

INAMA KU KWITEGURA IBIZA



KIN

IKINYARWANDA

NANONE WAYISANGA MURI:

Español
中文
Filipino
Tiếng Việt
한국어
Lus Hmoob



LISTOS CALIFORNIA:

ListosCalifornia.org



IBIRO BYA GUVERINERI

BYA SERIVISI
Z'UBUTABAZI:

CalOES.ca.gov



IBIRO BYA
GUVERINERI WA
CALIFORNIA:

Gov.ca.gov



IBYAKORWA MU KWIRINDA HABAYE IKIZA



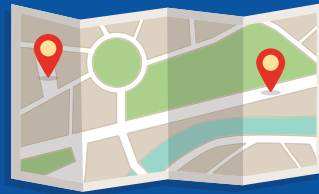
1.

Wabona
impuruza
y'uko
wamenya
ibyo wakora.



2.

Shyiraho
gahunda yo
kurengera
abantu bawe.



3.

Tegura
Igikapu
Wajyana
kirimu ibintu
ukeneye.



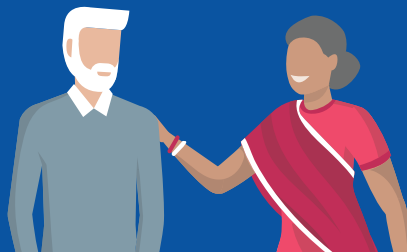
4.

Shyiraho
Igipfunyika
cy'Ingoboka
mu gihe
udashobora
kuva mu rugo.



5.

Fasha inshuti
n'abaturanyi
kwitagura.





1. WABONA IMPURUZA Y'UKO WAMENYA IBYO WAKORA

Iyandikishe kugira ngo uzajye ubona impuruza z'akarere kawe. Jya kuri **CalAlerts.org**. Ushobora nanone kwiandikisha muri apurikasiyo ya **MyShake earthquake warning**.

SISITEMI Y'IMPURUZA Y'AKARERE NTUYEMO NI:

SISITEMI Y'IMPURUZA AHO NYUYE

.....

IZINSI SISITEMI Z'IMPURUZA

.....

Bona aho ukura amakuru wizeye

Iyi habaye ikiza, ukwiye kumenya ibiri kuba ndetse ukabona amakuru agezweho kubyo ukwiye gukora n'aho ukwiye kugana. Hariho uburyo bwinshi bwo kubona aya makuru.



Tereviziyo



Radiyo



Hamagara 211



Terefoni y'Umugozi



Terefoni ngendanwa



Imeri



Terefoni Igezweho



Imbuga nkoranyambaga



Radiyo y'Inkoreshamiyaga

Shaka radiyo y'aho utuye ubone impuruza z'akaga kuri **ListosCalifornia.org**.

RADIYO Z'AHU NTUYE/NKORERA:

.....

IMBUGA Z'AMAKURU Y'AKAGA

211CA.org

Hamagara 211 ubaze inzira wacamo uhunga, ubuhungiro.

CalOES.ca.gov

Amabwiriza, impuruza & imfashanyigisho za leta.

Response.ca.gov

Amakuru ku nkongi y'umuriro & ubuhungiro y'ako kanya.

Ready.gov

Imfashanyigisho ku kwitegura ikiza cyose.

ListosCalifornia.org

Reba imfashanyigisho nyinshi kugira ngo witegure.

SHYIRAHO GAHUNDA YO 2. KURENGERA ABANTU BAWE: IHUZE & URENGERE

Tekereza uwo ushaka kwihuza nawe mu gihe cy'akaga. Aba bashobora kuba umuryango, abaturanyi, inshuti cyangwa abarezi. Andika amazina yabo n'imyirondoro twabahamagaraho. Hereza kopi buri muntu uri ku rutonde.

Nanone hitamo umuntu umwe ubarizwa aho utuye utagerwaho n'ikiza cy'aho utuye. Wowe n'abantu bawe mushobora kuvugana n'uwo muntu mufitanye isano cyangwa inshuti, maze mukamubwira aho muri.



