

Gira urugo n'imodoka bizira itabi/itabi rya elegitoronike

Vuga gahunda yawe

Korana inama n'umuryango muganire ku byerekeranye n'uko mugiyeye gufatanya kugira ngo murinde kunywera mu rugo no mu modoka itabi/itabi rya elegitoronike.

Garagariza impamvu umuryango wawe ushaka ko mu rugo no mu modoka harindwa itabi/itabi rya elegitoronike. Nubwo ibi byaba bigoye cyane abagize umuryango banywa itabi/itabi rya elegitoronike, batege amatwi kandi ubafashe.

Mu modoka yawe

- Shyira ikimenyetso cyo kutanywa itabi/itabi rya elegitoronike ku madirishya y'imodoka yawe maze umenyeshe abantu bose ko utabemerera ko banywera itabi/itabi rya elegitoronike mu modoka yawe.
- Sukura imodoka yawe neza. Ntibyoroshye kugira ngo umaremo itabi/itabi rya elegitoronike ryose, ariko ibyo wakora byose byafasha.
- Kura agashyirwamo ivu mu modoka yawe. Niba utabasha kugakuramo, gasukure neza maze ukuzuzemo shikarete zitarimo isukari.

Mu rugo rwawe

- Kora ku buryo buri wese uri mu rugo, harimo n'abashyitsi, amenya ko agomba kujya kunywera itabi/itabi rya elegitoronike hanze.
- Shyira ku muryango wawe wo ku irembo icyapa kivuga ngo "Ntabwo byemewe kunywera itabi/itabi rya elegitoronike hano", unashyire kuri firigo yawe amasezerano yo kutanywa itabi/itabi rya elegitoronike kugira ngo abantu bamenye ko utabemerera kunywera itabi mu nzu.
- Kuramo ibishyirwamo ivu byose.
- Kora ku buryo abita cyangwa abarera abana bawe batanywera itabi/itabi rya elegitoronike hafi y'abana bawe.

