

Ebintu bikye ebirabaasa kukorwa ahabw'okutunguura emirimo y'ekitongore kya WASH

Emirimo y'ekitongole kya WASH kikwatanise nabashaho bomubyaro abaregyesa eminyeto hamwe nabegyesa be byobuyonjo baabo



OKWEBAZA

Ekitabo eki ekishohozibwe minisitire y'eby'amagara, omwihanga rya Uganda, kicatebkanisibwa obuhwezi bw'eseete kuruga omu kitongore kya WASHplus n'obundi buhwezi bw'eseete kuruga omukitongore kya America ekirajunanizibwa ahantunguuka y'amahanga agandi ekya USAID. Enkora egi, erahisya okusiima kwayo ahari Mariella Ruiz- Rodriuez , USAID /Uganda ahabw'okwehayo kwabo n'okwejumba omumirimo ya WASH omu Uganda. Omurimo ogu, tigukabaasikire hatariho obuhwezi kuruga omu USAID n'ebindi bitongore ebirareeba ngu emirimo yakyo yaaza omunkora nka SDS, SPRING, STAR –SW , ekitongore ekiranywanisa ebyanga , hamwe n'abarambuzi b'ebyamagara omuri Kisoro, Kanungu, hamwe na Kabale. N'abekambi, barakwataniisa kandi babasize kuhisya omurimo ogu, omu disitirikiti za Uganda, hamwe n'omubyaro by'enyine.

Ebikwato ebyakozesibwe omumurimo ogu, birashushana nk'ebyo ebyabeire byakoreirwe amahanga nka Ethiopia, Kenya hamwe na Uganda, kuruga omubitungore by'obuyambi ebya USAID, nka ekitongore kya HIP harimu Renuka Berry, Julia Rosenbaum, Elionore Seumo and Elizabeth Younger. Juliet Nandawula akwatanisize na Julia Rosenbaum bakagarukamu epipande eby'okuhumuriza obwo barabishwijuma naba ofiisa b'eby'amagara omuri za disitirikiti ezibatoreine, abegyesa bebyobuyonjo hamwe n'abashaho b'ebyamagara omubyaro abaramanywa nka ba VHT's , okwegyesa eminyeto bararaba omu minisitire y'eby'amagara n'ebitungore bya USAID ebiranywanisa emirimo ya USAID omubyanga, STAR-SW , SPRING hamwe n'ebindi.

OKWANJURA

Ebikwato by'okukozesa ebi, biteekateekirwe kuhwera abakozi b'omubyanga n'omumarwariro kubaasa kwegyesa kurungi ahabyameizi , ebihorooni hamwe n'obuyonjo namunonga omubazeire, abareeberezi babereere, amaka agaterebaasa hamwe n'abantu abaratuura n'akakooko ka siriimu.

Hariho ebintu ebiri kuteganisa amagara burijo birikuretwa omukirukano. Okwongyera amaani omumikorere ya WASH , okunaga amazi omuburyo buhikire, okunaaba engaro n'esabuuni, engyenda eteine kabi. Okureeberera kurungi ameizi g'okukozesa omumaka kirahwera okwerinda endwara z'ekiirukano kandi kirakyendeeza ahakufa kw'abantu abeine akakooko kasiriimu hamwe n'abaana abari ahansi y'emyaka etaano. Okwongyera amaani omumikorere ya WASH, obwo harimu okureeberera eby'emicwe y'abakazi hamwe n'endijo mikorere ya WASH eyagambwaho aharuguru, birareetaho amagara marungi omuka yona , kibaasise abaana kwega, okureetaho entasya, hamwe n'amagara marungi.

WASHplus, endagaano y'okukwatanisa ey'emyaka etaano, kuruga 2010 kuhisya 2015, (AID-OAA-A-10-00040 ekatebwa omunkora aba FHI 360 Care na Winrock International omukukwatanisa, eratunga obuhwezi kuruga omukitongore kya USAID ekirajunanizibwa ahaby'amagara omunsi yona. WASHplus erareetaho oburyo bw'okureeberera amaka hamwe n'ebyanga obwo erataaha omushonga zaabo, ekirongyera okuhikwaho obuheereza, enkora nungi ebikwatireine n'ameizi, ebihorooni, obuyonjo -(Water, Sanitation, Hyiene (WASH) ,hamwe n'orwiika rubi omumaju . Ekitongore kya WASHplus kirakozesa enkora y'amatembezo hamwe n'enkora eyahamwe omukukyendeeza endwara z'ekiirukano hamwe n'ez'omubwikizo, endwara ibiri ezirakirayo omukwiita abaana abari ahansi y'emyaka etaano. Okumanya ebirakiraho, tayayira intaneeti www.washplus.org neinga contact@washplus.org.

EBIRAKWATA AHANDAGIRIRO:

USAID WASHplus Project.

FHI 360

1825 Connecticut Avenue, NW

Washington, DC 20009-5721

Communication via: jrosnbaum@fhi360.org

OKUKOZESA OBUHABUZI OBU.

Nk'omukozi w'ebyamagara ahakyo, neingashi VHT, Omwegyesa w'eminyeto neinga omushaho w'omu kirinika (eirwariro), oine obujunanizibwa bw'emiringo ebiri omukukozesa endagiriro egi.

1. Yejuniise enkora y'ameizi marungi omukamina ziboneire hamwe n'obuyonjo omwirwariro ryawe, omukyanga hamwe n'omukutayayira amaka;
2. Buriho hwera ab'omumaka okwongyera omutindo omumikorere yaabo y'ebuyonjo (WASH). Omumwanya 'gwokwegyesa' neinga kwendegyeza enkora ya WASH, tekateeka ahakyo okuhwera, kuumuriza n'okumaraho oburemeezi reero **ahamuheru oraza kureeba abantu bayehayo kugyendera hamwe n'enkora ensya kandi obwe beine n'emyoga eretengwa , okwehamya hamwe n'obwengye bw'okubita omunkora**

Ebipande ebi, bikozirwe omumuringo gw'okukuhwera kukora omurimo gwawe, okukwijusya eby'omugasho ebirakwata ahashonga z'ameizi, ebihorooni hamwe n'obuyonjo okutwariza hamwe. Ebipande byona biragyenderera kutungura enkora omu ekitongore kya WASH kandi biragyenderera emirimo erabaasa kukorwa hamwe n'amatembezo g'okugikoreramu kuhikiriza ekigyendererwa kya ekitongore kya WASH. **Ebi n'ebikwato byawe, eby'otekateekire kandi ebikutekatekeyeirwe. Birakwijusya, kandi bigaruke bikuhwere omukuhindura ahamikorere ya WASH ahabw'oburungi bwa boona.**

Omumurimo gw'okuumuriza abantu omu kirinika (eirwariro) neinga okutayayira abantu omumaka n'omubyanga, orabaasa kukoza amatembezo aga:

- a. Shwijuma emikorere ya WASH eriho obwahati kandi ootooranemu bikye ebirakirayo obukuru obyongyeremu amaani.
- b. Shoborora emitwarize ey'orikugyenderera kandi kozesa ebikwato okworekyerera emihanda y'okukuratira.
- c. Kukiraabe kirabasika, yorekyerera kandi oshoborore orata omunkora , oyorekye nk'oku omurimo gurakorwa.
- d. Omureberezi neinga nyineeka mugaruremu amaani, agyezeho kuta omunkora.
- e. Garukamu ebibuuzo by'abantu neinga obahe amakuru agubaretenga , shoborora oburemeezi bwabo kandi obamaremu okubanganisa.
- f. Obuuzo kandi omanywe omureberezi neinga nyineeka orabaase kugyezaho kandi orebe ngu hakiri yagira ekintu kimwe ekiyakora gye. Yoreka ebikorwa ebikuru ebiretenga kwongyerwamu amaani.
- g. Tunga obuhame oburoroka ngu abantu baraza kugyezaho kuta omunkora ebwabagambira.
- h. Banza obuuzo ebibuuzo ahagundi murundi gw'okutayaaya.

Ijuka, abantu kirabagumira kuruga ahankora yaabo eibatwiire barakozesa kugira ngu baze ahankora ehikire . Kyanguhi kugyendera omumatebezo mpora okahika ahari ekyo ekiretengwa, kwonka amatembezo ago , garareebeka kworobera abantu ahanyima y'okuta omunkora. Amatembezo aga garareebeka "nk'ebintu bikye ebirabaasa kukorwa"

Ebindi ebireka omwegyesa murungi biri aheifo.

Omukumanya emirimo ya WASH eshemereire kukorwa, kozesa ekipande okushwijuma , kozesa ebipande ebi okumanya nk' oku amaka garata omunkora buri murimo gwa WASH . Abarata omurimo omunkora , obasiime kandi obakurisye ahabw'emirimo mirungi ya WASH eibateire omunkora ,kandi oikirizane n' abaragikozesa omumaka neinga ahandi, ahamirimo ya WASH eshemereire kwongyerwamu amaani, Omumirimo ya WASH emingi, tushangiremu 'ekiihuro' ky'ebitu bikye ekiturabaasa kutooranamu ebintu bikye ebirabaasa kukorwa, reero "tukabiteisaho".

Aheifo hariho amatembezo agaretengwa kukora emirimo egi.

Ebikuratiireho, n'ebipande ebirekyerera omuringo gw'okwongyera omutindo ahameizi agashangirweho, ebihorooni hamwe n'obuyonjo okutwarira hamwe.

OKUHANUURA AHABY'OKUSHEMEZA ENKORA YA WASH

Okubaasa kuhika ahabusinguzi bw'okuhwera abantu kushemeza emirimo ya WASH, entekateeka nungi eretengwa, hashemereire kubaho obwiire bw'okuhanuura, kandi abakozi bakaguma baratayayira abantu abarata emirimo ya WASH omunkora aharurengo rw'ebyaro.

Eidaara 1: Okutebeka omushomo

- Shwijuma ebiri omubipande kandi obitware omumaka, agoratayayira, neinga oreebe obiine omumushomo gw'aheirwariro.
- Omumiringo yona ey'enkora ya WASH, yemanyize okugyezaho obuntu bukye oburabaasa kukorwa, okubushwijuma n'okubuhanuura.

Eidaara 2: Taho omushomo gw'okuhanuura ogushemereire.

► *Gira okukwatanisa n'omuhagizi hamwe n'abandi bantu omuka egyo abariho*

- Ramusya omuhagizi hamwe n'abandi bantu ab'omumaka ago
- Yeyanjure, kandi oshoborore ebigyendererwa by'okutayaaya kwawe.
- Shaba okugaaniraho neinga okuhanuura na nyineeka, ebikwatireine n'enkora ya WASH.