ABAHAMAGARWA URI MU KAGA

IZINA RY'UWAHAMAGARWA	
TEREFONI NGENDANWA	TEREFONI YO MU RUGO
AKAZI/ISHURI	IMERI
ADERESI	
IZINA RY'UWAHAMAGARWA	
TEREFONI NGENDANWA	TEREFONI YO MU RUGO
AKAZI/ISHURI	IMERI
ADERESI	
IZINA RY'UWAHAMAGARWA	
TEREFONI NGENDANWA	TEREFONI YO MU RUGO
AKAZI/ISHURI	IMERI
ADERESI	

UWAHAMAGARWA UTUYE MU WUNDI MUJYI

IZINA RY'UWAHAMAGARWA UTUYE MU WUNDI MUJYI
TEREFONI NGENDANWA
TEREFONI YO MU RUGO
AKAZI/ISHURI
ADERESI



Gerageza kwandika ubutumwa bugufi niba guhamagara aho utuye bitari gukunda mu gihe cy'ikiza.



2. SHYIRAHO GAHUNDA YO KURENGERA ABANTU BAWE: ICYAKORWA MU KWIMURA

Niba udafite umutekano mu rugo, ku kazi cyangwa kw'ishuri bitewe n'ikiza, uzasabwa kujya ahantu hizewe wahurira n'abantu ukunda. Mbere y'ikiza, capa cyangwa ushaka urupapuro ruriho ikarita. Kuko ushobora terefone ngendanwa zishobora kutazakora, bishobora kugufasha kugera ahantu hizewe uvuye aho uri.



Itegure kugana ahantu hizewe, ahantu hizewe hakwegereye, ukibona impuruza nto.

1. Kurikiza amabwiriza y'ubuyobozi aho utuye.

Bazaguha amakuru agezweho hamwe n'aho wakura amakuru ndetse no kumenya uburyo bwiza wakwirinda. Amabwiriza ashobora guturuka kw'ishami rishinzwe kurwanya inkongi z'umuriro, sherifu cyangwa ishami rya polisi, cyangwa abayobozi batowe, nka meya cyangwa abagenzuzi.



Kurikira amakuru ndetse wiyandikishe mu kwakira impuruza z'aho utuye kuri **CalAlerts.Org**.

2. Menya uburyo butandukanye wava aho utuye byihuse.

Mu kiza, umuhanda ukuganisha mu mutekano ushobora kutaba uwo usanzwe ukoresha. Ibiza bishobora gufunga imihanda n'inzira za bisi usanzwe ukoresha. Imenyerereze inzira zitandukanye wakoresha uhunga mu kaga. Itoze izo ngendo uri kumwe n'abantu mushobora kuzajyana. Muri ubwo buryo, muzamenye uko mwaguma hamwe mu gihe cy'akaga k'ukuri.

3. Itegura kujya ahantu hizewe.

Ube ufite Igikapu Watwara kirimo ibintu washyizemo. Shyiraho gahunda yawe ya **Ihuzo & Urengera** ibe iteguye ndetse n'amakuru y'ubutabazi y'aho utuye. Vugisha abantu ukunda, ndetse nabo bagukunda. Mwanzure ni ari byiza, kandi bishoboka, kugera mu rugo rw'abo mu muryango cyangwa inshuti. Niba atari byiza, shaka ubuhungiro bwa leta.



2-1-1

Hamagara **211** kuri terefone yawe kugira ngo ubine ubuhungiro bwa leta.

2.

SHYIRAHO GAHUNDA YO KURENGERA ABANTU BAWE: AMAKURU KU BUFAASHA MU BIZA AHO UTUYE

Nka kimwe mu bigize gahunda yawe ya **Ihuze & Urenger**, ukwiye kwandika nomero za terefoni z'ingenzi n'imbuga z'ibigo byagufasha mu kaga.



ABAHAMAGARWA BEZA MU KAGA

ISHAMI RY'INKONGO Y'UMURIRO/CALFIRE	
TEREFONI	URUBUGA
ISHAMI RYA SHERIFU/POLISI	
TEREFONI	URUBUGA
IKIGO CYO KWIMURA ABATURAGE	
TEREFONI	URUBUGA
IKIGO CY'INGUFU N'AMASHANYARAZI	
TEREFONI	URUBUGA
IKIGO CYA GAZI	
TEREFONI	URUBUGA
IKIGO CY'AMAZI	
TEREFONI	URUBUGA
IKIGO CYO GUTABARA MU KAGA MU KARERE	
TEREFONI	URUBUGA

IKIGO CY'UBUFASHA

IKIGO CY'UBUFASHA
TEREFONI
IMERI
URUBUGA
IKIGO CY'UBUFASHA
TEREFONI
URUBUGA
IKIGO CY'UBUFASHA
TEREFONI
URUBUGA



Hamagara 2-1-1 ku bindi bisobanuro ku nzira z'ubutabazi n'ubuhungiro.



