

# Kuki Ukwiye kureka Itabi?



- Waramira ifaranga! Ipaki 1 ku munsi mu gihe cy'umwaka = \$2,847

- Abantu baretse itabi baramba kurusha abarigumaho.
- Kureka itabi bigabanya ibyago byo gufatwa na kanseri n'indwara z'umutima.



- Kureka itabi bifasha kurinda abana bari hafi aho kudafatwa n'asima n'izindi ndwara mbi.
- Iyo ababyeyi banywa itabi n'abana babo baba bafite ibyago byo kuzarinywa.

Wahamagara kuri [1-800-784-8669](tel:1-800-784-8669) cyangwa ukavugana n'ushinzwe kugukurikirana ku byerekeye no kwi-menyerereza kureka itabi

Hateganyijwe ubufasha bwo gusemura

Ku nkunga ya PA Refugee Health Promotion ibinyujije mu Biro Bishinzwe Ubuzima bw'Impunzi (Office of Refugee Health)



# Betel Quid

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Chewing betel quid, even without tobacco, can cause mouth and esophagus cancer.



Using tobacco can damage your mouth, throat, lungs, heart, blood vessels, and reproductive organs.

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Chewing betel quid can lead to OSF, a disease which makes it difficult to open your mouth.

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Chewing betel quid makes it harder to have a healthy baby.



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Call **1-800-784-8669** or talk to your caseworker to learn how to quit.

Interpretation is available.

Funded by PA Refugee Health Promotion funding via the Office of Refugee Health

**95** Years  
Nationalities  
SERVICE CENTER  
Strong programs and refugees since 1921

# Itabi n'Abana Bawe

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## Gutwita

- Kunywa itabi bituma gusama bigorana.
- Kunywa itabi byongera ibyago byo kugira ibibazo utwite cyangwa inda ikavamo.
- Kunywa itabi mu gihe utwite byongera ibyago byo kuba umwana wawe yavukana ibibazo, akavukana ibihaha bidakomeye kandi akaba yapfa amarabira.
- Kubana n'abantu banywa itabi ni bibi ku buzima bw'ababyeyi batwite, impinja n'abana bigiye ejuru.

## Impinja n'Abana bigiye ejuru

- Impinja zahuye n'umwotsi w'tabi mu mwuka zihumeka cyangwa mu myenda y'umuntu ziba zifite ibyago byinshi byo
  - Gupfa amarabira ( SIDS: indwara yica impinja/abana amarabira).
  - Kurwara indwara zikomeye zo mu gatuza nk'umusonga
  - Kujya mu bitaro.
- Impinja n'abana bigiye ejuru bahuye n'umwotsi baba bafite ibyago byinshi byo
  - Gufatwa n'indwara ziterwa n'udukoko zikomeye z'amatwi, mu gatuza,.....
  - Gufatwa n' Asima.
  - Gusiba ishuri kubera kurwaragurika.
- Gutamira isigara kandi ivu ry'itabi ritera abana indwara zikomeye.
- Imyambi, ibibiriti, isigara n'ivu ry'itabi
  - Byagutwikira abana.
  - Byagutwikira inzu.

Ikimenyetso simusiga ko umwana azanywa itabi ni uko ababyeyi be baba barinywa.

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Wahamagara kuri [1-800-784-8669](tel:1-800-784-8669) cyangwa ukavugana n'ushinzwe kugukurikirana ku byerekeye no kwimenyereza kureka itabi.

Hateganyijwe ubufasha bwo gusemura.

Ku nkunga ya PA Refugee Health Promotion ibinyujije mu Biro Byita ku Buzima bw'Impunzi (Office of Refugee Health)



# Inama zo Gufasha uwawe kureka itabi

Kunywa itabi si ingeso mbi, ni ikintu kikugira imbata yacyo. Bitwara igihe kugira ngo irari rishire kandi bisaba kugerageza inshuro nyinshi kugira ngo uriveho burundu.

**Abenshi bava ku itabi babifashijwemo n'imiryango n'inshuti.**

## Mbere y'uko atangira kurivaho

- Tangira ikiganiro ku bijyanye no kureka itabi
- Mubaze ibibazo bituma asobanura kugira ngo wumve neza ikibazo cye
- Mutege amatwi
- Mushishikarize kuvugana n'ushinzwe kumukurikirana cyangwa umuganga
- Mufashe kwiha itariki yo gutangira no kubyitegura umufasha :
  - Kumenya ikimutera kurinywa
  - Guta ibikoresho byifashishwa nk'ibibirita n'utweso tw'ivu
  - Koza ibintu bihumuramo umwotsi w'itabi
  - Gushaka ibikorwa byo kumuhuzahuza n'ibindi bintu byamufasha kuruhuka mu mutwe

## Mu gihe yatangiye kurivaho

- Mubaze uko arimo kubyitwaramo
- Niba unywa itabi, ntukarinywere hafi ye
- Mubonere ibintu bimuhuzahuza mujuya mu bikorwa bitanywerwamo itabi nko:
  - Kugenda n'amaguru
  - Kugira icyo ukina
  - Guteka
  - Kurya imboga mbisi, shikarete, cyangwa gufata uduti mu kanwa
  - Kuja ahantu hatemerewe kunywera itabi
- Mufashe kubona ubuyo bwo kuruhura umutwe
  - Gushushanya
  - Kureba akazuba
  - Siporo
  - Imyitozo yo kwinjiza no gusohora umwuka cyane; gutekereza bucece, gusenga, yoga
  - Mufashe gukora uturimo two mu rugo cyangwa kurera abana
- Mufashe kudatwarwa n'irari akoresheje;
  - Kunywa amazi
  - Kurya shikarete
  - Gufata agati mu kanwa
  - Gukinisha agatenesi cyangwa akandi gak-inisho
- Naramuka ateshutse gato
  - Mwibutse ko ntarirarenga
  - Mushimire ko yagerageje
  - Mushishikarize gukomeza!



