

Tugomba gukaraba intoki

Gukaraba intoki bishobora kurinda ubuzima bwawe



1 Nk'umwana muto, Nigishijwe gukaraba intoki nkoresha isabune inshuro nyinshi ku munsu.

2 Ngo? Dukaraba intoki ryari?

3 1. Igihe tugarutse mu rugo tuvuye hanze
Tugomba gukaraba intoki mbere ya byose igihe tugarutse mu rugo.

4 2. Nyuma yo gukoresha umusarani

5 3. Mbere yo kurya ibiryo
Wakarabye intoki? Yego Yego! Turye!

6 Ngo? Kubera iki dukaraba intoki inshuro nyinshi?

7 Ikiganza n'intoki bisa neza, ariko
Mubyukuri hari virusi na mikorobe nyinshi tudashobora kubona...

8 Niba utakarabye intoki mbere yo kurya ibiryo
Cyangwa niba udakoze mu maso, mikorobe yinjira mumubiri wawe inyuze mu ijisho, umunwa cyangwa izuru.

9 Hanyuma urwara munda, cyangwa...

10 Ushobora kurwara bikomeye.

11 Nabwiwe gukaraba intoki nkoresha isabune nyuma yo gukora ku'matungo
na nyuma yo gukora imyanda.

12 Reba, uko bikorwa!
Shi Shi Shi

13 Ntushobora gukura mikorobe ku intoki ukoresheje amazi gusa.
Sibyo!?

14 Mikorobe yanga urufuro rw'isabune.
Niyo mpamvu dukora urufuro rw'isabune nyinshi dukuraho mikorobe.
Oh, nibyo...

15 Uburyo bwo gukaraba intoki ukoresheje isabune
Mugihe dukaraba, turabara kugeza kuri 30 buhoro buhoro.
1 2 3 4...
Gukora urufuro ukoresheje isabune

16 Niturangiza dukoresheje amazi.
Dukureho amazi ku intoki dukoresheje igitambaro gisukuye cyangwa ikintu cyumutsa... hayuma turangize!

17 Ariko... mu mudugudu wanjye, Ntabwo dufite ivomo rusange ahubwo dukora urugendo rururure, tujya kuvoma.
Hari robine y'amazi aho ntuye ariko rimwe na rimwe nta amazi aba ahari.

18 Yego, Nibyo. Amazi ni ingenzi...
Ushobora gukaraba intoki ukoresheje amazi make.
1 Kandagira ku giti kiri munsu amazi araza gacye gacye.
2 Igihe ufungura robine, amazi arizana.
3 Ushobora gukaraba intoki ukoresheje igikombe kimwe cy'amazi!
Shyira amazi mu ibase nurangiza ukarabe intoki.

19 Mureke dukarabye abana bo mu isi yose intoki kugirango tubarinde mikorobe dutera indwara!
Kugirango abana bose bagumane ubuzima bwiza!!

Gerageza ukoreshe amazi meza ukobishoboka

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