3. TEGURA IGIKAPU WAJYANA KIRIMO IBINTU UKENEYE: TEGURA KARE

Ibiza byinshi ntibiba byitezwe ndetse birihuta kuba. Ushobora kutagira umwanya wo guhaha, cyangwa n'uko gutegura. Tegura ubu ibintu by'ingenzi bya buri muntu ugize urugo rwawe, kugira ngo wowe n'umuryango wawe muzabe mufite ibyo mwazakenera.

BITEGURE UBU

Inyandiko

Kopi z'ibyangombwa
n'ubwishingizi

Amasezerano, ibyangombwa,
n'izindi mpapuro z'ingenzi.

Amafoto y'umuryango
n'amatungo.



Amafaranga

Inoti nto za \$1 & \$5

Bika make icya rimwe.



Ikarita

Andikaho inzira zitandukanye
ziva aho utuye kw'ikarita
y'urupapuro.



Urutonde rw'Imiti

Urutonde rw'imiti yose
wandikiwe.

Andi makuru y'ingenzi y'ubuvuzi.



Iyi Nama

Urutonde rwawe rwa **Ihuze
& Urengere** na **Amakuru
y'Ubufasha aho Utuye.**

Urutonde rwa **Terura maze
Ugende.**



3. TEGURA IGIKAPU WAJYANA KIRIMO IBINTU UKENEYE: TERURA MAZE UGENDE



TEGURA UGIYE KUGENDA

- ✓ Ikofi cyangwa igikapu n'imfunguzo
- ✓ Terefoni n'indahuzo
- ✓ Imiti
- ✓ Agapfukamunwa



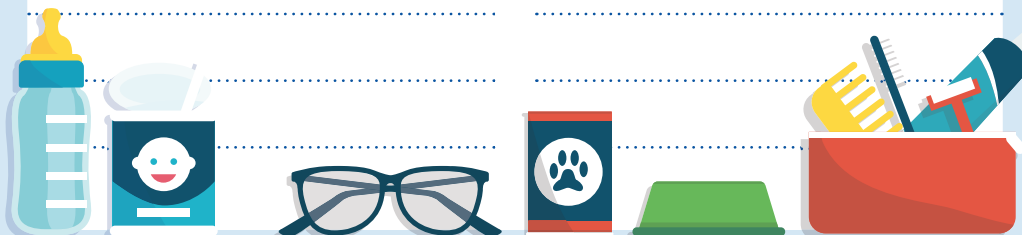
IBINTU WATERURA NIBA UBIFITE

- ✓ Radiyo ngendanwa
- ✓ Itoroshi
- ✓ Imiti y'ubutabazi bw'ibanze
- ✓ Mudasobwa ngendanwa



Andika hano ikindi kintu wazanira buri muntu mu rugo rwawe. Imyenda? Uburoso bw'amenyi? Tekereza ku bikenewe n'impinja, abantu bakuze, abantu bwarwaye cyangwa bafite ubumuga, n'amatungo.

Blank writing area with horizontal dotted lines for notes.





SHYIRAHO IGIPFUNYIKA CY'INGOBOKA MU GIHE UDASHOBORA KUVA MU RUGO: 4. IBINTU BY'INGENZI

Mu biza bimwe na bimwe, ushobora kugira umutekano ugumye mu rugo. Ushobora kuba udafite amazi yo kunywa, ayo koga cyangwa ayo gusunika umwanda mu bwihereho. Ushobora kuba udafite umuriro wagufasha gukonjesha ibiryo byawe, gucana amatara cyangwa gushyira umuriro muri terefoni.

Shyira ibintu mu **Gipfunyika cy'ingoboka**, mu gihe udashobora kuva mu rugo. Tegura nibura ibyamara iminsi 3 udafite amazi n'umuriro. Bika bike icya rimwe, kugeza wujuje ibyahaza abo rugo rwawe bose. Zirikana itungo niba urifite. Niba ufite itoroshi cyangwa radiyo ngendanwa, bibike ahantu wabibona byoroshye.

BITEGURE UBU



Amazi

Bika amajerekani 3 kuri buri muntu, yo kunywa no koga.