Wahamagara kuri [1-800-784-8669](tel:1-800-784-8669) cyangwa ukavugana n'ushinzwe kugukurikirana kugira ngo aguhe umuti cyangwa na none ukavugana n'umujoyanama mu byo kureka itabi

Hateganyijwe ubufasha bwo gusemura.

Ku nkungaya PA Refugee Health Promotion ibinyujije mu Biro ByitakuBuz-imabw'Impunzi (Office of Refugee Health)

# Inama zo Kureka itabi

Kunywa itabi si ingeso mbi, ni ikintu kikugira imbata yacyo.

**Ushobora kureka itabi ukoresheje imiti yabugenewe ukanavugana n'umujoyanama.**

## Mbere yo gutangira kurivaho

- Kora urutonde rw'impamvu zo kurireka ushobora kujya uteraho akajisho igihe agatima gatangiye kurehareha
- Ihe itariki yo kurireka
- Isuzume ushake ikijya gituma utangira kurinywa
- Shyiraho uburyo bwo kwirinda ibyo birigutera cyangwa bwo gucungana nabyo
- Jugunya ibikoresho bimwe nk'ibibiriti n'utweso tw'ivu
- Sukura ibintu bihumuramo umwotsi w'itabi
- Bwira abawe ko ushaka kurireka kugira ngo bazagufashe
- Basabe kutarinywera hafi yawe muri icyo gihe



## Mu gihe watangiye kurivaho

### Jya ukereza gukora icyo irari rigushuka

- Jya uvuga uti reka ntegereze iminota 10 noneho ube ushaka icyakurangaza nko
  - Guteka, kugenda n'amaguru, gusoma, kureba televiziyo, guhamagara inshuti byose byakurangaza
  - Kwihuzahuzza ukorera ahantu hatanyw-erwa itabi (nk'inzu z'ibitabo)

### Shaka ubufasha

- Bw'abo mu muryango n'ishuti
- Umujoyanama kuri telefone

### Jya urangaza akanwa agatima nikarehareha

- Uhekenye imboga mbisi, ubunyobwa, shikarete, bombo, uduti

### Shaka uburyo bwo kuruhuka mu mutwe

- Imyitozo yo kwinjiza no gusohora umwuka cyane, gusenga, yoga, siporo, gutekereza bucece, gutembera n'amaguru, gushushanya
- Saba abawe bagufashe ibintu binaniza nk'uturimo two mu rugo no kurera abana

### Shaka icyo uhugiraho

- Bishobora gutuma irari ritazamuka cyane

### Kunywa isigara imwe ntibivuze ko wananiwe

- Tekereza ku mpamvu ituma ushaka kureka itabi
- Shak is ha im pam vu y atum ye utes h uk a n'u bu ryo bwo kubyirinda ubutaha

Wahamagara kuri [1-800-784-8669](tel:1-800-784-8669) cyangwa ukavugana n'ushinzwe kugukurikirana kugira ngo aguhe umuti cyangwa na none ukavugana n'umujoyanama mu byo kureka itabi

Hateganyijwe ubufasha bwo gusemura.

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imabw'Impunzi (Office of Refugee Health)

# Waba Witeguye kureka itabi?

Ushobora kureka itabi burundu uramutse wifashije umujyanama n'imiti yabugenewe.



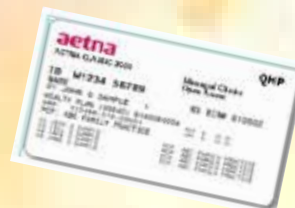
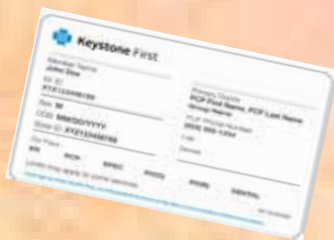
- Wahamagara kuri **1-800-784-8669**
- Vuga uti "I need an interpreter" [Nkeneye umusemuzi]



- Cyangwa uvugane n'ushinzwe kugukurikirana cyangwa umuganga



Niba ufite ubwishingizi bwo kwivuza bwa Welfare Office (Ibiro by'imibereho myiza), umuti wo kureka itabi n'ubujyanama biboneka ku \$0-3.



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**95** Years  
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SERVICE CENTER  
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# Shisha

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The water in a shisha pipe doesn't make the tobacco any less dangerous.

Using tobacco can damage your mouth, throat, lungs, heart, blood vessels, and reproductive organs.



Using tobacco or being around smoke makes it harder to have a health baby.



Smoking shisha is just as dangerous as smoking cigarettes.



Breathing in smoke or being near smoky things is poisonous for everyone, especially children.



You breathe in about 25 times more smoke from smoking shisha than a cigarette.

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