

ESE UKEKA KO WABA UFITE ISERU?

Icyo wakora mu gihe ukeka ko waba ufite iseru

Akenshi iseru itangirana n'ikimenyetso cyo kugira umuriro, gukorora, kuzana ibimwira, gutukura amaso biganisha ku gushesha ibihari. Mu gihe umuntu mu muryango wanyu afite ibimenyetso by'iseru:

Mumurinde kwegerana n'abandi bagize umuryango batarwaye.

Buri wese agomba kuguma mu rogo kugira ngo mutanduze abaturanyi cyangwa abandi bantu mutabana.

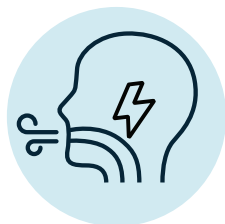
Mwihutire guhamagara muganga cyangwa ibitaro kugira ngo mubamenyeshe ko hari umuntu mu rugo ushobora kuba arwaye iseru. Bazaguha amabwiriza.



Ni ryari ugomba kuja ahakirirwa indembe

Igihe umuntu urwaye arembye ku buryo bwihuse cyangwa afite kimwe mu bimenyetso bigaragara hasi, ugomba guhita umujyana mu ishamba ry'ibitaro ryita ku ndembe.

NTUGOMBA GUTEGEREZA.



Ibibazo byo guhumeka
(cyangwa guhumeka cyane mu buryo budasanzwe)



Kubabara igihe uhumetse cyangwa ukoroye



Ufite amazi make mu mubiri
(kumagara mu mazuru cyangwa mu kanwa, kwihagarika gake, kurira ariko ntuzane amarira)



Umuriro cyangwa kuribwa umutwe bidahagarara



Kwitiranya ibintu, kugabanyuka k'ubushobozi bw'imitekerereze, cyangwa gucika intege ku buryo bukomeye



Kugira ibara ry'ubururu ku minwa, imbaraga nke, cyangwa kugabanyuka k'ubushake bwo kurya (ku bana bakiri bato)

Ugomba guhamagara mbere y'uko uhagera. Ugomba kumenyesha ibitaro ko umuntu urwaye iseru agiye kuza.