Ibiryo

Bika ibiryo bitangirika ndetse bidasaba gutekwa.

Uzi neza ibyo wowe n'umuryango wawe mukunda kurya.



Ibipfunyika bibikwamo imyanda

Bika ibipfunyika bibikwamo imyanda byisumbuyeho, hamwe n'ibyo gufungisha, wakoresha mu ndobo nk'ubwihereho.

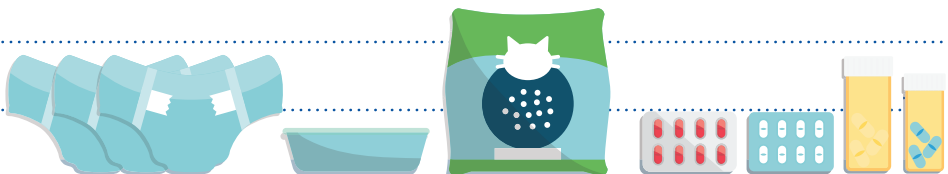


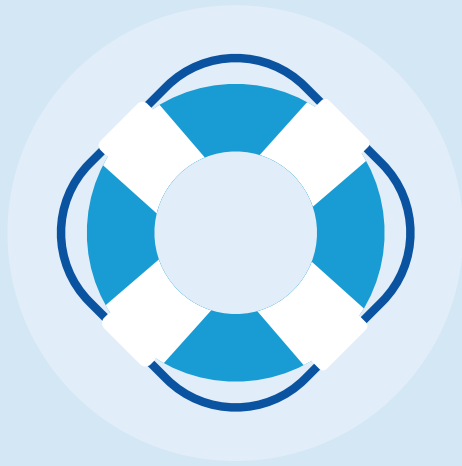
4. SHYIRAHO IGIPFUNYIKA CY'INGOBOKA MU GIHE UDASHOBORA KUVA MU RUGO: IBINTU BY'INGENZI

Andika hano ibintu by'ingenzi ukoresha buri muni bishobora gushira uramutse ugumye mu rugo iminsi myinshi. Bika ibyisumbuyeho mu **Igipfunyika cy'ingoboka**, mu gihe udashobora kugera mu bubiko.



Large writing area with horizontal dotted lines for text entry.





5. FASHA INSHUTI N'ABATURANYI KWITEGURA

Tekereza uwa mbere aho utuye wafasha mu gihe cy'ikiza ubwo utekereza ku bisubizo byawe by'ibyo bibazo:

NINDE WIRIRWA MU RUGO KU MANYWA?



NINDE WIRIRWA MU RUGO MU BATURANYI WAGUFASHA MU GIHE UBUKENEYE KU MANYWA?

NAHO MW'IJORO? MU MPERA Z'ICYUMWERU?

NINDE MU BATURANYI WAKENERA UBUFASHA?

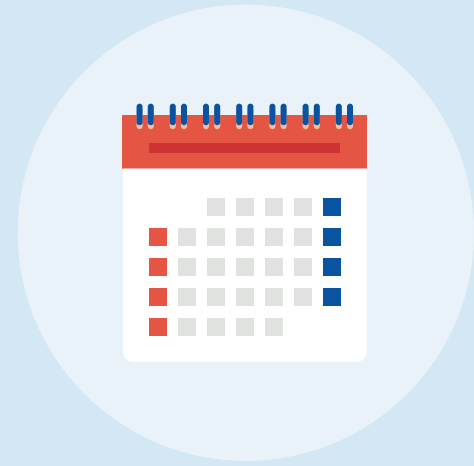


Gutekereza ibi bintu bizagufasha kwitegura no gutangira ibiganiro n'abaturanyi bawe.



Muganire n'abaturanyi bawe kuri ibyo bibazo hamwe, muvugane ku bufasha bashobora gukenera, ndetse ube witeguye kubafasha mu gihe ubishoboye.

INTAMBWE KU NTAMBWE YA KARENDARI YO KWIRINDA



Ntukeneye gukurikiza iyi karendari uko iri neza. Gira icyo gito buri cyumweru, uko ubishoboye. Uzishimira mahoro yo mu mutima umaze kumenya ko witeguye haramutse haje ikiza.

ICYUMWERU CYA 1

Tegura **Igikapu Watwara** cya buri muntu mu rugo rwawe.