► *Shwijuma emirimo ya WASH omumaka aga obwahati;*

- Orejuniisa ekipande ky'okukyebereraho, buza ebibuuzo kandi oyetegereze enkora ya WASH eriho obwahati.
- Omukwegyesa aheirwariro, enkozesa erabaasa kwijira omukuganiira neinga kuhurikiza.

► *Yetegereze enkora ya WASH eyaherize kuza omunkora kandi oyebaze omuhagizi hamwe n'abomuka yeeye.*

- Gyerageranisa enkozesa ya WASH eriho obwahati, hamwe n'ebihandiiko ebiri ahakipande reero omany nibikorwaki eby'omuhagizi hamwe n'abomuka yeeye batandikire kuta omunkora.
- Tabarusya kandi oyebaze omuhagizi hamwe n'abomuka yeeye okubaasa kukuratira eby'okworekyerera ebiri omukipande.
- Yongyera amaani omuhagizi hamwe n'abomuka yeeye okugumizamu barata omunkora eby'okureeberaho ebiri omukipande.

► *Sharamu oreebe emirimo ya WASH, eshemereire kwongyerwamu amaani.*

- Omuhagizi narishi amaka gaaba geine emirimo ya WASH mingi eretenga kwongyerwamu amaani, toorana umurimo gumwe, haza ogutandikireho. Torana umurimo gw'okutandikiraho kurugirira ahari ebi.
- Okubaho kw'ebintu by'okukozesa kurugirira oku amaka gemereire;
- Okwanguha omukuta omunkora;
- Omugasho gw'okuhikiriza egi nkora ya WASH neinga kugireka
- Okwikiriza kw'omuhagizi.

Burijjo tandika n'ekintu ekiranguhira omuhagizi kandi ekyarabaasa ahabw'amaka geeye!

► *Hanuura ahabishushani by'okureeberaho kubaasa kuta omunkora.*

- Ekipande by'okureeberaho birayamba abamarwariro hamwe nabaratayayira abantu omubyaro okwijuka ebintu bikye ebirabaasa kukorwa, hamwe n'enkora z'okutooranamu.

Emihanda y'okurabamu omukuteisa gye

- Reetaho okukwatanisa n'abomumaka;
- Shwijuma enkora ya Wash eriho obwati;
- Yoreka enkora ya WASH eyaherize kuza omunkora, otabarusye kandi osiime ab'omumaka ago;
- Toorana omuringo gw'enkora eshemereire kw'ongyerwamu amaani;
- Hanuura kandi ohweere omukumaraho oburemezi "omubintu bikye ebirabaasa kukorwa" kugira ngu bize omunkora;
- Teekateeka ebiro by'okuguma oraza kurambura emirimo okweragya omumeisho.

- Abahagizi hamwe n'abantu b'omumaka bashemereire kworekwa babaase kutoorana omuringo gw'okukozesa, kurugirira ahankora yaabo eraba eriho eyibarabaasa kandi erabaasa kubagasira.
- Shwijuma iwe n'omuhagizi mureebe ebiretengwa omukukora omurimo ogwe, kandi mugyezeho kureeba ekirabaasa kubateganisa omukugyezaho kuta omunkora ekikorwa eki. Eky'okureeberaho kukiraabe kiri kirungi kutooreza, nk'okuboneza ameizi, okutaha ameizi g'okunywa hamwe n'ebindi, kandi oshabe omuhagizi i kugyezaho kandi akugambire ekirarugemu.

Buuzi:

- o Ekirabaasa kuremesa okugyezaho.....??[ahankora emwe ya WASH nk'okunaaba omungaro otakateekire, neinga kurya eby'okurya.....]
 - o Ekirabaasa kworobya okukora.....??[ekyo kikorwa kya WASH]
 - o Hariho omuntu weena orabaasa kukuhakanisa ahakyokumara obwiire orakora....[ekyo kikorwa kya WASH] omumwanya gw'okugumizamu n'ekyorakozesa obwahati??
- Omuhagizi hamwe n'abomuka ye, bongyere amaani kugumizamu kandi bakaguma baragezaho kuta omunkora.
 - Yeheyo namaani okwegyesaho eky'okureeberaho kimwe omushomo gutakahendeire neinga kweyongyerayo.
 - Taho obwiire bw'okugaruka kutayaaya n'okureeba omurimo okuguragya omumeisho.

Eidaara 3: Teekateeka eby'okutayayira omuhagizi n'abeekaye neinga ogyenderere kureeba ekibakozire aharutaayayo orundi.

- Korengana n'omuhagizi hamwe nabeekaye.
- Buriijo reeba ngu omuhagizi n'abeekaye, batunga obwiire bw'okugamba neinga kuteisa.
- Shaba omuhagizi aijuke, we nabeekaye ekibeikiriize kuta omunkora kandi bakikore barorekyerera kyaba kirabasika.
- Babuuzi, kubaraabe babasize kuta omunkora eby'okureeberaho ebibeikiriize kuta omunkora kandi kworekyerera omurimo ogwe kyaba kirabasika.
- Babuuzi kubaraabe bahikire ahabusinguzi omukuta omunkora eby'okureeberaho kandi ogaruke orebe ebibuuzi "ekyebeire ekigumire nenki"? kubiraabe bitararabiremu omubwijwire.
- Hamya ngu buriijo barakora omurimo ogwe, kandi omuburyo buhikire.
- Hwera omuhagizi, okumaraho oburemezi obumwareeba.
- Omuhagizi mutemu amaani okugumizamu arata omunkora eby'okureeberaho.

Eidaara rya 4: Amaka kugaraabe geine ebyetengo bya WASH bingi bitari bimwe.

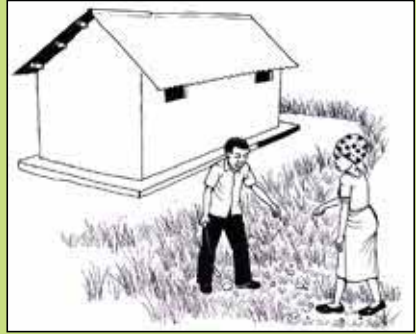
- Guma orakuragirira kuhisya omuhagizi obu arakyike ahabusinguzi, akaguma arata omunkora hamwe n'okutunga enkora nungi eyeyongyeire omumirimo ya WASH. Kurisya omuhagizi kandi omushabe kugumizamu arata omunkora emirimo ya WASH.

Muteise ahakikorwa kya WASH ekishemereire kw'ongyerwamu amaani – kozesa ebipande by'okuhumuriza ebishemereire.

- Yetegereze eky'okureeberaho ekimuraza kukoze omumirimo gwa WASH ogwakabiri; kandi orebe ngu omurimo gw'okubanza guragya omumeisho.
- Teisa ahabikwatireine n'okwongyera amaani omumirimo gwa WASH ogwakabiri kandi ogume orareebuza oku amaka gakweise garaguta omunkora.
- Gumizamu orakuragirira omurimo gw'okubanza ogushemeziibwemu nk'oku baraguta omunkora.

Ebintu bikye ebirabaasa kukorwa: Okwombeka Ekamina ey'enzaarwa aheitaka rihamire

1. Timba ekiina



Siima omwanya



Temurura omwanya



Pima omwanya

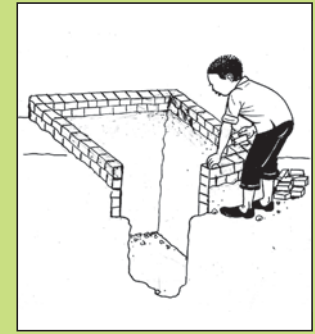


Rima ekiina obugazi bwa 0.6m obureingwa bwa 0.9m, obusimba mita 5

Ekiina kishemereire kutimbwa:

- Hakiri mita 10 kuruga aheifumbiro neinga enju y'okuraramu;
- Mita 30 kuruga ahaburugo bwameizi;
- Enyima y'eeke ahabweshonga z'okwehereera.

2. Emirimo y'abombeki



Yariramu amabaare neinga amatafaari.

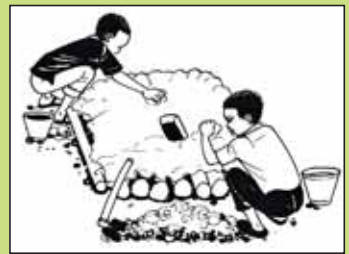
yombeka sentimita 10 kuhisya 20 n'obudongo oragaruka aheiguru y'eitaka



Taho empimbi

Tinda embimbi neinga ebiti aheiguru y'ekiina kandi oreebe ngu empimbi zirahisya obureingwa bwa sentimita 50 kuruga ahari buri shonda y'ekiina.

3. Kora ekifundikizo ky'akeina, akeina k'okushutamaho hamwe n'akombeko k'okushakaara



Ahakiina taho obudongo

Shweeka ebiti neinga empimbi n'obudongo, osigehe akeina kokushutamaho, akarikwingana sentimita 12.5 ahari 25



Kukiraabe kirabasika, gura ekisementi, kyanguhi kuyonja kandi n'ekyomurembe



Eky'ombeko

Taho eky'ombeko okishakaaze ebintu byabutoshya, ebishengye obihomese obudongo neinga amashe g'ente.

4. Tebakanisa ekifundikizo ky'ekamina, hamwe n'omwanya gw'okunaabiramu engaro



Kora ekifundikizo ky'ekamina

Shara ahagati y'akabaaho ka sentimita 17 obugazi, hamwe na sentimita 30 obureingwa, oteho omukoondo gw'okukwata ogureingana sentimita 50 obureingwa, okacumitemu omusumaari, okore ekifundikizo ky'ekaina k'okushutamaho.

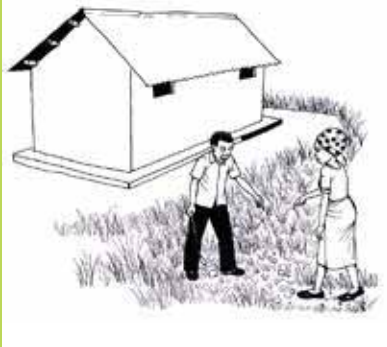


Kora akataapu k'okunaabisa engaro

Hanika akataapu k'ekidomora ahabuhome neinga ahankiingi neinga ahamuti, aheeru.

