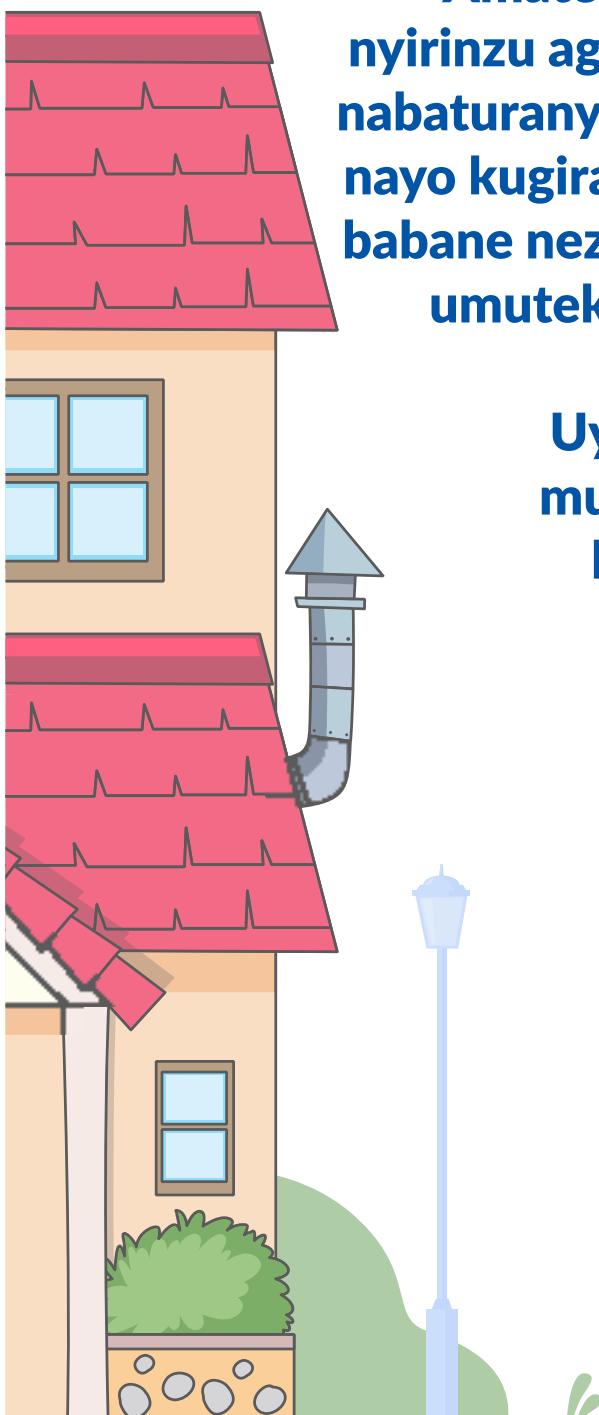


# AMATEKEGO YO KUGURIKIRANA MUMAZU

**Amategeko yatazwe na nyirinzu agomba gukurikiranwa nabaturanyi bose. Aya mategeko nayo kugirango abaturanyi bose babane neza umuntu wese agire umutekona murugo rwe.**

**Uyakurikirane  
mubuzima bwa  
burimunsi!**





## UMUTEKANO WANIJORO

Mumazu hari umurekano wanijoro hagati yamasaha

, murikigihe nukwirinda urusaku rurenze mumazu no hanze yamazu. Hagati yaya masaha ntago murugo bagomba guteka, gukora isuku, koza amasahani, kumesa, kumva imiziki isakuza cyane.



## IBICE BYINZU BYARUSANGE

Ibiryango isohoka hanze ibomba kuguma ifunze hagati yamasaha . Nukoresha umuryango wohaze, urebeko uzigaye ufunze neza. Nimb kumuryango hari telefone zihamagara mumazu, bivuzeko imiryango ugomba kuba ufunze burigihe.