Iyandikishe kubona impuruza z'aho utuye kuri **CalAlerts.org**.



ICYUMWERU CYA 2

Shyiraho gahunda yawe ya **Ihuze & Urengera** y'umuryango, abaturanyi, abarezi.

Vugana n'abantu bari ku rutonde rwawe kuri gahunda yawe.



ICYUMWERU CYA 3

Iga inzira zitandukanye zo guhunga maze uzandikeho kw'ikarita.

Imenyereze gahunda yawe ya **Ibyo wakora mu Guhunga**.



ICYUMWERU CYA 4

Tangira kuzuza **Igipfunyika cy'Ingoboka** kugira ngo ugire ituze ndetse utekanye mu rugo.

Kora bike icya rimwe, kugeza wumvise witeguye.

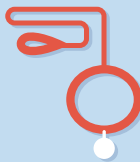




INAMA Z'IBANZE MU C



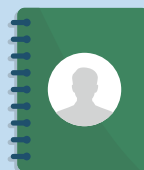
Itwaze Ibyangombwa: Imiryango ishobora kuba itandukanye mu gihe ikiza kije. Abantu n'amatungo baratandukana.



- ✓ Buri muntu ukunda akwiye kwitwaza ibyangombwa.
- ✓ Shyira umwirondoro wanditse mu bikapu by'ishuri by'abana.
- ✓ Washyiraho ikirango cyangwa umukufi w'impuruza ku bijyanye n'ubuvuzi
- ✓ Shakira amatungo ibirango biriho amakuru agezweho n'utugendamubiri.
- ✓ Amaofoto y'imiryango n'amatungo bishobora kubafasha kongera guhura.



Shyiraho Abantu Bagufasha: Shyiraho gahunda y'ingoboka mu gihe cy'akaga. Tekereza umuntu wakwiyambaza.



- ✓ Vugana n'abaturanyi bawe kubyo bifuzwa, ndetse n'ibyawe.
- ✓ Ganira n'abarezi kuri gahunda y'ikiza.
- ✓ Saba amashuri gahunda bafite yo kongera guhura ababyeyi n'abana.
- ✓ Tegura kare abafasha b'inzobere bafasha mu guhungisha abantu.
- ✓ Hereza imfunguzo inshuti zizewe kugira babe batabara amatungo.

GIHE CY'IKIZA



Wagira Imiti y'Inyongera n'aho wakura umuriro: Abantu benshi ntibashobora kubaho iminsi itatu nta miti bafite. Bamwe bakenera umurimo kugira ngo bacane ibikoresho.

- ✔ Itwaze indi miti mu gihe uvuye mu rugo.
- ✔ Ifoto (cyangwa witwaze) urutonde rw'abaganga n'imiti wandikiwe.
- ✔ Saba farumasi kongerera igihe cy'iminsi 30 imiti wandikiwe ku muni wa 28.
- ✔ Bika doze z'inyongera mu Gikapu Watwara.
- ✔ Teganya kubika imiti ikonje ndetse ibikoresho bibe bibitse umuriro.



Gabanya umujagararo: Gabanya umujagararo w'umubiri no mu mutwe utegura kare.

- ✔ Hamagara **211** kugira ngo ubone ubuhungiro mubyo ukeneye runaka.
- ✔ Andika ku bikoresho yo kwimurwa.
- ✔ Iyandikishe mu kubona impuruza z'ikigo cy'Ingufu n'umuriro kw'ibura ry'umuriro.
- ✔ Tegura ibikoresho byihariye by'imiti n'itumanaho.
- ✔ Tegura gufasha abafite uburwayi bwa Alzheimer's cyangwa bwo mu mutwe.





INAMA WAKO RESHA M

Ibiza bihiga buri wese. Buri muntu muri twe afite ibyo akeneye bitandukanye mu kwitegura ikiza. Wowe, cyangwa umuntu ukunda, ashobora kungukira mu gutegura kare. Ubu tekereza ku buryo wagira ituze ndetse ukagubwa neza muri byose.

ITEGURE



Abagore Batwite

Baza umuganga wawe uko wabona ubuvuzi cyangwa wabyara mu gihe cy'ikiza.

Tegura kare kugira nfo wirinde umwuka mubi, amazi yanduye n'ibiryo bitizewe.

Bwira umukozi usanze ku buhungiro ko utwite.



