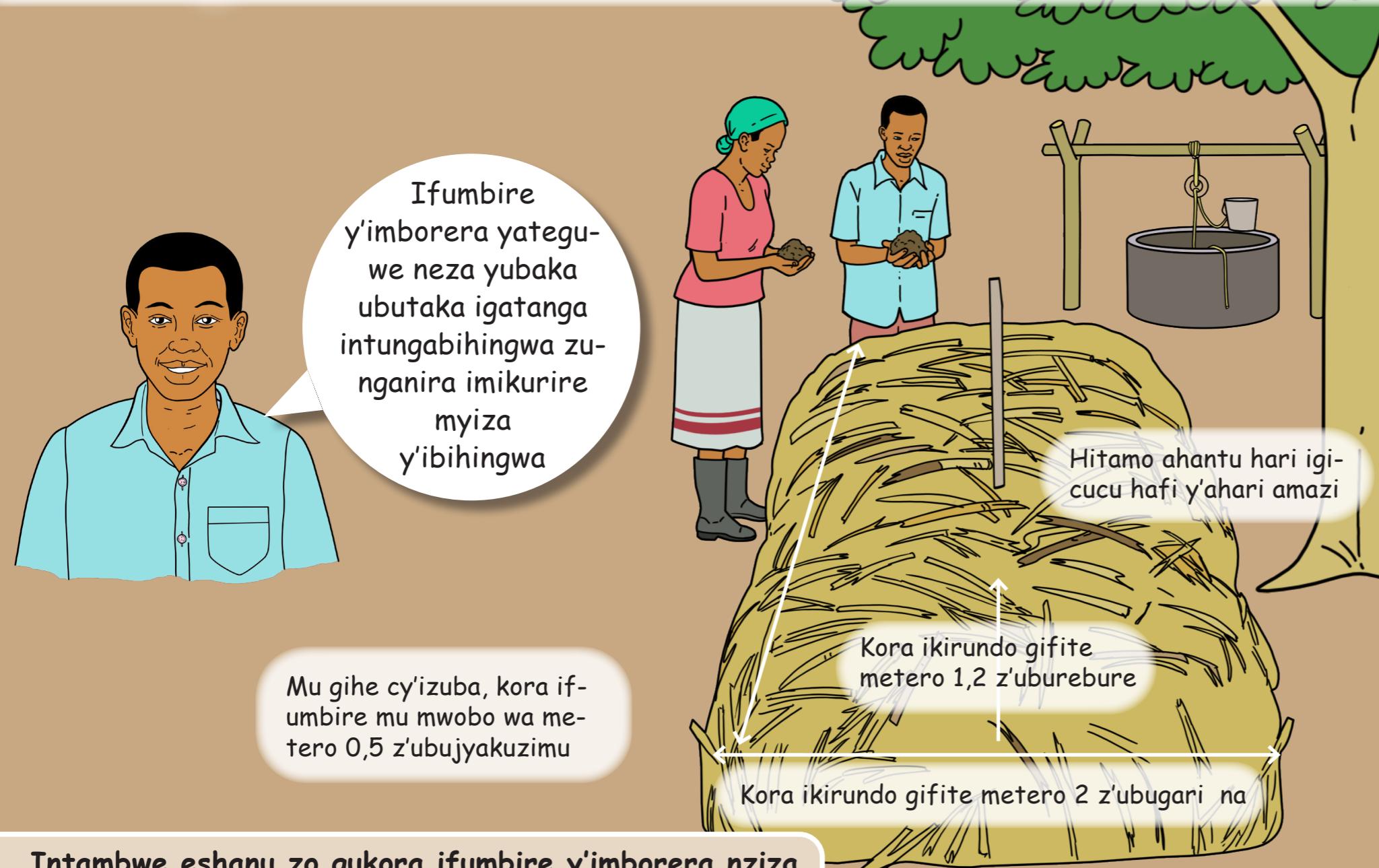
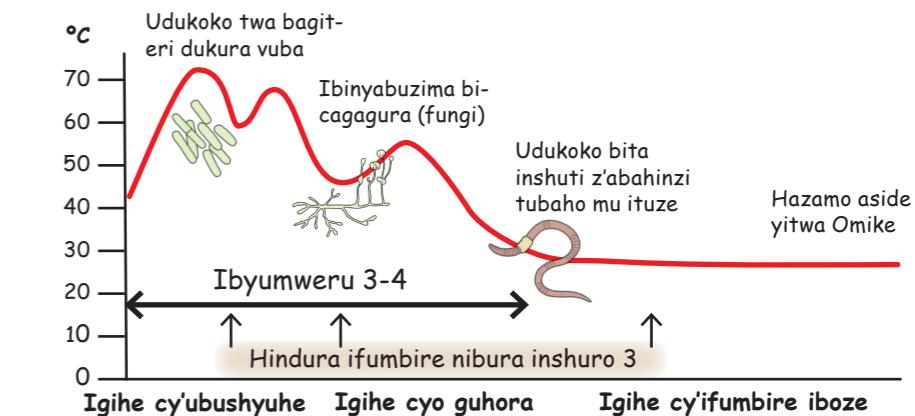


# Ni gute wakora ifumbire y'imborera



Ubushyuhe burahinduka mu gihe cyo gukora ifumbire



Ubushyuhe busohoka mu gihe cyo gucagagura ibirundo, bufasha mu kwica ibyatsi bibi, indwara z'imyaka

Ni gute wagenzura ubuhehere mu gihe ifumbire ibora



Kanda ifumbire nke kugira ngo umenye urwego rw'ubuhehere



Ibiyigize biratakte: irumye



Ibiyigize birafatira cyangwa birajojoba: iratose cyane



Ibiyigize bigumye uko byari biri bidatonyanze= ifumbire nziza

## Intambwe eshanu zo gukora ifumbire y'imborera nziza

### 1 Kusanya ibikoresho biva ahantu hatanduye



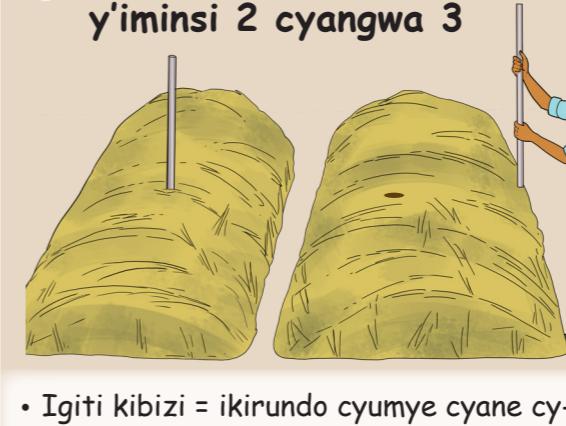
### 2 Vanga amazi n'ibyo wakus-



### 3 Runda bya bikoresho bivanze



### 4 Genzura ubushyuhe nyuma y'iminsi 2 cyangwa 3



### 5 Hindura ikirundo nibura inshuro 3