Ebintu bikye ebirabaasa kukorwa: Okwombeka ekamina aheitaka ry'orukiri n'omushenyi

1



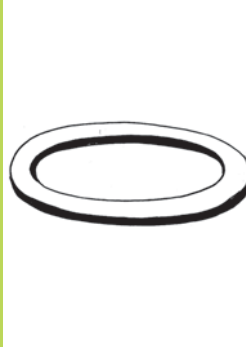
Ronda omwanya gw'okutaho ekihorooni

2



Temurura omwanya

3



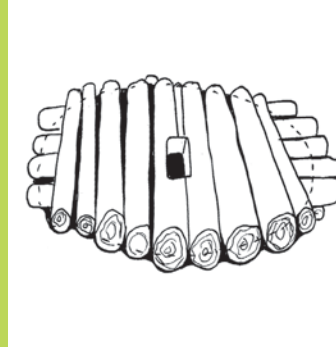
Zitirira omwanya

4



Timba ekiina kirahisya nka mita emwe obureingwa

5



Aheiguru y'ekiina, taho empimbi neinga embaaho kandi oreebe ngu epimbi ziine sentimita 50 kuruga ahari buri shonda y'ekiina.

6



Empimbi neinga embaaho, zishweeke n'obudongo osigeho akeina kokurotamaho akareingana sentimita 12.5. Kyaba kirabaasika, yombeka akasimenti ahakiina ky'ekamina kugira ngu ereebeke nk'eyomurembe kandi eyanguhe kuyonja.

- Ekiina kishemereire kutimbwa:**
- Hakiri mita 10 kuruga aheifumbiro neinga enju y'okuraaramu;
 - Mita 30 kuruga ahaburugo bw'ameizi;
 - Enyima yeeka ahabw'okwenda kwehereera

7



Yombeka akaju k'ebitoogo akarabaasa kuterurwa

8



Hanika ekintu ky'okunaabisa engaro oteho esabundi neinga kashenda. Guma orashuka kashenda omukamina buri sande okuzibira ekinuuko.

9



Ekamina ku erejire, rima ekindi kiina omumwanya ogukihereire, oterure akaju n'ekisimenti obite ahakiina ekisya. Ekiina ekijwire kishweke, otemurure omwanya ogwe, ohinge omuti gw'ebijuma omukiina ekijwire

Emigasho y'ekamina ejwire



Bwanyima y'omwaka gumwe, (hatari haasi y'omwaka) ebintu ebijwire omukihorooni orabaasa kubi ihamu, obimemeere omuntabire nk'ekiriisa ky'eitaka.

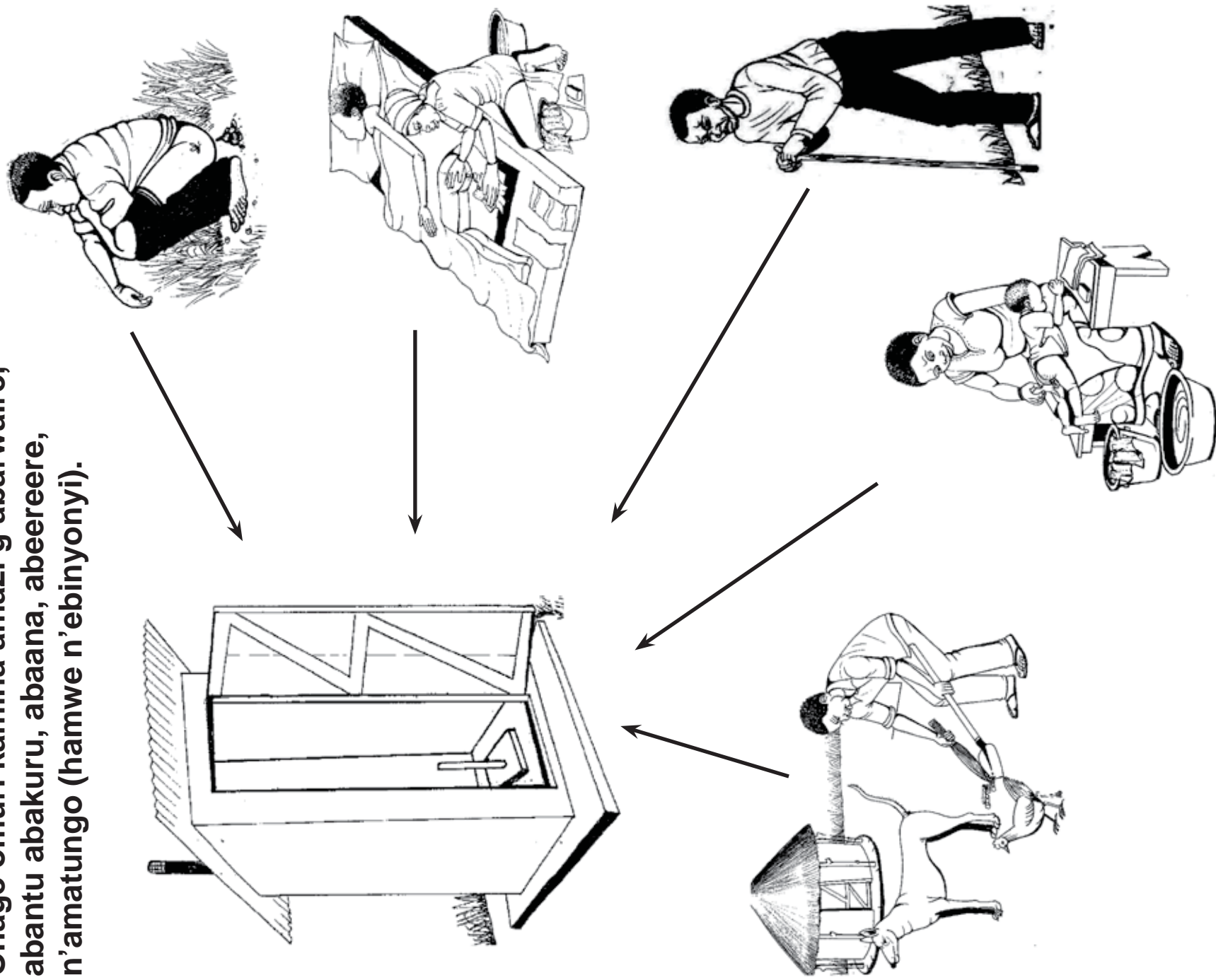


Okokora aha bintu by'omukihorooni ebetakajunzire neinga kwoma, n'ekyakabi aha magara. Ekihorooni kyaheza kwijura, ebirimu otabiihamu omwaka gutakahweire.

Ebintu bikye ebirabaasa kukorwa: OKUNAGA AMAZI

Orupapura Oruriho Eby'okwega

Onage omuri kamina amazi g'abarwaire, abantu abakuru, abaana, abeereere, n'amatungo (hamwe n'ebinyonyi).

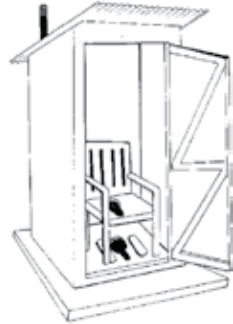


Orupapura Oruriho Eby'okwega

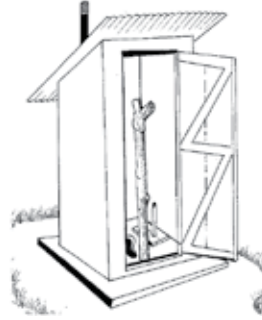
OMURWAIRE OTAINE MAANI KWONKA ARIKUBAASA KUTAMBURA



Agyendere aha kiti/nkoni.



Fumura omwiina omu ntebe kweenda kuhweera omuntu otaine maani kwejunisa ekamina.



Osiimbe ekiti (nari enkondo aha kisiika) omunda y'ekamina kwenda kuhwera omurwaire otaine maani yaaba naarotama nari arikweemerera.



Ote akadooro ahansi y'entebe efumwireho omwina ey'okwejunisiza omunju.



Ote eby'okunaabisa engaro haihi n'omwanya ogu omurwaire arikweshemerezamu.

OMURWAIRE OTARIKWIMUKA OMU KITANDA



Oyare ekiipira hamwe n'omwenda ogukozirwe omuri pamba ahaiguru y'omufarasi beitu bibe byazire ahansi y'enyugunyu z'omurwaire. Ohindure ebyeyariro eby'ahansi byaheza kurofahara.



Oyejunise nekidori.



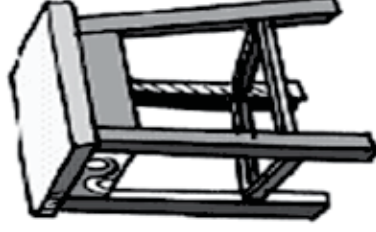
Ote ameizi, saabundi (nari eiju) hamwe n'ebyeenda biboneire haihi n'ekitanda ky'omurwaire.

Ebintu bikye ebirabaasa kukorwa:
OKUKORA ENTEBE ERIHO OMWINA
GW'OKWESHEMERAZAHO (ENTEBE ERIHO EKIINA)

Orupapura Oruriho Eby'okwega

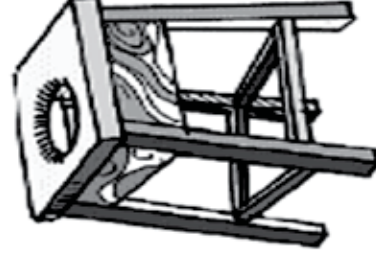
1

Ronda akasituuru nari entebe.



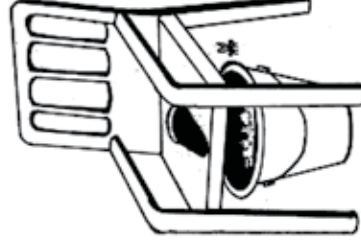
2

Fumura omwiina gw'ekuringiriire rwagati y'entebe ogu omuntu ogwo arikuhikaho (gube gutari muhanga munonga nari mukye munonga). Teereza enshonda z'omwina ebirikucumita birugyeho kwenda ngu bitamuhutaaza.

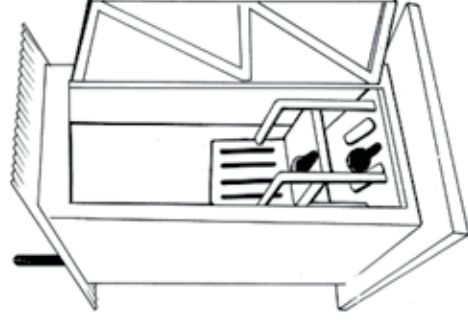


3

Kwenda kwejunisa entebe efumwireho omwina gw'okweshemerezaho (entebe eriho ekiina):



- Ote akadooro ahansi y'omwima oguri omu ntebe nari akasituuru.



