagize ingorane zokuvuga
- Ufise umuriro mwinshi hamwe n'izosi ridadaraye, wumva uriko urata ubwenge, canke ufise ingorane zoguhema
- Wagize ingorane zoguhema zirengeje urugero (ubura impemu)
- Iyo wariye ishano
- Uta ubwenge gaturumbuka
- Ukorora kandi udahwa amaraso
- Ugize ibimenyetso, gaturumbuka, bidasanze canke bikaze

### NIWAJA GUKOresha ICUMBA C'ABAREMYE:

- 1) Itwaze izina ry'umuganga wawe hamwe n'inomero za telephone ziwe
- 2) Bwira umuforoma hamwe n'umuganga bakwitaho imiti usanzwe ufata.
- 3) Babwire ingorane y'amagara woba usanganywe