

a) **Kurya ibiryo byinshi kugirango abone imbaraga zihagije z`urugendo**

Aramutse ariye ibiryo byinshi, bizamusaba no kunywa amazi cyane maze amushirane hanyuma azicwe n`icyaka

b) **Kugenda yihuta cyane ataruhuka**

Ibi byamufata hafi umunsi wose akagerayo ariko bishobora kumutera ikibazo kubera gushyuha cyane

c) **Kugenda buhoro buhoro kugirango atinaniza ndetse akanagenda aruhuka**

Uyu mugabo byasa n`ibimutwara igihe kirekire ariko yaba yizyeko aragerayo ndetse agifite n`imbaraga!