NARI

- Ote entebe nari akasituuru ahaiguru y'omunwa gw'ekamina

Instructions adapted from “Making Adaptations Commode/Potty Chair,” Hospice Africa (Uganda).



Ebintu bikye ebirabaasa kukorwa: **OKU OSHEMEREIRE KUNAABA ENGARO ZAAWE**

Orupapura Oruriho Eby'okwega

1

Shuka ameizi omu ngaro zaawe kandi onabe ne sabundi (nari eiju).



2

Kuuba engaro zaawe hamwe kandi oyozye omunda y'enono.



3

Munyuunguza engaro zaawe n'ameizi garikweshukyeera.



4

Kunkumura engaro zaawe ameizi garugyeho kandi ozoomeze n'omuyaga.



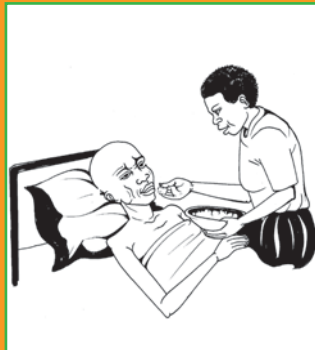
OBWIIRE BW'AKABI OBU OSHEMEREIRE KUNAABA OMUNGARO

OTAKAKOZIRE EBI

AHANYIMA YOKUKORA EBI



Kutebekaniisa eby'okurya



Okuriisa omurweire



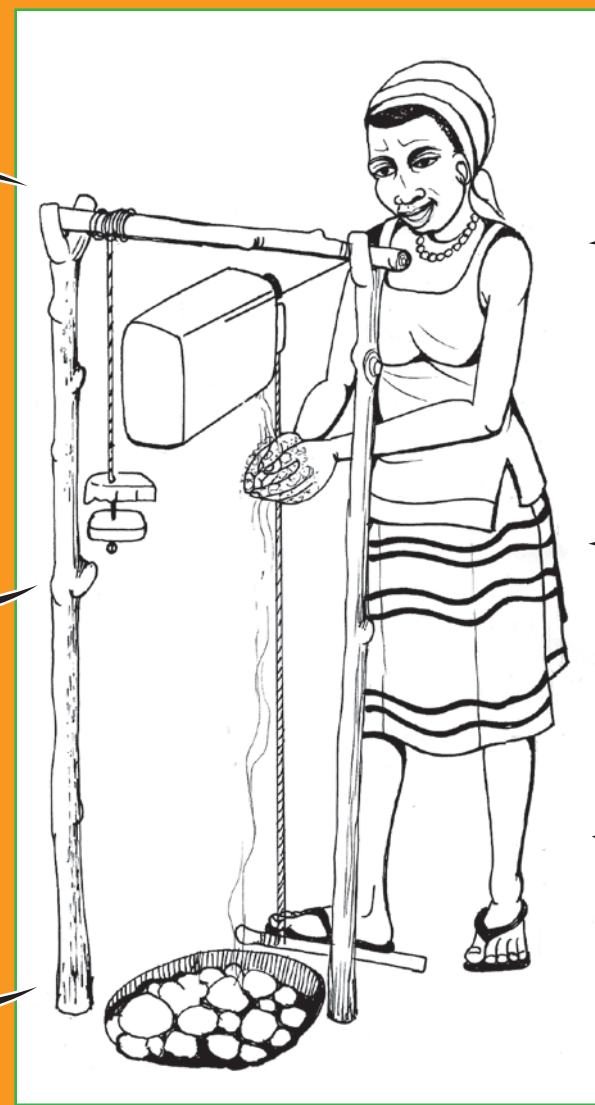
okuriisa omwana neinga kumwoonsya



Okumira omubazi



Okurya



Okuheha omwana



okuza omukamina



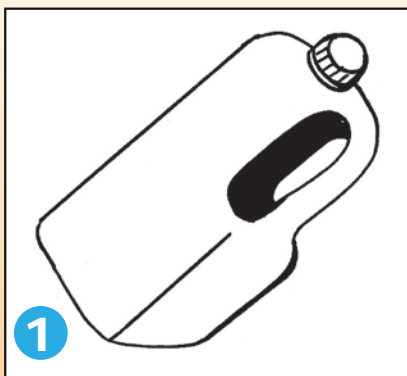
okunaga amazi g'omwana hamwe n'agebitungwa.

Ebintu bikye ebirabaasa kukorwa: OKUBARAKORA TAAPU Y'EKIDOMORA

Ekidomora
Ekirezuunguza

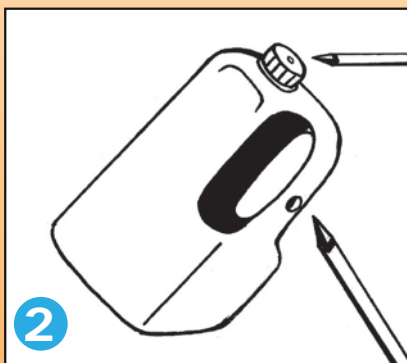
9

Eby'okukozesa ebiretengwa: Akadomora kakye ka rita 3 kuhisya 5 kariho omufundikizo, emirunga ebiri egumire ya sentimita 60 ey'okuhanika akadomora hamwe n'ogwa sentimita 100 ogw'akati kokuribataho. Akarunga kakye k'okuhanika esabuuni aka sentimita 60. Enkingi ishatu, emwe ya sentimita 80 ey'okuzereezaho akadomora, enkingi ibiri z'okwemereza eza sentimita 150 ezirashushana nka 'Y' ahamutwe. Akacupa ka miniro wota kokutaho esabundi.



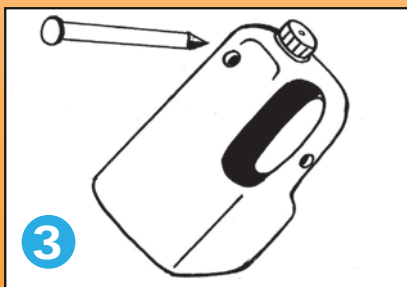
1

Roonda akadomora akayonjo akarimu busha



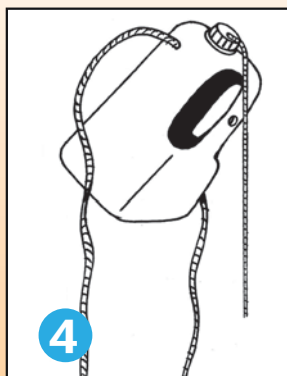
2

Cumita akeina n'omusimaari ahamufundikizo ak'okurabyamu omuruunga; gw'okuribataho hamwe n'akandi omumukondo gw'akadomora ak'okurabwamu ameizi agaratonyooka



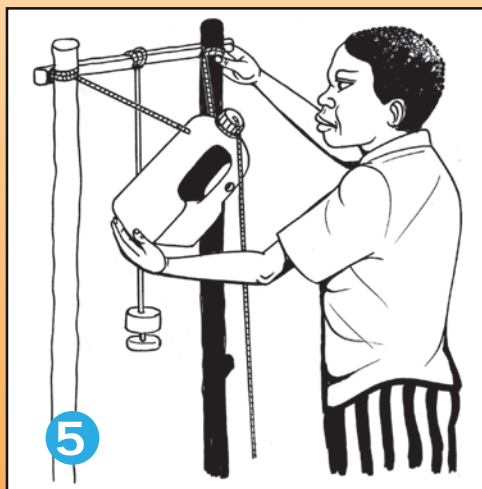
3

Cumita akandi keina omurubaju rw'akadomora ak'okuhanikiramu omuruunga.



4

Taasya omurunga gw'okuribataho omukafundikizo



5

Hanika akadomora ahankiingi ibiri ezemereire. Esabundi gifumuremu akeina hamwe n'akacupa ka miniro wota akashazire ak'okubangira esabundi enjura n'ebinyonyi. Rabya akaguha omukacupa hamwe n'esabundi obihanike ahankiingi.



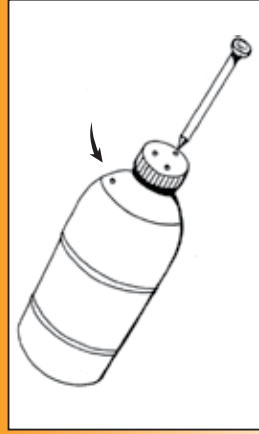
6

Ekiti ekishumikire ahakafundikizo, kishemereire kuba kireingwa ekiramara kiri nka sentimita 10 kuhisya 13 kuruga ahabutaka. Ribata akati, ameizi geije. Rima akeina kagufu ahaasi, akokuzamu ameizi akeine obureingwa bwa sentimita 30 n'obugazi bwa sentimita 60 otemu amabaare.

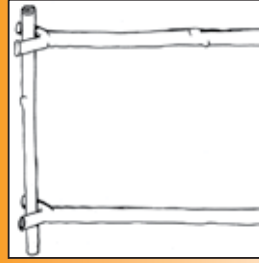
Ebintu bikye ebirabaasa kukorwa:

ENDIJO MIRINGO YA TAAPU Z'OKUNAABISA OMUNGARO NK'OKU ERAKORWA

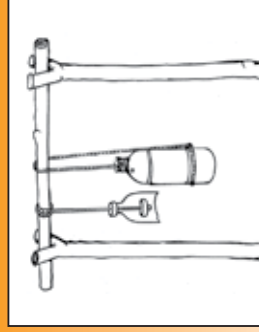
1 Ecupa ya miniro wota



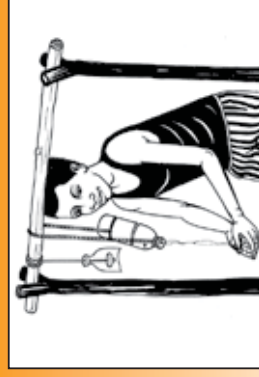
Fumura obwiina ahakafundikizo ky'ecupa ya miniro wota hamwe n'akandi keina ahacupa ak'okutaasyamu omwooya



Simba enkingi

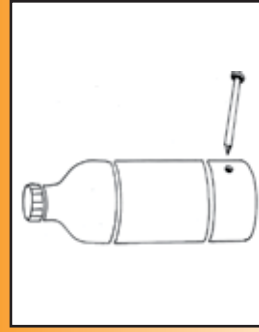


Hanika ecupa n'esabundi ahankiingi. Shuka ameizi omucupa.

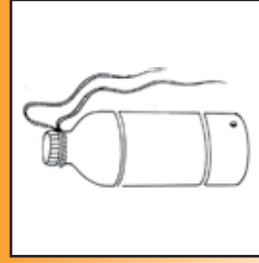


Curika ecupa ahaasi ameizi geije.

