

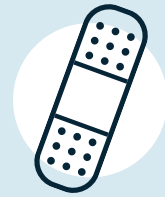
KWIRINDA ISERU

MBERE NA NYUMA YO GUKORA INGENDO



Iseru ishobora guteza ibyago, by'umwihariko ku bana bakiri bato. Iseru ikabije ishobora gutuma ujanwa mu bitaro cyangwa gupfa.

Iseru isanzwe igaragara mu bice byinshi bitandukanye by'isi. Umuntu wese utarakingiwe iseru byuzuye kandi akaba akora ingendo mpuzamahanga cyangwa mu gace karimo icyorezo cy'iseru aba afite ibyago byo kuyandura



Ugomba kwirinda ukanarinda abana bawe iseru ukoresheje urukingo rw'iseru, amashamba, n'amahumane (MMR).

Icyo ugomba gukora MBERE y'uko ukora urugendo mpuzamahanga

1. **Vugisha umuganga, umuforomo cyangwa ivuriro** kugira ngo wizere neza ko buri wese arinzwe kwandura iseru.
2. **Ugomba gufata urukingo nibura ibyumweru 2 mbere yuko ugenda.**
 - Abana bafite hagati y'amezi 6 n'amezi 11 bagomba guhabwa doze y'urukingo rwa MMR.
 - Umuntu wese ufite amezi 12 cyangwa uyarengaye (harimo n'abantu bakuru bagomba gufata doze ya 2 mbere yo gukora urugendo).
 - Niba utarigeze ukingirwa mbere, hita ufata doze ya 1 ako kanya. Ugomba gufata doze ya 2 nyuma y'iminsi 28.
 - Niba warafashe doze ya 1, fata doze ya 2 mbere yo gukora urugendo.
3. **Nubwo urugendo rwawe rwaba rusigaye muni y'ibyumweru 2, uba ugomba gufata doze ya 1 y'urukingo rwa MMR.**

Igihe uteganya gukorera urugendo mu gace ko muri Amerika karimo icyorezo cy'iseru, vugisha muganga wawe, umuforomo cyangwa ivuriro kugira ngo wizere neza ko buri wese arinzwe icyorezo cy'iseru.

Icyo ugomba gukora NYUMA yo gukora ingendo mpuzamahanga cyangwa kuja ahantu hari icyorezo cy'iseru

1. **Genzura ibimenyetso by'iseru ibyumweru 3 nyuma yo kugaruka.** Iseru **irandura cyane** kandi abandi bashobora kuyandura ku buryo bwihuse.
2. **IHUTIRE uhamagara muganga cyangwa ivuriro igihe:**
 - Utekereza ko wowe cyangwa umwana wawe mushobora kuba mwahuye n'umuntu wanduye iseru.
 - Wowe cyangwa umwana wawe murwaye ibihari cyangwa mufite umuriro. Menyesha muganga wawe aho mwakoreye urugendo, kandi niba wowe cyangwa umwana wawe mwarafashe urukingo rwa MMR.
3. **Igihe wowe cyangwa umwana wawe mufite ibihari n'umuriro mugomba kuguma mu rugo** kugeza igihe uvuganye na muganga wawe cyangwa ivuriro.