Ababyeyo b'impinja

Niba ukoresha amata y'ifu y'abana, bika amazi meza ahagije.

Shaka cyangwa ukore ibyo guhekesha umwana kugira ngo mujyane kure.

Menya gahunda y'ubwirinzi bw'umurezi w'umwana wawe.



Abarezi

Shyiraho gahunda yo mu kaga ufatanyije n'uwo uvura.

Shyiraho abantu bagufasha birenze ibyo wakwikorera.

Fasha uwo uvura gutegura ibyo yakenera.

U BIHE BITANDUKANYE

Vugana n'abantu wizeye - ku bitaro, amashuri, amatorero, amatsinda afasha mu buvuzi, amazu y'abafashwa imibereho, ibigo bya serivisi z'umuturage, ibigo byihari biturwamo. Dore inama z'ubwirinzi zagufasha.



ITEGURE

Abantu n'Amatungo

Shakira itungo ryawe ikirango kiriho nomero n'ingendamubiri niba bishoboka.

Tegura ibiryo, amazi, imiti n'igihamya ko wakingiwe.

Hamagara 211 kugira ngo ubaze ubuhungiro bwa leta bwakira inyamaswa.



Abantu bashaje

Itwaze umwirondoro twahamagara w'umuryango/umurezi mw'ikofi yawe.

Shyira nomero z'umuryango cyangwa ubutabazi hafi ya terefoni zanyu.

Menya gahunda y'ubutabazi mu kaga y'abashaje aho utuye.



Ibyaro

Tanga impuruza ukoresheje impuza terefoni na radiyo y'Inkoreshamiyaga

Hura n'abaturanyi muganire ku bufatanye.

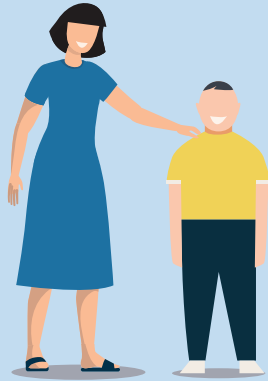
Tgeura kare uko wahungisha inyamaswa nini.





INAMA WAKO RESHA M

TEGURA KARE



Abantu bafite Ubumuga mu Mikurire

Menya abantu b'ababizerwa wakwisunga mu kiza.

Shyiraho gahunda ufatanyije n'aba bantu bagufasha.

Imenyereze gahunda yawe kugira ngo wumve utekanye



Abantu abafite ubumuga mu Mivugire/Itumanaho

Itwaze ikarita iriho amabwiriza y'itumanaho nawe.

Itwaze ibikoresho by'itumanaho, amakarita ariho interuro cyangwa ibibazo by'amafoto.

Menya uko wasimbuza igikoresho kigufasha niba cyangiritse/ cyatakaye.



Abantu bafite ubumuga mu Kugenda no ku Mubiri

Tegura kare ufatanyije n'abantu wizeye iby'ubwikorezi.

Shyiraho gahunda y'amapine/ibiziga byangiritse.

Hunga hakiri kare kugira ngo ubone umwanya uhagije wo kugera ahizewe.

U BIHE BITANDUKANYE



TEGURA KARE

Ikibazo mu Bwikorezi

Tegura kujyana n'abandi mu modoka niba ugomba guhunga.

Baza niba ubwikorezi rusange buzaboneka nyuma y'ikiza.

Menya niba serivisi zo gusangira ingendo zizatanga ubwikorezi zijyana abantu mu buhungiro.



Abantu batazi neza icyongereza

Shaka abaturage wize mwaganira ku buryo bw'ubwirinzi.

Saba urubwiruko rukoresha indi ebyiri kugusangiza intambwe z'ubwirinzi.

Shaka mu bitangazamakuru ukurikirana niba byatanze impuruza y'akaga.



New Californians

Menya sisitemi z'ibanze mu kaga, nko guhamagara 211.

Baza abaturage uko ibiza hano biba bimeze.

Shaka abantu bizewe mu kaga batari leta.



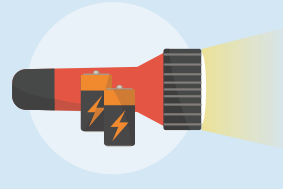
INAMA Z'UBWIRINZI: INKONGI Y'UMURIRO MW'ISHYAMBA



MBERE



Impuruza itukura
ivuze itegure UBU.