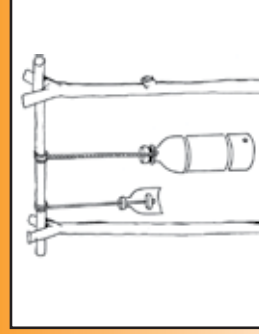
2 Ecupa ya miniro wota 2



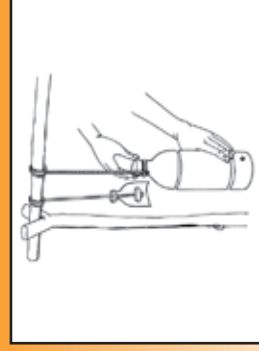
Fumura akeina ahantaango y'ecupa ya miniro wota



Gikome omubisya omurunga gw'okughanikisa

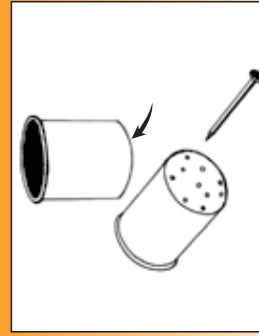


Hanika ecupa hamwe n'esabundi y'okunaabisa omungaro ahankiingi ezisimbire. Shuka ameizi omucupa.

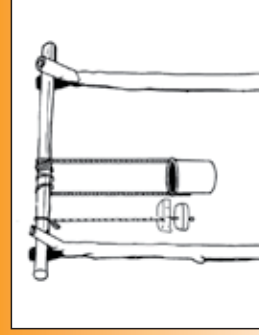


Ijurura akafundikizo amaizi garabeho bwanyima okafundikire kagume.

3 Omucebe



Juumika omucebe gurimu busha, ogufumuremu obwina nk'eikumi.



Hanika omucebe n'esabundi ahankiingi ibiri ezisimbire.

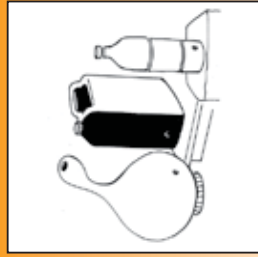


Shuka ekikopo ky'ameizi omumucebe.

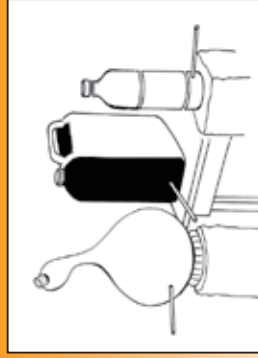


Naaba engaro n'ameizi agararuga omumucebe.

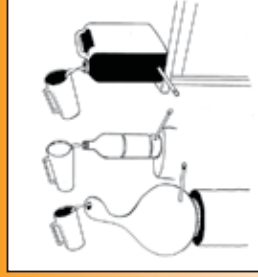
4 Akashekye aha: Kisisi, ekidomora neinga ecupa ya miniro wota



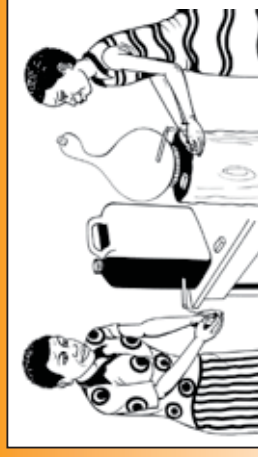
Fumura akeina heihi n'entaango y'ekiintu.



Taasya omukeina akashekye kakacumu, neinga akashekye k'okunyweisa.



Taho akafundikizo kakashekye otakashukire ameizi omukiintu.



Okubasiza ameizi kwija, funduura akafundikizo ahakiintu ky'ameizi kandi okugazibira, fundikira ahakiintu ky'ameizi.

Yetegyeereze: Taapu y'okunaabisa omungaro ekozirwe omukidomora, erabaasa kuhanikwa neinga kukomwa ahamuti, enkingi neinga eidaara. Reeba ngu wataho ekiina kyokutaahamu ameizi omumirango yoona y'okukora taapu z'okunaabisa engaro.

Ebintu bikye ebirabaasa kukorwa: Okureeberera ameizi g'okunywa hamwe n'agokutekyesa

1 Okutaha ameizi

Taha ameizi , ogatwaare omuka yaawe omukintu ekifundikiire.

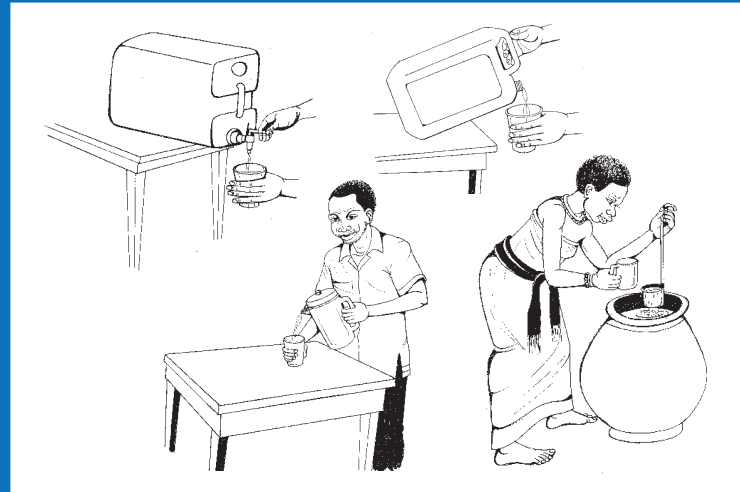


Ebintu bikye ebirabaasa kukorwa:

- Wahika aheziba naaba engaro okwetantara okutokooza ameizi agari kutaha.
- Omufundikizo gukomere ahakidomora guremwe kubura.
- Yonzya ekifundikizo yaba ekiribwa ninga ekitokye buri murundi goraze aheziba.

2 Okugabura

Gabura ameizi kandi oteikiriza ekintu kyona ekirofa kugahikaho (nk'engaro zaawe neinga ekikopo).



Ebintu bikye ebirabaasa kukorwa:

- Gura neinga okore akahuubyo k'okugabuza ameizi kandi ahanyima y'okugabura, okahanike ahakisika kari kurereeta.
- Gira ebikopo bingi by'okugaburiramu n'okunyweeramu.

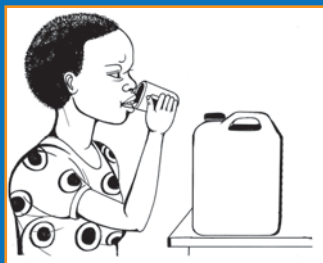
3 Okugabiika

Ameizi gabiike omukiintu ekiine omufundikizo ogurakwataho gye.



Ebintu bikye ebirabaasa kukorwa:

- Ekintu ky'ameizi, bitereke aheiguru obaase kushuka kurungi ameizi n'okugagabura kandi obaase kuzibira abaana n'ebindi bikooko kugazaaniramu.
- Roonda ekintu kiine ebisya bifunzire neinga oyekorere akafundikizo



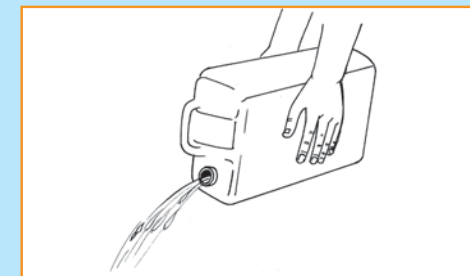
Ebintu bikye ebirabaasa kukorwa: OKUYOONJA EBIINTU BY'OKUBIIKAMU AMEIZI G'OKUNYWA

Yozya ebintu orakozesa ameizi, esabundi neinga kashenda. Obubaare bukye, omushenyi neinga sitiiru waaya tibishemereire kukoze sibwa ahabw'okuba biraharatura ekintu ky'ameizi kandi bitume obukooko bwatunga ahokuzaarira. Ebikuuta, obunyaasi neinga ekindi kintu kyona tibishemereire kukoze sibwa omukuyoonja ebintu by'okubiikamu ameizi g'okunywa, birareeta obukooko oburatokooza ameizi.

Okwoozya ebiintu by'okubiikamu ameizi g'okunywa:



1. Yozya ebintu orakozesa ameizi, esabundi neinga kashenda. Obubaare bukye, omushenyi neinga sitiiru waya, tibishemereire kukoze sibwa ahabwokuba biraharaatura ekintu kyameizi, obukooko bubone ahokuzaarira. Shukamu ameizi makye agarimu esabundi, neinga kasheenda, bwanyima ozunguze, oshuke ameizi ahansi.



2. Munyuunguza ekiintu n'ameizi, kuhisya obu burofa, esabundi hamwe nakashenda birahwemu.



3. Kozesa orugoye, ameizi n'esabundi, okukuuta aheiguru y'ekiintu ky'ameizi g'okunywa, ahanyima obimunyunguze n'ameizi amayonjo.



4. Omukuheendera, garuka omunyunguze ebiintu by'okubiika ameizi g'okunywa n'ameizi amayoonjo, obijuumike ahakatandaaro byoome.



5. Ebintu bifundikire, obibiike omumwanya omuyoonjo.

Hariho emiringo etaano eteine kabi, ey'okushemeza ameizi g'okunywa:

WaterGuard | Aquatabs | Eby'okugyegyenesa ebyeikirizibwe | okugateeka gakabira | Okukozesa sora/omushana

Ebintu bikye ebirabaasa kukorwa: Okushemeza Ameizi G'okunywa

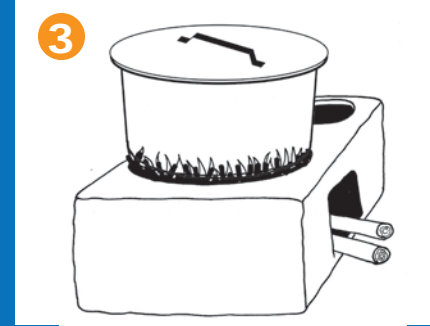
13



- Taha ameizi omuburugo bwaago



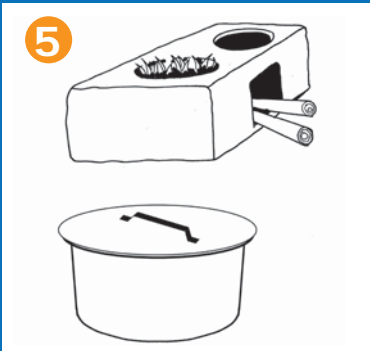
- Gashukye omukiintu ekiri ahamuriro



- Fuundikira ameizi agari ahamuriro



- Teeka ameizi kuhisya obu garaabire



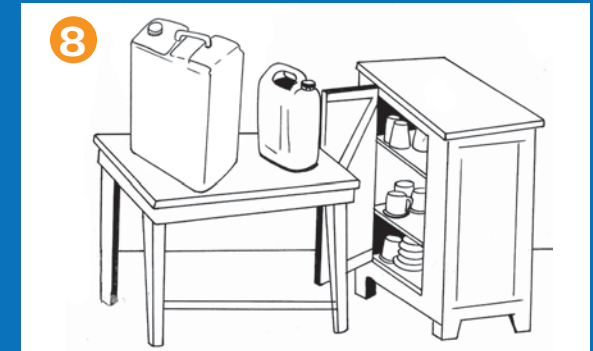
- Gaterure ahamuriro gahore, kandi otagafunduura ahaw'okubinga ebitokoozi.



