

Kunywa itabi/Kunywa itabi rya elegitoronike mu gihe utwite

Hari ingano nziza y'itabi/itabi rya elegitoronike mu gihe utwite?

Oya. N'itabi rike ku munsu Riba rifite ibinyabutabire byagera ku mwana wawe kandi bikangiza ubuzima bwawe.

Ababyeyi batwite bareka itabi/itabi rya elegitoronike, abana babo barushaho kugira ubuzima buzira umuze. **Aho inda utwite yaba igeze hose, kureka itabi byafasha umwana wawe ubu na nyuma yo kuvuka.** Vugana n'umuganga wawe uyu munsu kugira ngo agufashe kureka itabi!

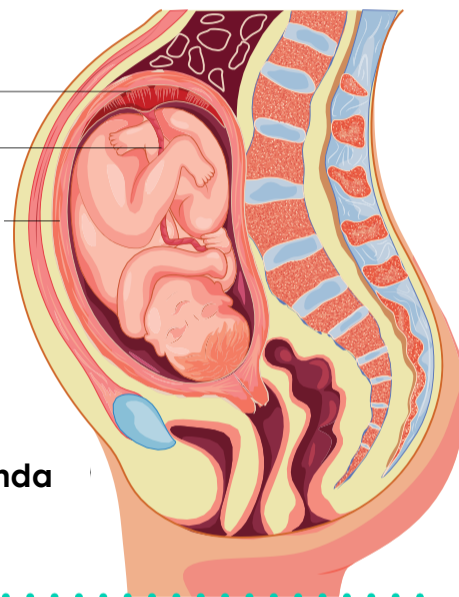
Itabi rya elegitoronike ni ryiza?

Oya. Itabi rya elegitoronike ribamo ibinyabutabire byatera kanseri, hamwe n'ubutare bwakwangiza ubwonko bw'umwana buri kwirema.

Ingobyi

Urureri

Nyababyeyi



Umwana uri mu nda

Ibyago byo kunywa itabi/itabi rya elegitoronike mu gihe utwite:

- Ryangiza nyababyeyi, ari yo iha ogisijeni n'ibyo kurya umwana utwite
- Gukuramo inda cyangwa Kubyara umwana upfuye Kubyara imbura gihe (mbere yo gutwita)
- ibyumweru 37)
- Nubwo umwana yavuka mu gihe cyuzuye (ibyumweru 40), akunda kuba ari muto kandi afite ibibazo by'ubuzima kubera ko atabonye ogisijeni ihagije n'intungamubiri zikenewe mu gihe yari mu nda.

Vugana n'umuganga wawe kugira ngo agufashe kureka itabi.

Ubufasha bwo kureka itabi butangwa ku BUNTU:

- Sura www.smokefree.gov
- Ababyeyi batwite: kugira ngo ubone ubutumwa bugufasha, ohereza ijamba MOM kuri 222888
- Porogaramu ya Liv ni porogaramu y'ubuntu ibaho amakuru agenewe ababyeyi batwite
- Ohereza ijamba READY kuri 34191
- Injira muri equithow.com

