Education & Communities
Public Schools NSW

HEAD LICE TREATMENT OPTIONS
INFORMATION FOR PARENTS AND CARERS
KIRUNDI

UBURYO BWO KUVURA INDA ZO MU MUSHATSI

INSIGURO KU BAVYEYI N'ABAREZI

Hari uburyo bubiri bwo kuvura inda zo mu mushatsi.

1. Ukoresheje ibikoresho (kuzikuramwo ukoresheje ibisokozo vyagenewe gukuramwo inda zo mu mushatsi)
2. Gukoresha imiti

Gukoresha ibikoresho

Gukoresha ibikoresho harimwo gushira isabune igira umushatsi neza mu mushatsi ukamutse. Umaze gusigamwo isabune m'umushatsi wose, wutandukanye ukoresheje igisokozo gisanwe hanyuma uwucemwo imirwi. Hanyuma koresha agasokozo k'amenyo y'icuma kagenewe inda zo mu mushatsi mu gusokoza umushatsi mu mirwi. Isabune igira neza umushatsi ntiyica inda ariko irazirwaza mu gihe c'iminota 20 bikaba bifasha mu kuzikuramwo. Igisokozo c'inda zo mu mushatsi gikuramwo amagi hamwe n'izo nda. Hanagura igisokozo n'agatambara kera hanyuma urabe nimba hari imagi canke inda. Bandanya usokoza kugeza igihe atanimwe ubonye ku gatambara. Ubu buryo bwobandaya buri munsi ugira kabiri kugeza aho atanimwe isigaye (kenshi na kenshi iminsi 7 n'iminsi 10).

Ubu buryo burakuzwe mu kuvura inda zo mu mushatsi kubera ari bwiza, budatuma inda zo mu mushatsi zimenyera imiti yica udukoko kandi ko budatuma ubabara ku rukoba.

Uburyo bwo gukoresha ibikoresho burafasha kandi gukurikiranda inda zo mu mushatsi zitaratangura kumenyera. Gumiza igisokozo c'inda zo mu mushatsi mu bwogero kandi buri gihe umuntu mu muryango yogeje umushatsi asokoze akoresheje igizokozo c'inda zo mu mushatsi. Ibi bituma inda zivamwo zitarata amagi menshi.

Mgihe abana bawe bakuze kuburyo biyoza imishatsi, bahimirize gukoresha ico gisokozo bo nyene. Canke ukibike hafi yahoo wogereza imishatsi y'abana hanyuma ugikoreshe buri gihe uriko uroze imishatsi yabo.

Gukoresha imiti

Uhisemwo gukoresha imiti, wibuke gukurikiza impanuro uko ziri. Wirinde kubandaya ukoresha ubwo runaka bw'imiti mu gihe ataco iriko iragufasha. Wotuma uhitamwo gukoresha ubundi buryo bw'imiti canke ugakoresha uburyo b'isabune igira imishatsi neza n'igisokozo c'inda zo mu mushatsi. Usabwa gushiramwo umuti kandi mu minsi 7 kugira wice amagi yaberuye. Uzosabwa gukoresha igisokozo c'inda zo mu mushatsi kugira ngo umenye niba umuti uriko urakora. Ubonye inda zapfuye, bisigura ko umuti wakoze. Ubonye inda zigikomenye, bisigura ko umuti utakoze.

Mu gihe umwana wawe ata nda n'amagi agifise, wibuke kwama wamusuzumye buri gihe ukoresheje igisokozo c'amanyo yegeranye c'inda zo mu mushatsi hamwe n'isabune igira neza umushatsi. Bibonetse kare kandi bikavurwa kare bifasha kutanduza abanyamuryango canke abandi banyeshule.

Wokora igiki kubijanye n'ibisaswa hamwe n'ivyambarwa

Ubushakashatsi bwemeza ko ibisaswa, inkofera, impuzu canke ibikoresho bitabika canke ko vyanduze inda canke amagi kandi Atari ngobwa kubimesa mu buryo bwo kuzivura. Amagi n'inda biba gusa kuu mutwe w'umuntu. Ziranyoterwa vuba kandi zigaca zipfa mugihe ziyuye ku mutwe.

Izi nsiguro zisunga insiguro zatanzwe ku murongo wa interenete ujejwe ivya amagara Nitbusters wa NSW.