



ENGYENDERWAHO Y'OKUKORESA

Oshemereire kukuratira endagiriro y'okwekyebeza n'obwegyendesereza waaba nooyenda kutunga eburugire omu kwekyebeza ebihikire. Otakarya nari kunywa ekintu kyona bwanyima ya hakiri edakiika 15 waaba otakatandikire kwekyebera nari kugira ekintu kyona eki waakoresa omu kunaaba akanwa bwanyima y'edakiika 30 obwo otakatandikire kwekyebera.

OKURABURA: Ku waakuba ori aha mubazi gw'okuragurirwa akakooko ka siriimu, obaasa kutunga eburugire omu kucondooza ebitahikire eby'ebyebishuba.



REEBA ENGYENDERWAHO

Endagiriro ya intaneti y'omuringo ogu ni:

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RUNYANKORE-RUKIRA

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OMURINGO GW'OKWEKYEBERA
AKAKOOKO KA SIRIIMU AHONAAHO OGWA

OKU WAAKUBAASA KUKORESA EBINTU EBIRIKWEJUNISIBWA OMU MURINGO GW'OKWEKYEBERA AKAKOOKO KA SIRIIMU AHONAAHO OGWA 'ORAQUICK® SELF-TEST'



NOIJA KWETENGA KUGIRA OMURINGO OGU ORAAKORESE KUBARIIRIRAMU OBWIRE WAABA NOOYEKYEBERA



Akashaho karimu: Ebintu ebirikukoresibwa omu kwekyebera, ekintu ekirikuteekwaho ebintu waaba nookyebereha, hamwe n'engyenderwaho eraakuratirwe omu kwekyebera



Ebintu ebirikukoresibwa omu kwekyebera biri omu bushaho bubiri.



Cwa kandi oigure akashaho akarimu akagiraasi k'okwekyebereramu.



Iha akafundikizo aha kagiraasi aka.



OTAKAYATA ebiri omu kagiraasi kandi **OTAKABINYWA**.



Teeka akagiraasi ahi karikwemereraho.



Cwa kandi oigure akashaho akarimu ekintu ky'okwekyebeza, reero okiihemu. Akenda akateereire **OTAKAKWATISA** engaaroo zaawe. **OTAKAARYA** nari kumira omubazi ogurikurinda ebintu obutasiisikara.



Imata kurungi akenda akateereire aha ngino yaawe nabwanyima ogyogyese aha ngino yaawe **ey'oruguru omurundi gumwe** (omu kishushani 1) hamwe n'aha ngino **eyahansi omurundi gumwe** (ekishushani 2).



Ta akenda akateereire omu kacupa k'okwekyebereramu mpaka kahikire ahansi yaako.



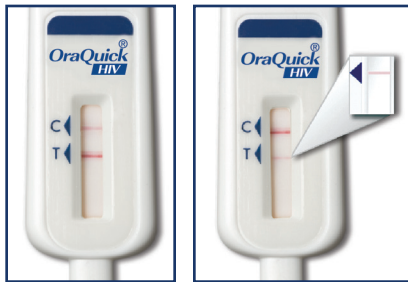
KIREKYEHO kumara **EDAKIIKA 20** otashomire ebyaruga omu kwekyebeza. **OTAKASHOMA** ebyaruga omu kwekyebeza bwanyima y'edakiika 40.

OKUSHOBOORORA EBYARUGA OMU KWEKYEBERA



Shomera ebyaruga omu kwekyebera omu mwanya oguriho ekyererezi kirikumara

EBYARUGA OMU KWEKYEBERA EBIRIKWOREKA NGU OINE AKAKOOKO KA SIRIIMU



Obusitaari bubiri oburikureebwa gye burikwemaririra; nangwa nobu bwakuba butarikuhezika gye, nikiba nikimanyisa ngu noobaasa kuba OINE AKAKOOKO KA SIRIIMU, kandi eki nikimanyisa ngu ogarukye oyekyebeze.



Ahoonaaho nk'okukirikubaasika ...
Hikiirira omwanya gw'okwekyebereza akakooko ka siriimu nari eirwariro erikurihaihi

EBYARUGA OMU KUCONDooZA EBITAHIKIRE



Waashanga hatariho akanyiriri akahikaine na 'C' (nangwa nobu waakushanga ngu hariho akanyiriri akahikaine na 'T'), nari haaba harimu erangi erikutukura, egi terikukubaasisa kushoma n'okwetegereza ebyakweberwa. Kandi, eki nikyoreka ngu ebyokwekyebera tityakora, nahabwekyo bishemereire kugarukwamu.

Nooba nooyetenga kugaruka okakora okwekyeberwa okundi.



Okwekyebera tikuzirwe kurungi. Hikiirira omwanya gw'okwekyebereza akakooko ka siriimu nari eirwariro erikurihaihi oyongyere kwekyebeza.

EBYARUGA OMU KWEKYEBERA EBIRIKWOREKA NGU TOINE KAKOOKO KA SIRIIMU

KU WAAKUSHOMA EBYARUGA OMU KWEKYEBERA EDAKIKA 20 ZITAKAHIKIRE, BIBAASA KUBA BITAHIKIRE



Ku waakushanga AKANYIRIRI KAMWE, akarikukuratira 'C', kandi haaba hatariho akanyiriri akarikukuratira 'T', ebyaruga omu kwekyebera nibiba nibyoreka ngu TOINE KAKOOKA KA SIRIIMU.

Reeba ngu buriijo waagama nooyekyebeza. Ku waakubaasa kuteekateeka ngu obaasa kuba waayetegyeize ebikorwa by'okukuturira akakooko ka siriimu, reeba ngu waagaruka waayekyebeza omu meezi ashatu agarikukurataho.

WAABURA KUHAMYA EBYARUGA OMU KWEKYEBEZA

Waaba otarikumanya ebyaruga omu kwekyebeza kwawe, nari otarikuhamya ebyaruga omu kwekyebeza.

Hikiirira omwanya gw'okwekyebereza akakooko ka siriimu nari eirwariro erikurihaihi oyongyere kwekyebeza.

NAGA EBI WAABA NOOKORESA OMU KWEKYEBERA

Iha akantu aku waaba nookoresa omu kwekyebera, fundikira akacupa aku waaba oteiremu akwekyebereso nabwanyima oyate byona ebyaba birikukoresibwa omu kwekyebera omuri kasaasiro nka buriijo.