Umuturanyi wese agomba kurebako mubice bya ruzange hahora isuku. Nukwirinda giteza urusaku uri muribyo bice, nokwirinda kuguma muri bice byinyubako ibihe binini. Kandi hanze yurugo rwave, ntako ugomba kubikayo ibantu.

Amagare, ama poussette, ibikoresho byohanze, ibi byose bigomba kubikwa mumwanya ubigenewe. Kandi ntamuntu wemerewe gukora kubantu byundi muturanyi byaba birimunsi cyangwa hanze.

Kunywa itabi mubice byinyubako, imbere yumuryango usohoka, mubice bya sauna no muri ascenseur birabujije.

Iyo uvuye mubice bya rusange, usiga ujimije amatara ukanafunga imiryango.

Hafi yumuryango usohoka kugikuta hari imyirondoro ya nyirinzu nabashinzwe gukora ibi byagiritse murugo.

# MUMAZU

Mumazu nukwirinda gusakurinza abaturanyi mugiwe cyumutekano wanijoro hagati yamasaha .  
Nimba mufite iminzi mukuru irarangita itinze, nukumenyesha abaturanyi.

Nukwita kunzu mutuyemo neza. Habaye ikibazo cyamazi, cyaho amazi asohokera, cyumuriro, cyanga cyimikoresho btomurugo, ( nkicyuma kimesa), nukumyusha abashizwe kuza kubikora.

Muri WC nahandi hose hanyura amazi, ntago mugomba gutamo ibantu bikomeye cyangwa idi myanda atahagenewe.

Nimba mushaka gusahora umwuka muri uti munzu, ntago mugomba gufungura umuryango.

Umuntu amenye ikintu munsu, igikuta, amadirishya, cyangwa ikindi icyaricyo cyose cyirikunzu, agomba kwishyura amafaranga yose yokubikoresha.

Kandi umuturanyi niwe wishyura ibantu amwana yangirije munzu, mubindi bice byarusange, cyangwa hanze yinzu.



# IBARAZA

Umuturanyi agomba kwita kwisuku yibarazaye. Kandi nukwibuka ko uriku hakoropa, ntago amazi agomba kumanuka akagera kwibaraza yutuye munsi yawe.

Kwibaraza ntago ugomba kuhata imyanda iva mumikeka, ariko ushobora kuhata imyanda iva mumashuka. Hanze nyinzu hanzi ahanu bata imyanda iva mumikeka.

Kwibaraza ushobora kuhanika imyenda, ariko nukwishakira imigozi.

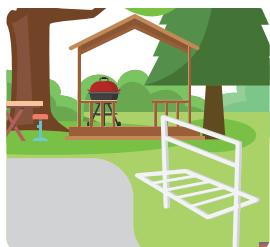
Birabujijwe guta imyanda kwibaraza.



Kwibaraza birabujije kucana muriro no guteza urusako rubangamiye abanti abaturanyi.

Kwibaraza ntago hagomba kubikwa ibantu, nukubibika mubice bibigenewe.

Mushatse kumanika antenne kwibaraza, nukubanza guzaba nyirinzu uruhushya.



## IBICE BYOHANZE

Kusakuza birenze no kubangamira abandi mubice byose hanze yinzu birabujije.

Mwifusa kotsa cyangwa kutekera hanze, nukubikorera ahabigenewe.

Imyanda nukuyita mumwanya wayo, ifuze neza itandukanyiye (murebe uko bayitandukanya) lyindi myanda idafite umwanya wayo (nkintewe zomunzu) umuntu agomba kushakisha aho babita akaba ariho abidyana.

Birabujije kwangiriza ibyatsi, indabo, nibiti byoyanze.

Ibikoresho ubuntu adagikoresha, birabujije kubibika imbere yinzu.

Imodoka zigomba guhagarara mumwanya wazo, kandi birabujije gukora cyangwa koza imodoka imbere yinzu.

Imyenda ugomba kwanikwa mumwanya ubigenewe, nokoza imikekza bigomba gukorwa mumwanya ubigenewe.

