



# Ukwirinda Izuba

## Inkuru ku bavyeyi n'abarezi

### Amashure yacu yitaho ukwirinda izuba bikomeye kandi ishira ubuhinga bwo gufasha akarere k'ishure gakingira abanyeshure mu kugirirwa nabi n'izuba.

Buri shure ifise igikorwa co gutanga akarere keza ku banyeshure n'abakozi kandi iki harimwo no gutanga ugukingirwa izuba bikwiye

Amashure akoresha Umuyoboro w'Ukwirinda Izuba ku Banyeshure n'ibikoresho bifasha gutegura no gushiraaho ukwirinda izuba gutahuritse ku banyeshure.

Amashure aterwa intege kumenyeshya abaserukizi kuva ku mashure y'abaturanyi mu gihe hasubirwamwo no gutegura ubuhinga bw'ukwirinda izuba. Umuyobozi w'ishure ryawe ashobora gushikirwa kugira itange umuco

#### Kwononekara kw'urukoba mu bwana no mu buyabaga

Abantu bose bo muri NSW, hataravye umuco canke igisigi cabo, barabangamiwe no kwiyanikira ku mishwarara y'ubumara y'izuba.

Ku myaka 15 abana beshi bagwijije ukwononekara kw'urukoba kutasubizwa inyuma bivanye no kwiyanikira ku zuba.

Mu gihe kanseri y'urukoba ari kanseri irwiriye muri Australiya, bigereranya ko 95% vya kansereri y'urukoba bishobora gukingirwa biciye mu kugabanya kwiyanikira ku mishwarara y'ubumara iva ku zuba.

#### Gukorera hamwe mu kwirinda izuba bikwiye

Mu kugabanya kwiyanikira ku zuba no kugwiza kurondera imigambi yo kwirinda izuba, amashure ashobora gutanga intererano igaragara mu twigoro tw'imiryango kugabanya kanseri y'urukoba n'ibijanye no kwonona urukoba

Amashure afasha abanyeshure n'abana bo mu mashure y'imenyereza gutahura igituma ukwirinda izuba ari nkenerwa no gufata ingingo zo kwirinda ubwabo nko:

- kwambara inkofero zirinda izuba, impuzu n'amarore arinda izuba
- kurondera agatutu mu gihe imishwarara y'ubumara (UVR) ari myishi mu mwanya w'umusi w'ishure
- kwambara SPF 30+ (canke kudu-ga) umubiri wose n'imyambaro itinjira amazi ikingira izuba

#### Ukwirinda izuba – igikorwa ca twese

Abigisha, abavyeyi n'abarezi hamwe n'ingenzi kw'ishure bose bafise igikorwa kwerekana ukwirinda izuba, nk'akarorero, kwambara inkofero ikwiye mu bikorwa vy'ishure vyo hanze.



# Mu gihe Urugero rw'Imishwarara (UV Index) ari 3 canke kuduga, ibutsa abanyeshure akamaro ko kwirinda izuba.

Tera integer abana n'abantu bakiri bato kwimenyereza ukwirinda izuba ari igikorwa gisangiwe. Nimba ari mu kigo canke ku musenyi w'ikiyaga, abana n'abantu bakiri bato bategerezwa kwambara inkofero n'amavuta. Mu kwimenyereza ukwirinda izuba i muhira, abavyeyi n'abarezi bashimangira ubutumwa bwigishije kw'ishure bwo kwirinda izuba

Abana n'abantu bakiri bato bazozza gushima akamaro ko kwirinda izuba atari mu gihe c'ishure gusa, ahubwo mu buzima bwabo bwose.



## Aho inkuru ziva

Urubuga rw'Igikorwa c'Itumatumanako ry'Amagara y'Uruvange rw'imico rwa NSW harimwo inkuru mu ndimi 19 zanditseko *Kingira urukoba rwawe kuri kanseri igwiriye* cane <http://www.mhcs.health.nsw.gov.au/>

Urubuga rw'Icicarwa ca Kanseri i NSW harimwo urupapuro rw'inkuru za Sunsmart mu ndimi 7. <http://cancercouncil.com.au/publications/multilingual-cancer-information/>



Ni waba ufise ikibazo icarico cose kandi ukeneye umusiguzi kugufasha mu Congereza, usabwe guhamagara Igisata ca Terefone y'Abasiguzi 131 450 kandi usabe umusiguzi mu rurimi rwawe. Bwira uwuri ku murongo inimeru wipfuzwa guterefona hanyuma uwo ari ku murongo azoronka umusiguzi wo kugufasha mu kiyago cawe. Iki gikorwa kizoba kuri gusa.

Ku zindi nkuru

Sun safety website

Student Engagement and Interagency Partnerships

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