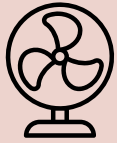
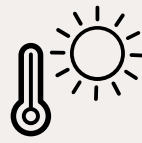


# UBURYO UMUNANI (8) BWO KWIRINDA INGARUKA Z'UBUSHYUHE BUKABIJE.

Kumara umwanya hanze ni kimwe mu by'ingenzi binezeza mu mpeshyi, ariko kwitara izuba n'ubushyuhe bikurura ibyago bimwe na bimwe. \*Dore inama z'ingenzi z'uburyo wabaho utekanye mu gihe cy'ibyumweru bishyuha cyane by'umwaka.



Gerageza kuguma munzu ahantu hari ibyuma bizana ubukonje (AC). Ahantu rusange hafite AC harimo: amasomero, amasoko n'ibigo by'abaturage.



Teganya ibikorwa byo gukorera hanze wirinda igihe cy'umunsi gishyuha cyane.



Irinde ukoresha amavuta afite SPF 30 cyangwa irenga arinda uruhu. Indorerwamo z'izuba, ingofero nini, n'imitaka byose ni ibikoresho byiza cyane birinda umubiri wawe.



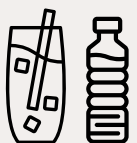
Ambara imyambaro itagufahe, yoroherewe, ifite ibara ryoroherewe.



Ntuzigere na rimwe usiga abana cyangwa amatungo mu modoka.



lyuhagire cyangwa woge amazi akonje kugira ngo ugabanye ubushyuhe bwo mu mubiri igihe cyose wumva ushyushye bwinshi.



Nywa amazi menshi kurusha uko bisanzwe kandi ntutegereze kongera kunywa ayandi ari uko wumvise ufite inyota.



Koresha gake amashyiga n'ifuru byawe maze utekere hanze igihe bishoboka kugira ngo inzu yawe igumane ubukonje mu gihe cy'ubushyuhe.