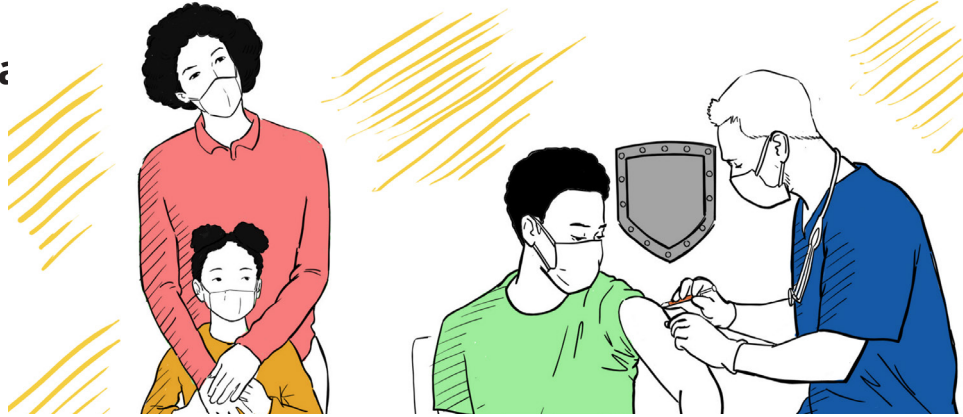


# INKINGO ZIRENGERA UBUZIMA

**Inkingo zituma dukomez: kugira ubuzima bwiza kandi zikarengera ubuzima bwacu.**

Rimwe na rimwe muri Leta Zunze Ubumwe za Amerika, hashobora gukenerwa ibimenyetso by'uko wikingije. Urugero, iyo wohereje abana bawe ku ishuri. Cyangwa ku mirimo imwe n'imwe n'ubusabe bwo kwinjira no gusohoka mu gihugu.

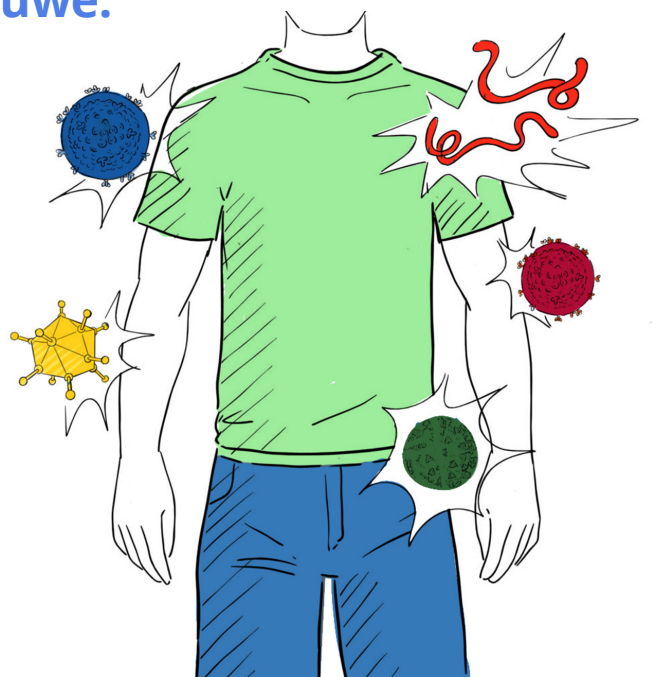


**Inkingo zimazeho imyaka amagana. Inkingo ziturinda indwara nyinshi zikomeye, nk'iseru, imbasa, ibicurane, COVID-19, n'izindi nyinshi.**

**Inkingo zarokoye abantu benshi kuruta ibindi bintu byose by'ubuvuzi byavumbuwe.**

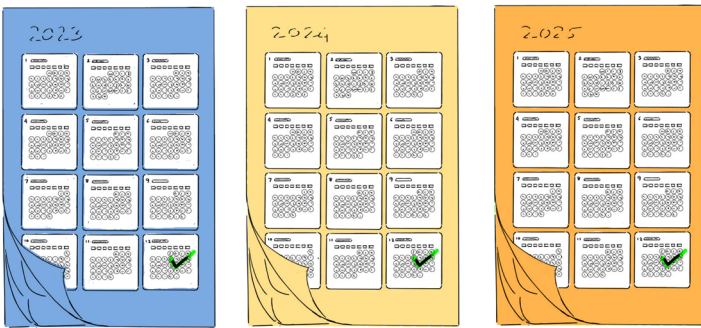
**Inkingo zikora zite? Inkingo zirizewe kandi zirinda indwara. Zitegura sisitemu y'ubudahangarwa bw'umubiri kugira ngo imenye mikorobe nka bagiteri cyangwa virusi.**

**Urukungo rwigisha umubiri kurwanya ubwandu bw'ahazaza mbere y'uko mikorobe igutera indwara. Nk'uko umwana yiga gusoma no kwandika,**





Igihe, inshuro hamwe n'igipimo (doze) cy'inkingo biratandukanye. Urugero, igihe cyiza cyo gufata inkingo zimwe na zimwe ni igihe umuntu akiri uruhinja cyangwa umwana. Izindi igihe ubaye mukuru, ushaje, cyangwa utwite.



Inkingo zimwe na zimwe ukenera kuzifata rimwe gusa. Izindi buri mwaka nk'urukingo rw'ibicurane.

Hashobora kubaho inkingo uhabwa igihe ugiye ahantu runaka.

Ufite ibibazo birebana n'inkingo? Ganiriza umuganga wawe. Bashobora kukugira inama nziza y'urukingo wowe n'umuryango wawe mukeneye.



Zirikana: inkingo zirizewe, zifite akamaro, kandi zirokora ubuzima. Abantu benshi babona inkingo nk'ibimenyetso by'icyizere cy'ahazaza. Bumwe mu buryo bwiza dushobora kwirindamo ndetse tukanarinda abacu dukunda ni ugufata inkingo. Vugisha muganga wawe uyu munsu!