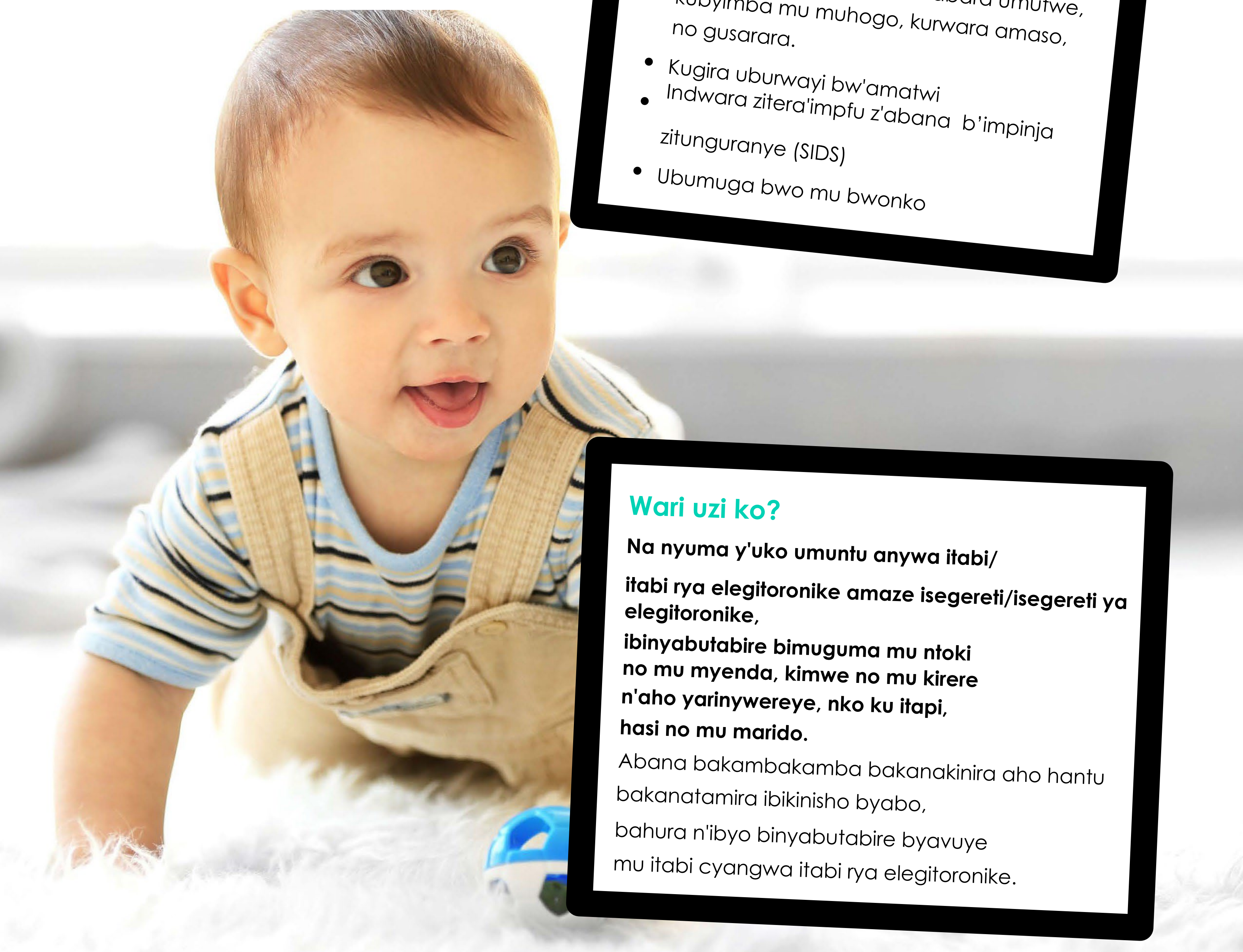
Uko kunywa itabi/itabi rya elegitoronike bigira ingaruka ku bana

Urugero:

Kunywera itabi/itabi rya elegitoronike mu rugo bigira ingaruka ku badukomokaho: **abana basanga ababyeyi banywa itabi/itabi rya elegitoronike baba bashobora kugira ibyago byikubye kabiri byo kuzanywa itabi/itabi rya elegitoronike nibakura.**

Isegereti n'Ubuzima bw'umwana

- Ibibazo byo guhumeka (guhirita no gukorora)
- Kwibasirwa na asima bikabije idaki , ikaba yashyira ubuzima bw'umwana mu kaga
- Guhorana ibicurane, inkorora y'akayi cyangwa umusonga
- Gufungana amazuru, kubabara umutwe, kubyimba mu muhogo, kurwara amaso, no gusarara.
- Kugira uburwayi bw'amatwi
- Indwara zitera'impfu z'abana b'impinja zitunguranye (SIDS)
- Ubumuga bwo mu bwonko



Wari uzi ko?

Na nyuma y'uko umuntu anywa itabi/ itabi rya elegitoronike amaze isegereti/isegereti ya elegitoronike, ibinyabutabire bimuguma mu ntoki no mu myenda, kimwe no mu kirere n'aho yarinywereye, nko ku itapi, hasi no mu marido.

Abana bakambakamba bakanakinira aho hantu bakanatamira ibikinisho byabo, bahura n'ibyo binyabutabire byavuye mu itabi cyangwa itabi rya elegitoronike.

Byateguwe na McMillen Health