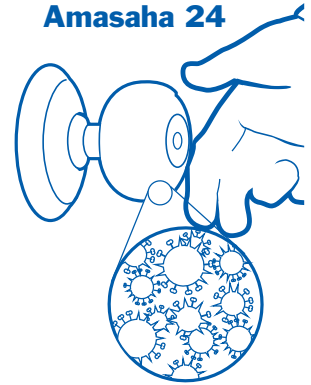


## Kugira isuku kugira dukingire ibicurane

Amasaha 24

**Umugera wandukiza ibicurane ushobora kumara igihe kingana gute ku bikoresho, nko ku meza, urugi canke ku meza?**

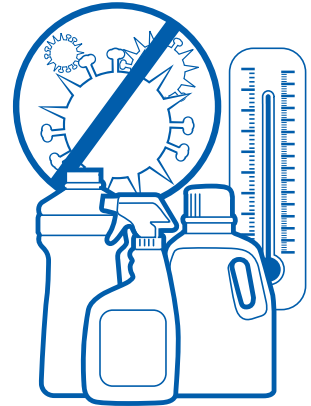
Umugera w'ibicurane ushobora "kuba" ku gikoresho kugeza ku masaha 24. Kugirira isuku ibikoresho buri gihe birashobora kugabanya gukwiragira kw'ibicurane.



## Ni iki cokwica umugera w'ibicurane?

Imigera y'ibicurane ishobora kwicwa n'umuriro uri hejuru y'ibipimo 167° F [75° C]. Imiti isanzwe yo kugira isuku mu nzu nayo ishobora kwica umugera w'ibicurane, harimo imiti ifite:

- chlorine
- peroxide hydrogene
- isabune
- iodophors (imiti yo kugira isuku ikozwe muri iodine)
- alukoro



## Ni gute umuntu ajejwe umugwayi ategerezwa gufata ibikoresho umugwayi yakoreshe?

Utegerezwa kunaba iminwe igihe cose umaze gukora ku mugwayi. Hama umaze gukora ku duta mbara cane impuzu wiwe, ca unama iminwe.



Ukeneye amakuru asumbirije hamagara CDC info kuri iyi numero 1-800-CDC-INFO (232-4636) canke urabe kuri uyu murongo wa interinete [www.cdc.gov/flu](http://www.cdc.gov/flu).

