



Urubobi ni izina risanzwe rikoresha mu gusigura ubwoko bw'ifira. Ahariho hose hari ifira, urubobi rurashobora kuhaba. Rurashobora kuba ku bifungurwa, ibikoresho vyo kwubaka, ivyubaka, impuzu be n'ahandi hantu. Hari ubwoko bwinshi butandukanye bw'ifira butandukanira ku mabara n'ukugene busa. Nta bwoko bw'ifira bwitwa "ifira ryarabura." Kwegera ifira birashobora kwonona amagara yawe.

Fata ko hari ifira mu nzu yawe canke mu nyubako nimba **zaratewe** n'umwuzure kandi **zitumukijwe** hagati y'amasaha 24 kugeza kuri 48.

Gupima ifira

Gupima ifira si ngombwa canke ntibisabwa. Ibi ni kubera ko:

- Gutahura inyishu bishobora kugora kubera ko ata rugero ngenderwako rwo kugereranya ivyavuyemwo.
- Inyishu z'ibipimo ntizishobora gukoreshwa mu kuvuga ko inyubakwa "yizewe" canke "itizewe."
- Naho hoba hari ubwoko bungana gute bw'ifira mu nzu yawe canke inyubakwa, intambwe z'igikorwa co gutorera inyishu ico kibazo ni zimwe, gukura ibintu biriko ifira, kwumutsa ico kibanza, hamwe no gukosora ahazanana amazi.

Kwikingira ifira

- Kwambara impuzu zikingira, nk'ipantalo n'impuzu z'amaboko maremare, ibirato vy'akazi bikingira amazi, ibirato vy'intoze vyo muri parastike, amarori, hamwe n'igikoresho N95 gifasha guhema gikoreshwa rimwe gusa.
- Nturekeabana, abantu bafise ingorane zo guhema hamwe n'abantu bafise abasoda b'umubiri bagoyagoya ngo basukure nyuma y'umwuzure.
- Koresha ibikoresha bisukura umuyaga biriko akaringoti HEPA kayungura impemu (high-efficiency particulate air). Raba [amabwiriza ya EPA yo gusukura umuyaga mu ngo](#) (umuhora uri mu Congereza).
- Kugabanya ikwiragira ry'umukungugu, imicafu n'ifira mu bindi bice vy'inzu yawe canke mu nyubakwa mu gukoresha ipamba rya parastike kugira ngo utandukanye akarere k'ifira. [Menya vyinshi ku bijanye no kwikingira bivuye muri EPA](#) (umuhora uri Mucongereza).
- Kora ibishoboka kugira ivyuma bishusha, ibitanga umuyaga n'ibiwuhindura (HVAC) bisuzumwe kandi bihanaguwe n'umuhinga afise uburambe mu guhanagura ifira imbere yo kuvyugurura.

Gutora umuti w'ingorane z'ifira

Kugira ngo utore umuti w'ingorane z'ifira, kura ibintu biriko ifira kandi uvyanyikire neza hanze y'urugo canke hanze y'inyubako. Ifira rizogaruka mu gihe inzu canke inyubako vyoba bitumutse neza.

Umutsa inzu yawe canke inyubako ukoresheje:

- Kwugurura imiryango yose n'amadirisha, harimwo n'imbere kugira ngo bitume akayaga kinjira neza.
- Koresha ivyuma vyumutsa n'ibitanga umuyaga (igihe umuyagankuba utekanye) biri kw'idirisha canke ku mwango kugira usohore umuyaga kugira wirinde gukwiragiza ifira mu nzu yawe.

Kura ifira mu gukurikiza izi ntambwe:

- Hanagura ibintu bitinjiramo amazi biriko ifira (nk'ikirahuri, parasitike, amabuye y'agaciro, amabuye y'agaciro, ibintu bikozwe mw'ibumba, ivyuma) ukoresheje isabuni n'amazi. Ica imicafu bibanza ivyarivyo vyose vyahuye n'umwuzure uhejeje gusukura.
- Ta kure, kandi usubirize ibikoresho binywa amazi vyoroshe (imido, imatera, amatafari, ivyumutsa igihomwe, itapi, isora, hamwe n'ibifata igisenge). Nimba intebe umwana yicarako mu muduga yarahuye n'amazi y'umwuzure kandi ikaba idashobora kwozwa n'imashini, nuyite. Ntuzwige woza intebe z'imodoka.
- Mesura ivyambarwa n'izindi mpuzu harimwo impuzu z'imbeho mu gihe co gusukura, mu mazi ashushwe n'isabuni. Guma ubitandukanije n'ibintu bitanduye..
- Icupa rifise HEPA Vacuum.