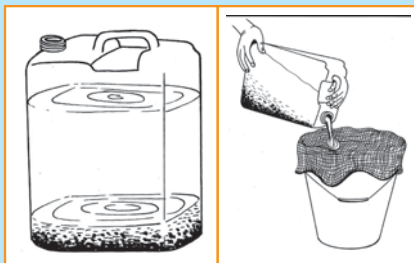
- Gabiikye omubiintu ebiine ebifundikizo bitarikuremeera.



- Mutakakozesa ekikopo kimwe kunywa ameizi.



- Ameizi g'okunywa, gabiikye omubiintu ogafuundikire kurungi omumwaanya omuyoonjo, ahakitebe neinga ahameeza kandi hare n'abaana neinga ebikooko.



Okugyegyena hamwe n'okuteeka ameizi

- Ameizi kugaraabe gagubire, baanza ogarekeho akaanya kakye, oburofwa bubaanze bwateeka ahansi y'ekintu. Yoonja ameizi aga oragagyegyena, okutuunga amaruungi, kora ebi:
- Tunga omwenda omuyoonjo hamwe n'ekintu ekiyoonjo nk'akadooro neinga esafuriya, oshweekye omweenda aheiguru yaako;
- Reeta ameizi agaherize kuteeka, ogashukemu oragarabya omurugoye n'obwegyendesereza. Reeba ngu oburofwa obuteekyeire ahansi tibwaazamu.
- Ahanyima y'okugyegyena, reeba ngu wateeka ameizi kwiita obukooko oburareeta endwara.



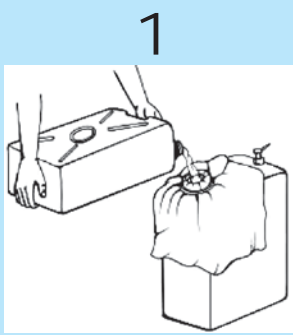
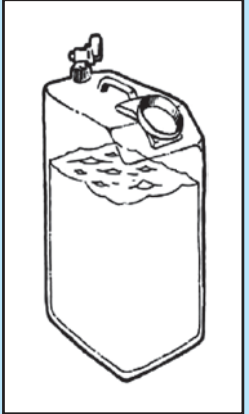
Yoonja ameizi g'okunywa orakoreesa emibazi.

- Ameizi g'okunywa orabaasa kugayoonja orakoreesa omubazi gw'obujuma nka aqua safe neinga water guard. Kuratira ebiragiro ebiri ahakipapura ky'omubazi ogwe.

Ebintu bikye ebirabaasa kukorwa:

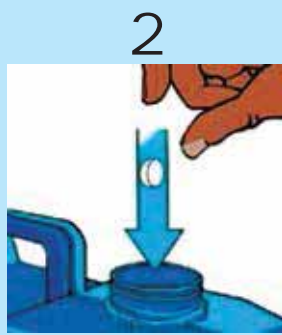
EBY'OKUKURATIRA OMU KUKOREESA AKAJUMA AKA WATERGUARD

Ameizi gaawe nigareebeka gaboneire?



Gagyegyeneze omweenda gwa jinja guboneire.

Orupapura Oruriho Eby'okwega



Tamu akajuma kamwe aka "WaterGuard" omu meizi agagyegyene agarikwingana rita 20.

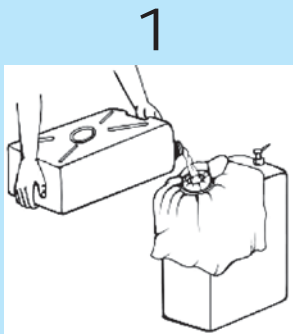
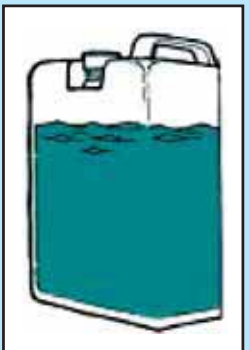


Rindaho edakiika 30.

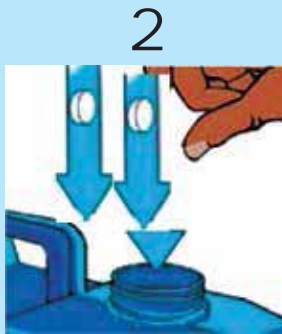


Hati ameizi nigaba gaboneire g'okunywa.

Ameizi gaawe nigareebeka gari amarofa?



Gagyegyeneze omwenda muruungi ogukozirwe omuri jinja.



Tamu obujuma bubiri bwa "WaterGuard" omu meizi agarikwiingana na rita 20.



Rindaho edakiika 30.



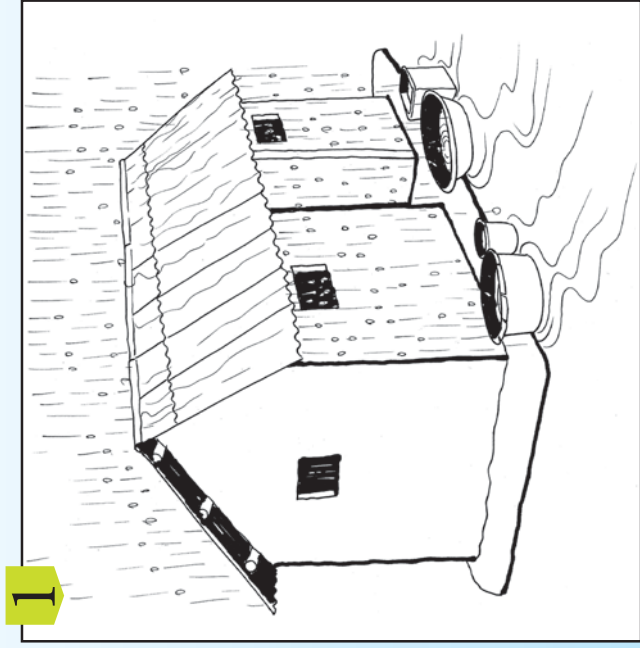
Hati ameizi nigaba gaboneire g'okunywa.

Ijuka: Otakaamira obujuma kandi obubiikye hare ahu abaana batarikubaasa kuhika haza hatariho ekyererezi ky'omushana. Ameizi agateirwemu "WaterGuard" gaaba gabiikirwe gye omu kiintu ekiine amaraka gafuunzire haza n'ekifuundikizo kirikukwaataho kuruungi gabaasa kunywebwa kumara ebiro 7. Ameizi agateirwemu "WaterGuard" gaaba gabiikirwe omu kiintu ekiine eminwa eyashami nari ekiintu ekitaine ekifundikizo ekirikukwataho kurungi gabaasa kunywebwa obutareenzya eshaaha 24 zonka.



Ebintu bikye ebirabaasa kukorwa: EMIRINGO Y'OKUREEKA AMEIZI G'ENJURA

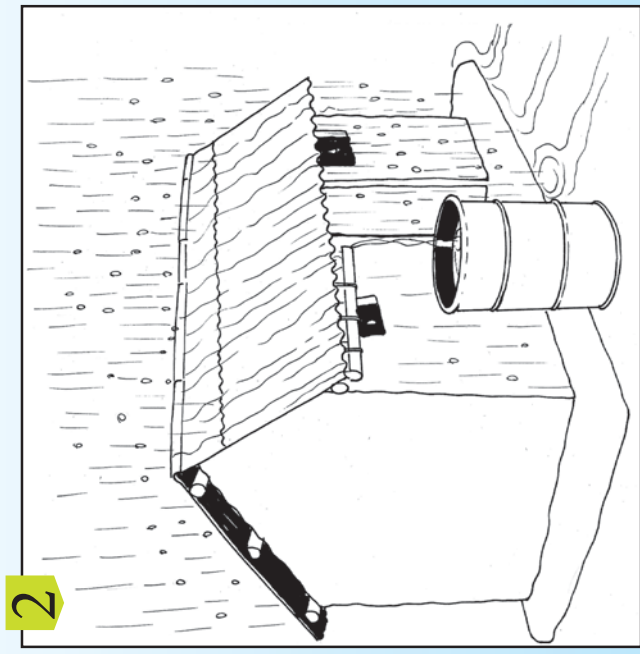
OKUREEKA AMEIZI G'ENJURA N'OGUUNDI MURIINGO GW'OKUTUUNGA AMEIZI . N'omuringo gw'okutuunga ameizi oguteine kabi, ogweseete nkye kandi kiratuma amaka gatuunga ameizi maruungi. Kirakyendeenza aharugyendo rw'okutaha ameizi aheziba. Kirahwera omukuriinda obuhaangwa bwensi.



1

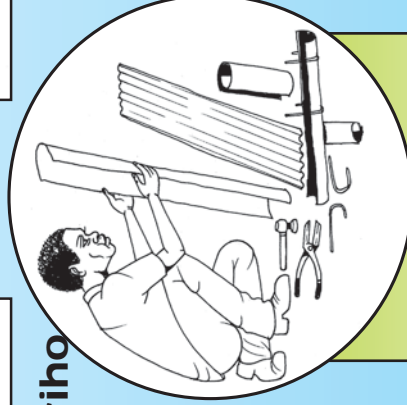
Okureeka ameizi hatariho bigogo.

Enkora egi teboneire.

