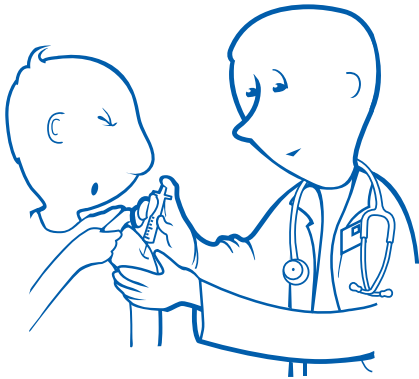
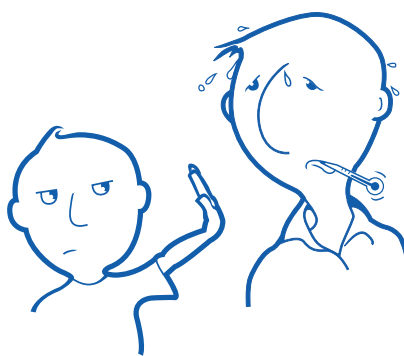


Kuganira n'abana ku vyerekeranye n'ibicurane

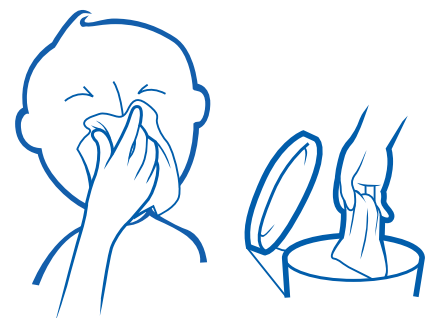
Kwita ku vyo umwana wawe ashobora gukora mu kurwanya ibicurane no kutabikwirakwiza ku bandi:



Umwana wawe ategerezwa gucandagwa ibicurane. Umugera w'ibicurane ushobora kumubabaza mugabo bizomukingira kutongera kugwara mu minsi iza. Urucandago gw'ibicurane rutangwa runyuze mu mazuru nk'umwuka rushobora kuboneka.



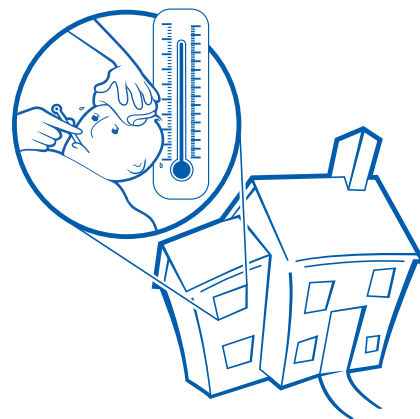
Komeza kubabwire baje kure y'abantu barwaye.



Mu gihe bagwaye, bahanure gukorora no kwitsemura bakoresheje agatambara. Ca muta ako gatambara aho bata imicafu. Mu gihe badafise agatambara bategerezwa gufunga ku munwa no ku mazuru n'ukuboko.

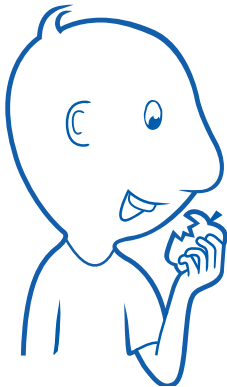


Babwire bijukire kunaba iminwe buri gihe bakoresheje isabuni n'amazi ashushe mu gihe c'amasegonda 15-20. Bereke akarorero keza mu gukora ivyo nawe nyene.

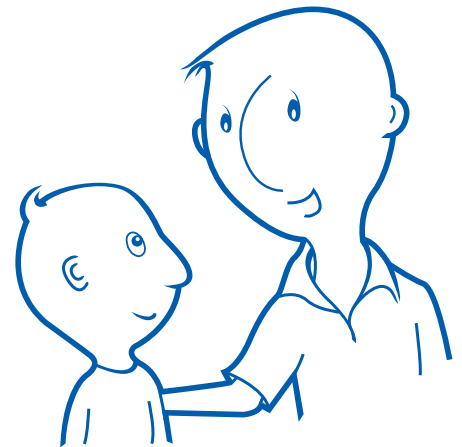


Mu gihe bagwaye, babwire bagume mu nzu bareke kuja ku kazi canke kw'ishule kandi ntibegere abandi bantu gushika batoye mitende.

Babwirije kw'ijukira ingeso zikingira amagara: gufungura bikwiye, guryama amasaha akwiye no gukora ibikogwa vyo kunonora ingingo.



Koresha ibibazo nk'akanya ko kubigisha ingene bashobora kwikingira ibicurane no kudakwirakwiza umugera ku bandi.



Ukeneye amakuru asumbirije hamagara CDC info kuri uyu murongo 1-800-CDC-INFO (232-4636) canke raba kuri uyu murongo wa interinete www.cdc.gov/flu.