



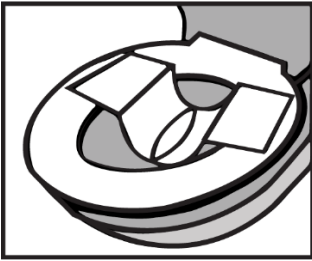









## NI GUTE WAFATA UMUSARANI

<p><b>INTAMBWE YA 1</b></p>	<p>Habwa na Muganga cyangwa umuforomo:</p> <ul style="list-style-type: none"> <li>• Agacupa ka purasitiki</li> <li>• Agashashi</li> <li>• Ifishi y'ubusabe</li> </ul>	
<p><b>Ibuka!</b> Urashobora gukenera gufata <b>umusarani iminsi 3 yikurikiranye mu ducupa 3 dutandukanye.</b></p>		
<p><b>INTAMBWE YA 2</b></p>	<p>Niba ukeneye kwihagarika, bikore mbere yo gufata umusarani.</p>	
<p><b>INTAMBWE YA 3</b></p>	<p>Andika izina ryawe n'itariki y'amavuko ku gacupa.</p> <p>Andika itariki n'isaha wafatiyeho umusarani wafashe kuri buri gacupa</p>	
<p><b>INTAMBWE YA 4</b></p>	<p>Shyira ikintu mu gikono cy'umusarani kugira ngo ufate umwanda nk'igikoresho cya plasitiki gisukuye cyangwa urupapuro rw'isuku.</p>	
<p><b>INTAMBWE YA 5</b></p>	<p>Ituma; kora ku buryo nta nkari zijya mu musarani.</p>	

<p><b>INTAMBWE YA 6</b></p>	<p>Shyira umusarani (ureshya na cm 2,5) wafashe mu gacupa ukoresheje akayiko gafashe ku mupfundikizo maze ufungireho uwo mupfundikizo.</p>	
<p><b>INTAMBWE YA 7</b></p>	<p>Fungura amazi maze ajyane umusarani usigaye muri tuwarete.</p> <p>Shyira ikintu cyose wakoresheje kugira ngo ufate umusarani mu gashashi, gafunge maze ukajugunye mw'ibini .</p>	
<p><b>INTAMBWE YA 8</b></p>	<p>Karaba intoki ukoresheje isabune n'amazi</p>	
<p><b>INTAMBWE YA 9</b></p>	<p>Shyira umusarani n'ifishi mu gashashi.</p> <p>Karaba intoki ukoresheje isabune n'amazi.</p>	
<p><b>INTAMBWE YA 10</b></p>	<p>Bisubize Umuganga wawe cyangwa pathology (laboratoire) vuba bishoboka</p>	
<p><b>ICYITONDERWA</b></p>	<p>Niba udashobora gutanga umusarani mu masaha 2, wubike muri firigo NTUWUSHYIRE MURI FIRIZERI (CONGÉLATEUR) kugeza ubashije kuwutanga (bitarenze amasaha 24).</p>	

Kinyarwanda

*Iyi nyandiko yateguwe na Serivisi y'ubuzima ya Refugee Health Network Queensland for Refugee Health Services kugira ngo ikoreshe n'abarwayi (Kamena 2022)*

*Amashusho amwe n'amwe yongeye gutunganywa bitangiwe uruhushya na Zymo Research.  
Andi mashusho yavuye kuri WikiHow [www.wikihow.com/Take-a-Stool-Sample](https://www.wikihow.com/Take-a-Stool-Sample)*