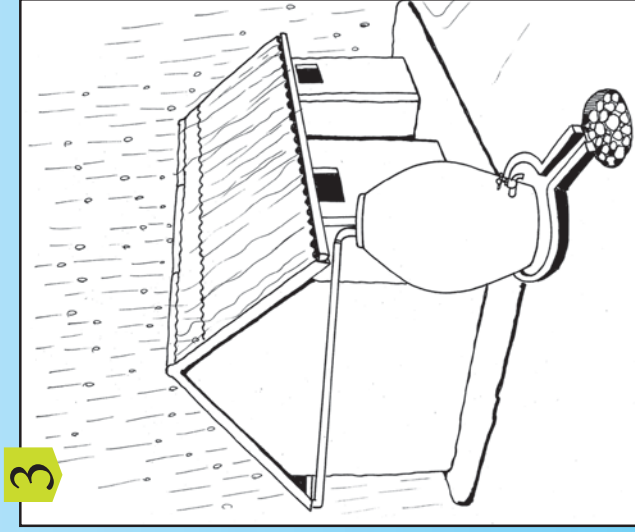


2

Okureeka ameizi omu kipipa orakozesa omureeko gumwe

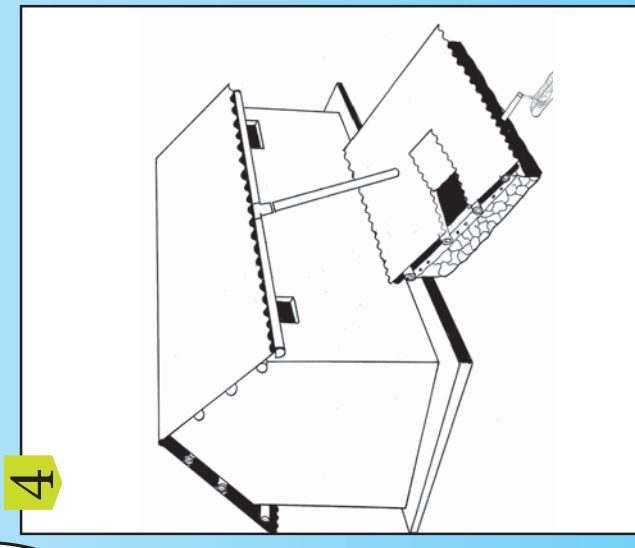


Shara amabaati ag'okukora ebigogo hamwe n'orushekye. Kozesa waaya okuhanika ebigogo aheibaati.



3

Okureeka ameizi n'ekinyuungu

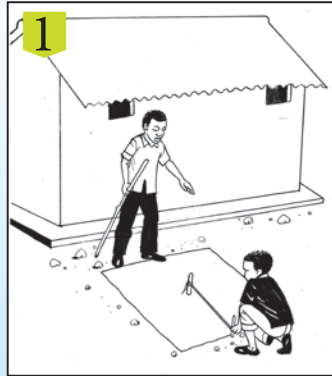


4

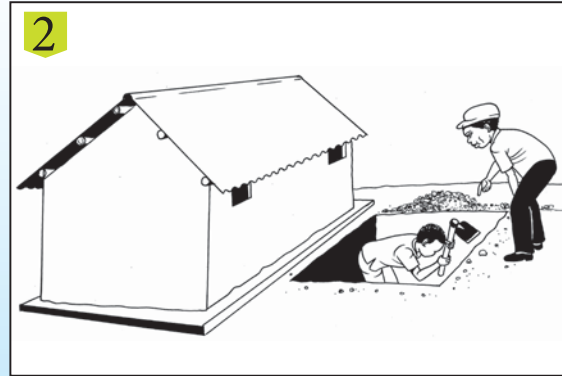
Okureeka ameizi orakozesa tanka

EBIINTU EBIRETEENGWA KUKOZESA:

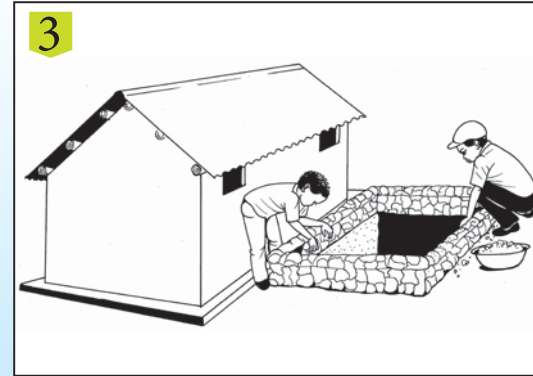
Etundubaara y'okushweekyesa, emireeko, amabaare, akadomora ka rita 5, ekiti kya mita 2 kigumire, ekyokukomesa kuzibira abaana kuzamu, eby'okurimisa, enyundo.



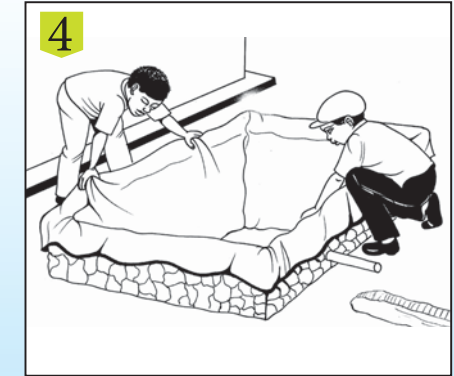
1 Tebeenkanisa buri kimwe otakatandikire, Pima omuruundi gumwe, ogarukye opime.



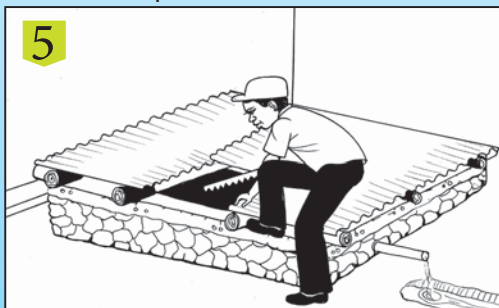
2 Rima ekiina kihango, kireingana hakiri fuuti 2 kugaruka ahaasi. Obuhaango bwaakyo burarugirira aheitaka eryoine hamwe n'etundubaara.



3 Yoombeka ekisiika oyehinguririze ekiina, orakozesa amabaare hamwe n'obudoongo.



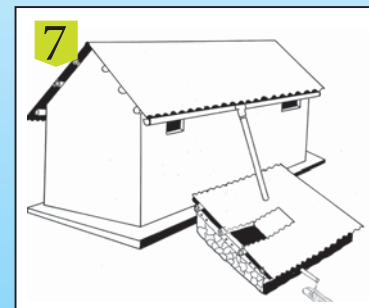
4 Yaririka ekitundubaara omukiina. Yetegyeereze omuriungo gw'okukikwatiisamu.



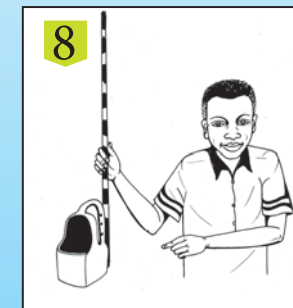
5 Shakaara ekiina, orakozesa amabaati.



6 Shara amabaati okukoramu emireeko hamwe n'orushekye. Kozesa waaya okubihanika aheibaati.



7 Ekirahererukayo, orushekye ruraruga ahamureeko, rugeite aha tanka otangirize ameizi maruungi omubwijwiire.



8 Kora omutaho omukadomora ka lita 5, ekiti, omuruunga gwa nairooni gugumire neinga emisimaari.



9 Buriijo kozesa ebiintu ebiyoonjo okutaha ameizi omutaanka yaawe.

Reeba ngu abaana tibaabaasa kutuunga oburyo bw'okuzaanira omumeizi, okugatamu ebitokoozi neinga KUGWAMU!
Reeba ngu amazi g'ebinyonyi n'ebindi bikooko tigatokooza ameizi omu tanka!

Ebintu bikye ebirabaasa kukorwa:

OKUKORA AHABYOKURYA N'OKUBITEBEEKANISA

N'ekyomugasho munonga okunaaba omungaro, hamwe n'ebintu ebirakozeesibwa ahabyokurya obwe orakozeesa esabundi hamwe n'ameizi agarasheneneka waaba otakakwaasire ahabyokurya, obaase kwetaantara obukooko oburareeta endwara. Reeba ngu waaguma ori omuyoonjo namunonga okucwa ebyara waaba otakakwaasire ahabyokurya.

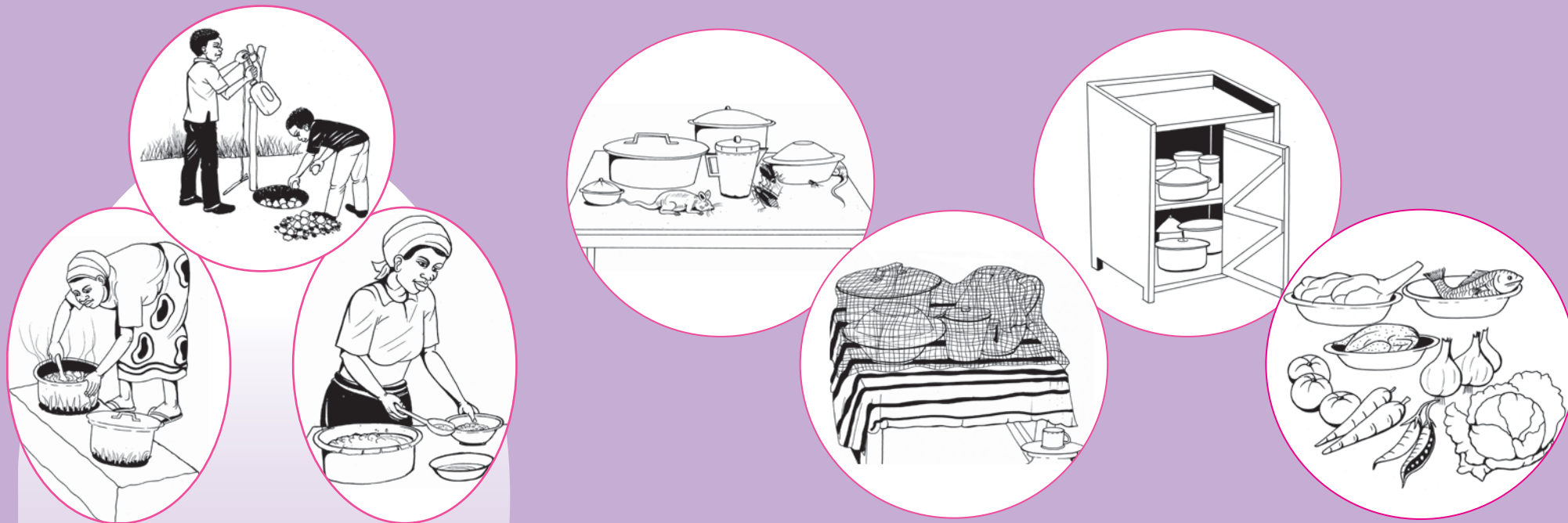


- ◆ Yoombeka akadomora k'okunaabisa omungaro heihi neifuumbiro ryaawe kugira ngu ogume oranaaba mungaro n'esabundi.
- ◆ Naaba engaro zaawe n'esabundi otakataandikire kutebeekanisa eby'okurya.
- ◆ Reeba ngu waguma oracwa ebyara byengaro kandi ogume orabiyonja.
- ◆ Enyama neinga ebyenyaanja waaba orabiteeka obiigize hare n'ebindi byokurya ebibisi. Ebyokunywa otabihikaanisa n'ebindi byo kurya.
- ◆ Guma oroozya omwanya ogworatebeekanisizamu ebyokurya haakiri burizooaba orakozesa ameizi na Jik yaaba eriho, neinga eyiindi sabundi.
- ◆ Reeba ngu emboga embisi hamwe n'ebijuma wabyoozya omumeizi agaragyenda okubaasa kwiihamu obukooko oburareeta endwara, obukooko oburaguruka hamwe n'emibazi ey'obutwa.
- ◆ Ebinyonyi (nk'enkoko) hamwe n'ebindi bikooko, biigize hare n'omwanya ogworateekyeramu.
- ◆ Emisyo yoona, obubaaho bw'okushariraho, hamwe n'amasowaani, ebiwaakozesa kushara enyama, byona byoozye n'esabundi.
- Ebintu byoraakozese ahabyokurya ebiteekire, byoozye n'esabundi hamwe n'ameizi obibiike aharubaaho rw'ahabuhome neinga ahakatandaaro.

