Ifira: Ibibazo n’ibisubizo

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Niba inzu yawe yararengewe n’umwuzurira, ifira rirashobora kuba rihari kandi rirashobora kwonona amagara. Urashobora kubona cyangwa kumva ububabwe bw’ifira ku mpuzu mpome canke ku bikoresho byo mu mazu, kandi rirashobora kwihisha hasi cyangwa inyuma y’ibintu nk’ibisaswa, ibikoresho cyangwa impome. Kwumutsa inzu yawe no gukuraho ibintu vyononwe n’amazi ni igikorwa c’ingenzi co gusanasana ivyononwe n’ifira.

Ifira rirashobora gutera:

- **Ifira n’amagara yawe:** utunyabuzima duto tw’ifira ni utunyabuzima dutwarwa n’umwuka kandi tugatera ibibazo vy’ukuziranirwa biturutse kw’ifira, asima, ukwandukira, n’ibindi bibazo vyo guhema. Ifira rirashobora gutera ibibazo bikenera gushikanwa kwa muganga ku bantu bose - ariko impinja, abana, abakuze, n’abafite ubudahangagwa buke bw'umubiri barashobora kugira inkurikizi zikomeye. Abantu bafise ibibazo vyo guhema nka asima cyanke ubudahangwa buke bw’umubiri bagomba kuja kure y’ifira.
- **Ukononekara kw’inyubako:** Birashoboka kugira ivyononekara kubera ifira naho woba udafise ibidi biboneka. Niba inzu yawe ifise ifira, ibintu vyose vyanduye bigomba gusukugwa no kwumutswa. Ibintu bidashobora gusukugwa neza no kwumutswa mu gihe c’amasaha 24-48 bigomba gutabwa, harimwo ibikoresho vy’ubwubatsi n’ivy’umuntu afise ku giti ciwe. Abana ntibagomba kugira urahara mu bikogwa vyo gusukura nyuma y’iciza.

Uko wokuramwo ifira

Gukuramwo ifira no gusana inzu birashobora kugora cyanke guteza akaga, birashobora rero kuba vyiza ubonye ubufasha bw’umunyamwuga. Niba ugomba kwikuriramo ifira ku giti cawe, isunge izi ntambuko:

- **Wambara impuzu zo kwikingira:** ibikoresho vyo kurinda amaso cyangwa ivyirori, udufukamunwa (nka N95), ibirato vy’intoke, impuzu zo kwikingira ndende, hamwe n’ibirato vy’ibirenge bizogufasha kwikingira ifira.

- **Kuvana ifira mu nyubako:** Sukura kandi wumishe inyubako vyihuse cane. Niba inzu yawe imaze iminsi itari mike yarashizemwo amazi, fungura imiryango n'amadirisha kugirango ureke umwuka usohoke mugabo iminota 30 mbere y'uko uhaguma umwanya muremure. Fungura imiryango imbere, cane cane akabati n'ivyumba vy'imbere. Fungura akabati k'igikoni n'inzugi z'ubwogero , hanyuma ubihanagure ukoresheje isabune n'amazi. Mugihe umuyagankuba uriko urakora neza, koresha ivyuma bitanga akaya n'ibifasha mu guhasha ifira kugirango batange akayaga gafashe kuvana ifira mu nzu. Shira ivyuma bituma umwuka usohoka uciye mu miryango n'amadirisha. Raba niba ivyuma bitanga akayaga bikora mbere yo kubikoresha kugirango ifira ridakwirakwira mu nzu yawe.
- **Kuraho ibikoresho byose byanduye:** Kuraho kandi ujugunye ikintu cyose cyatose kandi kidashobora kwezwa no gukama burundu.
- **Gusukura:** Sukura n'isabune n'amazi. Kuramwo ifira ryose uraba. Umisha ako kanya. Ntuvanganye ibikoresho vy'isuku. NTIMUVANGANYE imiti ya "blach na ammonia" – iyo ubikoze bizana imyuka y'ubumara buhumanya. Nyuma yo guheza gusukura inzu, wiyuhagira kandi uhindure impuzu vyihuse kugirango wirinde kujana ifira aho uriko uracumbika.
- **Witegure gusana:** Gusiga irangi canke guhoma hejuru y'ifira ntibiribuza gukura. Hasha amazi canke urubobi burundu kandi usukure ifira ryose mbere yo gusiga irangi canke guhoma. Kuramwo ifira ryose hanyuma utere imiti ahantu hose ifira ryagaragara mbere yuko utangura gusana.

Saba ubufasha bw'Ikigo kijejwe gucunga ibiza FEMA

Niba bishoboka, **fata amasanamu y'ivyononekaye** mbere yo gusana inzu yawe. **Bika icemezo c'ubwishu** y'amahera yose wakoresheje mu gusana kugirango umuntu ubijejwe wo mu Kigo FEMA akirabe - ibi bizemeza ko bafite inyandiko zerekana neza ivyononekaye n'amahera yakoreshejwe muri raporo yabo.

Kurungika gusaba imfashanyo, terefona kuri **800-621-3362**, ja ku rubuga ngurukana bumenyi kuri DisasterAssistance.gov; canke manura porogarama y'Ikigo FEMA . Nimba ukoresha serevise yerekana amasanamu(VRS) ,serevise ya telefone yo kwandika amajambo canke izindi, ha Ikigo FEMA inomero yawe ukoresha kuri iyi serevise mu gihe usaba.

Ubufasha buraba umuntu ku giti ciwe, ja ku kigo kijejwe imfashanyo z'abasinzikajwe n'ibiza, abahinga b'ikigo FEMA barashobora kugufasha

kwiyandikisha usaba imfashanyo, gusubiza ibibazo no gutanga ibikoresho wokwifashisha. Kugirango ubone ikigo hafi yawe, ja kuri fema.gov/ drc .

FEMA yiyemeza guharanira ko ubufasha bw'abahuye n'ibiza bukorwa neza nta vangura rishingiye ku bwoko, ibara ry'urukoba, ubwenegihugu, igitsina, imyaka, ubumuga, ubumenyi bw'Icongereza, canke ingano y'ubukungu. Umuntu wese yarokotse ibiza canke umunyagihugu ashobora kwakura Urwego rw’ishirahamwe FEMA rujejwe uburenganzira bwa muntu iyo yumva ko yakorewe ivangura. Urwego rw’Ishirahamwe FEMA rujejwe uburenganzira bw’ikiremwa muntu rushobora guhamagarwa kuri telefone itishurwa kuri 833-285-7448. Abakira abantu mu ndimi nyinshi barahari.