

**Ikingire igihe uriko urakura ibisgarira vy'imyanda  
Hanze inyuma y'Umwuzurire**

Imyuzurira iheruka irashobora kuba yarononye isuku mu bibanza bimwe bimwe mu kibano cacu. Mu bibanza vyo hanze y'inzu, Impanuka zivuye ku bisigarira zishobora kuba isibe rikomeye ku bantu kandi zishobora gutera ibikomere.

Ibitera ubwandu biva mu mazi y'umwuzurira ni gake bitera isibe ku magara. Imigera ntiramba ahantu harasirwa n'izuba kand'imvura irafasha mu kuyikubura. Imiti guriro, ibaye ihari, yoba iri ku rugero ruto cane.

Abana, abantu bagendana ibibazo vyo guhema nabi (akarorero, asima), n'abantu badafise abasoda bakwiye bakingira umubiri ntibakwiye gufasha mu bikorwa vy'isuku inyuma y'umwuzurira.

**Karaba mu ntoke.**

- Ni vyiza gukaraba imisi yose inyuma yo gukora mu bibanza vyonyonywe n'umwuzurira.

**Ambara impuzu zo kwikingira.**

- Ambara ipataro kandi ndende, ibirato vy'imibirikira, n'amashesheti y'iintoke kugira wikingire mu gusuzuma no gukora isuku.
- Nimba hari umukungugu, ambara amarori yo kwikingira n'ipompo yo guhemeramwo N95.

**Shira ahabona ibimenyetso vy'ubwandu bw'ubumara.**

- Ubonye ibimenyetso vy'ubwandu bw'ubumara nk'ibirundo vy'amavuta, guma kure y'ico kibanza hanyuma ubimenyeshe umurwi w'ubutabazi mu vy'isuku mu ntara ya Vermont—  
**Hamagara kuri 1-800-641-5005 or 802-828-1138.**

Ugomba ayandi makuru n'amareresi y'ingene bikorwa: [HealthVermont.gov/Flood](https://HealthVermont.gov/Flood)