Ebintu bikye ebirabaasa kukorwa:

OKUBI IKA EBYOKURYA HAMWE N'OKUBI GABURA

Emyanya y'okubiikamu ebyokurya yoona, burijjo eshemereire kuguma eriinzirwe omubuyoonjo okukyendeeza akabi k'okutokooza ebyokurya. Reeba ngu waaguma n'omucwe gw'okweyoonja nk'okucwa ebyara hamwe n'okwesheemba ekitambaara ahamutwe.



OKUGABURA.

- ◆ Naaba omungaro n'esabundi otakatandikire kugabura ebyokurya.
- ◆ Ebyokurya ebyasigaraho, biteeke bibanze byabirira kimwe bishohoze omwiika. Ijuka kuvurugamu kugira ngu byoona bitabure.
- ◆ Bitagase omurundi gumwe, bwanyima obyaate.
- ◆ Enyama hamwe n'amahuri biteeke bihiire kimwe.

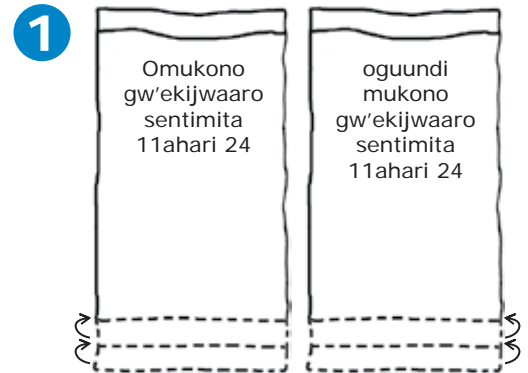
- ◆ Ebyokurya bishwekye n'akatimba, orusaniya neinga ekitambaara, okuzibira obukooko oburareeta endwara hamwe n'eshohera kutaahamu.
- ◆ Ebyokurya bibiikye ahakintu kitungukire nk'emeza, akatandaaro akari omwifuumbiro neinga omu kabada.
- ◆ Yombeka akatandaaro k'okwanikaho esowaani waheza kuzozya ameizi goome.
- ◆ Roonda obutambara bubiri neinga obutimba bw'okushwekyesa ebyokurya. Ebyokurya bibiikye omubakuri neinga ebintu ebiyoonjo.

- ◆ Amate agaroosya, gashwekyese akatiimba neinga ekitambaara.
- ◆ Ekitambaara ky'okushwekyesa ebyokurya, kihindure emirundi 2 kuhisya 3 buri sande. Ebitambaara ebiwaaheza kuzozesa, byoogyese ameizi n'esabundi.
- ◆ Ebyokurya ebiteekire hamwe n'ebibisi, bitanuure omukubibiika okwetaantara ebitokoozi.
- ◆ Enyama, enkoko, hamwe n'ebyenyanja ebibisi, bitanuure ahabindi byokurya. Obibiikye omubakuri, akaveera neinga ekindi kintu.
- ◆ Ebijuma ebibisi hamwe n'emboga, byogyese ameizi otakabibiikire.

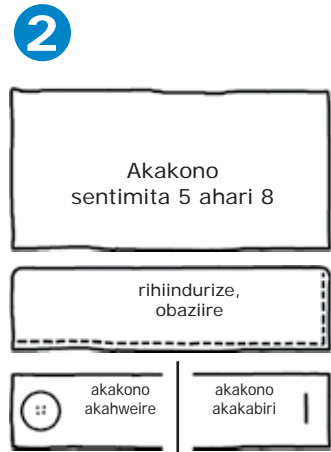
Ebintu bikye ebirabaasa kukorwa:

Okukora paadi neinga emwebiindo ebirabaasa kugaruka kukozeesibwa omumicwe y'abakazi

Oreja kweteenga omukono gw'ekijwaro ogukozirwe omumwenda gwa jinja neingashi jinja hamwe n'obundi butambaara bwiingi, obw'okwaaririra omuunda, okiheza okabwihamu. Obutambaara obw'okwaaririra bushemereire kuba bwiine omubiri gw'etawuro neinga ekiintu ekirabaasa kunyunyuusa. Orabaasa kutuunga obutambaara bw'okwaaririra obwiine emizimba etareingana ahabw'ebiro bitarashushana.



Shara ebitambaara 2 bigumire, sentimita 11 ahari 24, kuba embaju 4 zoonza engufu obwe orakuba sentimita 1, shuba okube, obaziire.

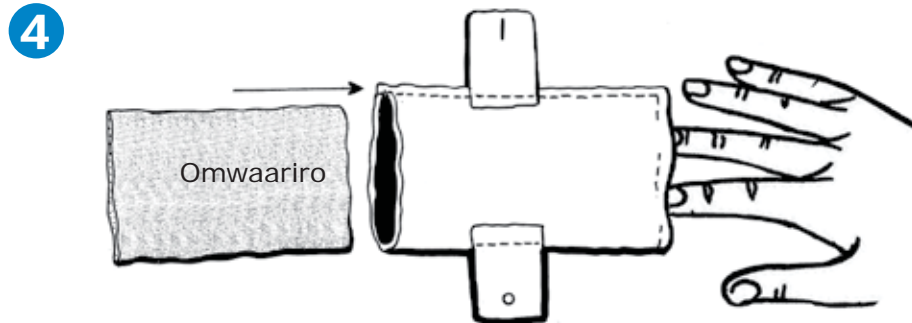


Shara obukono 2, sentimita Bahari 5, gaziingemu kabiri, baziira embaju endeingwa hamwe n'orubaju rumwe orunyonyuukire, ohindurize. Orubaju rwa buryo, rugaruze aheeru, yejunise ekaraamu neinga ekiti. Shara akeina keipesha aharubaju rumwe, eipesha oribaziire aharubaju rwakakono akaandi.

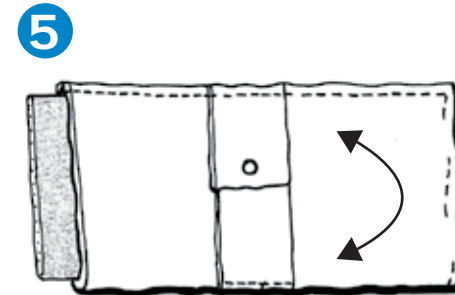


Omukono gumwe gw'ekijwaro, gwaririky kuruungi ogutereeze, obwe obukono 2, burabuganira ahagati, aheiguru ogyerekeho uguundi mukono gw'ekijwaro. Baziira embaju 2 z'emikono y'ebijwaro endeingwa, osigeho sentimita 1 kugira ngu obukono bugume burareebana nk'okukyorekirwe, reero obihindurize.

Baziira sentimita nka 3 aharubaju rumwe orugufu, osigeho omwanya gurabaasa kurabwamu orukumu, ahanyima ohiindurize orubaju rwa buryo.



- Shara obutambaara bwingi bw'okwarira omunda obwiine omubiri ogurabaasa kunyunyuusa oburahisya sentimita 6 ahari 20.
- Akatambaara kahinyemu kabiri okatasye omunda orakozesa obukumu bubiri kugira ngu paadi etereere.



Gikwatise ahampare n'amapesha, ojwaare oteine kweraarikirira.



Ahanyima y'okukozesa, emyebindo neinga paadi yaawe, gituumbikye omumeizi garafuka, oyozye n'esabuuni, otemu Gik kweraabe eriho. Paadi otagijwaanzya n'ebiindi bijwaro. Gyanikye ahamushana, otarigyanika ahaansi y'ekitaanda, ahabw'okuba erakwaata oruhuumbu ekurwaaze okweyagura.

Ebintu bikye ebirabaasa kukorwa:

OKUNAGA NARI OKUYOONJA EBIINTU EBIRIMU ESHAGAMA EBIKORESIBWE OMUUNTU ORI OMU MICWE

Orupapura Oruriho Eby'okwega

EBITARIKUZA KUGARUKA KWEJUNIISIBWA

Omweenda ogwejunisiibwe **ogutarikuza kugaruka kwejuniisibwa** nari paadi hamwe n'ebireere bishemereire kunagwa biti:



Byookibwe (ogu nigwo omuringo omurungi ahabw'emyanya eri omu ndembo n'omu byaaro



Binagwe omu kamina (Eki kikorwe abarikutuura omu byaaro bonka)



Biteebwe omu biintu bibiri kimwe omuunda y'ekiindi binagwe omu kiintu ekirikunagwamu kasasiro (emuriingo endiijo ei twaagambaho yarema)

EBIRIKUZA KUGARUKA KWEJUNISIBWA OMURUNDI OGUNDI

Omweenda ogwejunisiibwe haza gurikuza **kugaruka kwejunisibwa:**



Tuumbika omweenda ogurofahaire kumara haakiri edakiika 20 omu meizi agarimu Jiiki haza ekintu eki waapimamu jiiki omuruundi gumwe obe nikyo waapimamu ameizi emiruundi mweenda (jiiki yaaba eriho)



Gwoozye n'ameizi hamwe na sabundi



Gwaanikye aha mushana

EKI NI KIKURU:
Buriijo jwara akapiira k'okushoshekamu engaro (giraavu) nari ekiintu kya purasitiika waaba n'okwaata eshagama na bwaanyima onaabe engaro waaheza.

