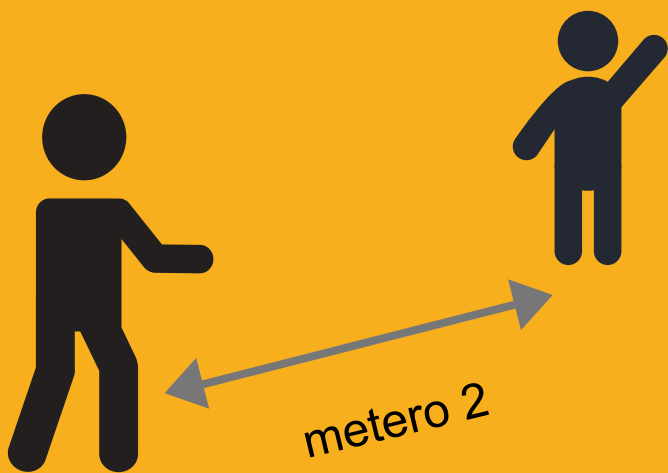


# KWITARURA ABANDI

Irinde, rinda umuryango wawe n'umuhana wawe!



## ITARURE ABANDI

Itarure abandi nibura ho metro hafi 2 niba wagiye hanze, cyane cyane igihe hari umuntu usa n'urwaye cyangwa urimo gukorora no kwitsamura!

## IRINDE GUKORANAHO N'ABANDI BANTU

Ibi bisobanuye kudahoberana, kudahana imikono cyangwa gusuhuzanya muri bitanu! Ni inama nziza kandi gukoresha uburyo budasaba gukanda ku mibare igihe mwishyura.



## TEKEREZA KU KWIMURA IMINSI MIKURU N'IMIKINO Y'ABANA

Kuvuga oya bishobora kutoroha ku isabukuru y'amavuko y'umwana, ariko tekereza umubare w'abazitabira n'uko hashobora kubaho ikwirakwira rya virusi.

## KORERA MU RUGO

Guhindura uko umenyereye gukora kugira ngo ukorere mu rugo bishobora kutoroha, ariko birakwiye kurinda ubuzima bwawe n'ubw'abo ukunda!



## SHYIGIKIRA AMASOMO Y'IYAKURE

N'ubwo bishobora kutorohera ababyeyi, kugumana abana mu rugo bishobora kugabanya cyane ikwirakwira ry'indwara mu baturage bacu b'abanyantege nke, nka ba sogokuru n'abandi bo mu muryango bashaje!

## IMURA CYANGWA UHAGARIKE AMATERANIRO MBONEZAMUBANO

Za bare, inzu bariramo n'izo bareberamo filime ni ahantu abantu bahurira ari benshi, bakicara begeranye. Ibaze niba ibyo uhungukira biruta ko ushobora kwandura.

