

Uburozi bw'Ubutare mu Bana

No ku bipimo bito, ubutare bushobora kwandiza ku buryo bidashobora kuvurwa ubushobozi bwo kumva, gukura mu gihagararo no gukura k'ubwonko.

 Abana bashobora kwibasirwa n'uburozi bw'ubutare bahumetse cyangwa bamize ivumbi ririmo ubutare bwa plomb.

Aho Ubutare Buturuka

Mu rugo



Ubutare bwa plomb bushobora kuboneka mu marangi yo mu nzu zishaje zubatswe mbere ya 1978.

- Amarangi yashishutse - Ibikoresho byo mu nzu n'ibikinisho bishaje
- Igityaka
- Ibikoresho bikozwe mu mabati
- Imirimbo bikoreye cyangwa yabonejwe
- Ibirahure bibonera

IShakisha inkomoko y'ubutare munzu, ubuvanemo.

Akazi



Akazi nko gusana, aho bacukirira amabuye y'agaciro no gukura mu by'amazi byongera ibyago byo guhura n'ubutare. Umukungugu urimo ubutare bushobora kuzanwa mu rugo buri ku ruhu rwawe, imyenda, inkweto n'ibindi bintu uzana mu rugo ubikuye mu kazi

- Bateri z'imodoka
- Ibyuma/ibice by'ibyuma
- Amasasu

Ibicuruzwa byakuwe mu mahanga



Ibicuruzwa byagaruve bivuye mu bindi bihugu bushobora kuba birimo ubutare.

- Ibikoresho bikoze mw'ibumba
- Ibirungo byo muri Aziya, Esipanye n'Ubuuhinde
- Bombo zo muri Megizike (tamarindo na Chili)

Ibikorwa ukora uruhuka



Bimwe mu bikorwa ukora uruhuka bishobora kukongerera ibyago byo guhura n'ubutare.

- Guhiga (ukoreshje amasasu y'ubutare)
- Kuroba (ravabo zo mu butare bwa plomb)
- Amabara akoreshwa n'abahanzi
- Ibikoresho byo mu nzu byongeye gusigwa amarangi

Imiti ikorewe mu rugo



Imwe mu miti ikorewe mu rugo ishobora kuba irimo ubutare.

- Iyo miti ubusanze iba ari ifu y'umutuka cyangwa oranje.
- Imiti gakondo n'y'abakurambere (Greta, Azarcon, Pay-loo-ah)

Ingendo



Gukorera ingendo hanze y'Amerika bishobora kongera ibyago byo guhura n'ubutare bwa plomb bitewe no guhura ibantu birimo ibantu bifite ubutare bwa plomb.

- Urwibuso
- Ibikinisho
- Ibirungo byo mu biribwa
- Imirimbo

Ibyifashishwa mu Bwiza



Ibyifashishwa mu bwiza bwinijije mu gihugu bivuye muri Aziya, Ubuuhinde n'Afurika bishobora kuba birimo ubutare.

- Sindoor, Khol, Kajal, Surma

Guhungura umukungugu urimo ubutare no gukura umukungugu mu rugo rwawe ni zo nama zagufasha

Gukora isuku



Gukaraba intoki



Gusiga inkweto hanze



Gukoropa ukoreshje: Igikoropesho no gukoresha amazi ukoropa



Gukoresha imashini ivanaho imyanda ifite akayunguruzo ka HEPA



Koza ibikinisho

Kwirinda:
Gukubura
Guhungura
umukungugu
Gukubita amatapi

Imiriire

Ibi biribwa bishobora kugufasha kugabanya urugero rw'ubutare umwana wawe afite.



Vitamini C

Inyanya, inkeri, amacunga, ibirayi



Kalisiyumu

Amata, foromaje, ikyivuguto



Ibyongyera feri mu maraso

Inkoko, siteki, amafi, amashaza, amagi