Ha akazi umuhinga

- Nimba wahaye akazi umuntu akura ifira mu nzu yawe canke mu nyubako yawe kandi akaba akoresha imiti y'ubumara, ishobora kuba ikenewe kwemezwa n'[ikigo c'uburimi. amasoko n'imfungurwa](#) (Agency of Agriculture, Food and Markets). Imiti myinshi ikoresheya mu gukura ifira ni imiti yica udukoko kandi abayikoresha bategerezwa kwigishwa kuyikoresha. Ushobora kurungika ubutumwa ngurukanabumenyi kuri agr.pest@vermont.gov ku bibazo bijanye n'imiti ikoresheya mu kwirinda ifira.
- Nimba ifira rifutse ahantu harenga ibirenge 10 kwadarato (hababa ibirenge 3 kuri 3), ushobora guha akazi umuhinga yanonosoye ivyo gukura ifira. Mubisanzwe umuhinga ntakenewe ku kagorane gato k'ifira kari muni y'ibirenge 10 kwadarato.
- Saba umuhinga gukurikiza amabwirizwa yo gusukura atangwa n'amashurahamwe nka [Environmental Protection Agency](#) canke [Institute of Inspection, Cleaning and Restoration Certification](#) (IICRC) (umuhora uri mu Congereza).
- Nk'uko bisanzwe ku muhinga uwo ariwe wese, rondera amakuru kugira ubone uburamba bwiwe, ibikorwa vyo muri kahise yakoze, kandi nimba abandi bakiriya barakunze ibikorwa vyawe.

Amakuru ku bapangayi n'abakozi

Nimba upanze canke uri umukozi, nuganire na mwene inzu yawe canke umukoresha wawe ibijanye n'ingorane z'ifira. Nimba ingorane zikomeye kandi zibandanya, abapangayi boshobora [kurungika ikirego ku gisata kijejwe kwirinda umuriro](#) (umuhora uri mu Congereza), kandi abakozi barashobora kwitura igisata kijejwe umutekano w'akazi n'amagara y'abantu (VOSHA).

Ibibazo bikunze kubazwa

Noba nkwiye gupima ifira nimba inzu yanje canke inyubako vyaratewe n'umwuzure?

Oya, gupima ifira si ngombwa canke itegeko. Nimba inzu yawe canke inyubako yawe yaratewe n'umwuzure, ukaba udashobora kuyumutsa mu masaha ari hagati ya 24 na 48, fata ko harimwo ifira.

Kubera iki nokoresha amazi n'isabune?

Amazi n'isabuni ni vyiza kandi bikora neza. Mu bisanzwe, gukoresha umuti wica imigera si ngombwa. Ifira ryapfuye rirashobora kuguma rigira ingaruka ku magara y'abantu. Amaherezo, ifira ritegerezwa gukurwaho. Ubwambere, hanagura ibibanza ukoresheje amazi n'isabuni kugira ngo ukureho ifira. Hanyuma, kubura ukoresheje HEPA vacuum.

Ni ryari noba nkwiye gusukura ibibanza mu nzu canke mu nyubako?

Mu bisanzwe, gukoresha umuti wica imigera si ngombwa. Ariko, ukeneye kwoza ibibanza vyatewe n'umwuzure. Woshobora kandi kuba ukeneye kwoza ibikoreshe bifise intoboro canke ibikoreshe vy'umushinge bifise imigaga n'imigaga minini (nk'akarorero, amabuye, uruhome canke ibeto) kugira wice ifira udashobora gukuramwo uyihanaguye yonyene. Ubwa mbere, sukura ibubanza ukoresheje amazi n'isabuni. Hanyuma ubisukure ukurikije intambwe ziri ku kibazo gikurikira.

Nimba nkeneye gusukura ahantu, ni ubwoko ubuhe bw'isabuni nkeneye gukoreha?

Igihe bishoboka, nuhitemwo umuti urimwo ibintu vyizewe neza, nk'umuti wa hydroxyde de hydrogene, citric acid, ethanol canke aside lactic- aho gukoresha eau de Javel. Gerageza gukurikiza amabwirizwa yose ari ku gapuro kari kuri uwo muti kandi wambare impuzu zigukingira, harimwo agafukamunwa gakoreshwa rimweN-95, ibirato vy'intoke n'amarori. [Menya vyinshi vyerekeye imiti yizewe](#) (umuhora uri mu Congereza).

Nokora iki kugira nkinge ifira ryo muri kazoza nimba mu nzu yanje yo munsu hama hakanye?

Kwirinda amazi n'ingorane zijanye n'ifira mu nzu yawe canke inyubakwa, ni co kintu nyamukuru cotuma ukinga ifira muri kazoza. Mu nzu zo munsu zikanye, koreshe icuma cumutsa ugikoreshe hagati ya 40 na 60% ugereranije n'ubushuhe birashobora gufasha.. Amazu yo munsu atose canke akanye ashobora gukenere gushirwamwo uburyo bwo gukwega amazi canke amahinduka ategerezwa gukorwa hanze kugira ngo ashobore gukwega amazi ava mu mushinge w'inzu canke w'inyubakwa. Vugana n'umuhinga kugira muganire uburyo bwiza bukwiriye inzu yawe canke inyubakwa.