Itegura ko nta muriro
uza kuba uhari.
Ntukoreshe buji.



Shaka agatambaro ko
mu mutwe cyangwa
agapfukanwa kugira
ngo urinde ibihaha.



Reba niba impombo
yawe y'amazi iri
gukora.



Sukura imireko.
Kura ibyatsi byumye hafi
yo mu rugo.

BIRI KUBA



"Ntutegere ngo
ubanze urebe". Genda
ukibibwirwa!



Va ahantu
hari umwotsi
vuba.



Funga imiryango
n'amadirishya yose. Zimya
igerabuhehere.



Fungura cyangwa ukureho
amarido, utugabanyarumuri
cyangwa udupfukarumuri.



Tegura
guhungisha
amatungo.

INAMA Z'UBWIRINZI: UMWUZURE



MBERE



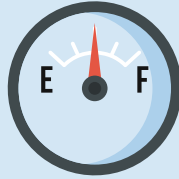
Sukura imiyoboro
y'amazi menshi
n'ibidamu.

2
↑

Shyira ibintu bihenze
kw'itaji yo hejuru
kurushaho.



Shaka shitingi, imifuka
y'umucanga kugira ngo
mukumire amazi.



Hora igitoro mu
modoka nibura
kigera hagati.



Menya inzira nziza
yo guhunga ujya
ahirengeye.

BIRI KUBA



"Ntugere ngo
ubanze urebe". Genda
ukibibwirwa!



Ntuzugere ugendera
mu mazi atemba.



Ntuzigere
unyuza imodoka
aharengewe.



Itondere inkangu nyuma
y'inkongi y'umuriro
mw'ishyamba.



Itondere tsunami ku
nkombere nyuma
y'umutingito.

INAMA Z'UBWIRINZI: UMUTINGITO

MBERE



Fatisha ibikoresho birebire ku nkuta.



Ntugire icyo ushyira kiremerye hejuru y'igitanda, matora cyangwa intebe.



Fata apurikasiyo ya MyShake ku buntu kugira ngo ubone integuza z'umutingito.



Itoze umukorongiro mu gihe cy'umutingito.



Menya uko wazimya gazi, umuriro n'amazi.

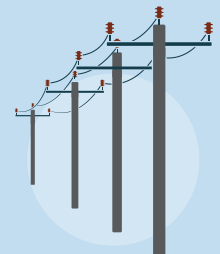
BIRI KUBA



Ntiwirukire hanze. Jya muni y'imeza cyangwa imeza y'akazi.



Guma mu buriri kandi utwikirize umutwe umusego.



Hanze, jya kure y'ikintu cyose gishobora kugwa.



Imura imodoka uyijyane kure y'inyubako, ibiti.

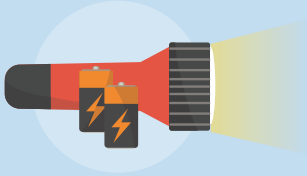


Itegere ibyangirika.

INAMA Z'UBWIRINZI: IBURA RY'UMURIRO



MBERE



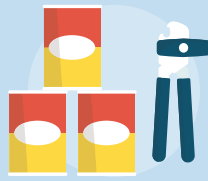
Tegura amatoroshi n'amatara ta peterori - nta buji.



Hora batiri za terefoni zuzuyemo umuriro.



Hora igitoro mu modoka nibura kigera hagati.

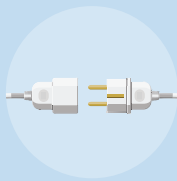


Gura ibiryo bitabora ndetse bidasaba gutekwa.

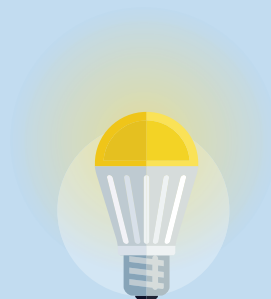


Gura barafu kugira ngo ubike ibiryo cyangwa imiti muri firigo.

BIRI KUBA



Comokora ibikoresho kugira ngo wirinde ko byangirika.



Siga itari rimwe ricometse.



Firigo n'inkonjesho bihore bifunze.



Koresha intangamuriro, imbabaura n'ibyokezo.



Ntukoreshe amashyiga ya gazi niba ushaka ubushyuhe.



LISTOSCALIFORNIA.ORG

Reba imfashanyigisho nyinshi kugira ngo witegure.