Gutwita n'itabi/itabi rya elegitoronike rinywerewe hafi y'umuntu utwite

Ibyago biterwa n'itabi/itabi rya elegitoronike rinywerewe hafi y'umuntu utwite

- Kubyara imburagihe mu gihe umwana atarirema neza
- Kubyara umwana ufite ibiro bike, nubwo umwana yaba yavukiye igihe cyuzuye
- Impfu z'abana (kuva ku gukuramo inda, kubyara umwana upfuye cyangwa kugira indwara ziter

  impfu z'abana bakiri bato)
- Kuvukana ibibazo (ibibazo by'umutima, ibibazo by'iminwa no mu kanwa)

Kunywera itabi/itabi rya elegitoronike mu rugo

Rimwe na rimwe ababyeyi batwite batanywa itabi/itabi rya elegitoronike bashobora kuba babana n'umuntu urinywa. Gutwita ni igihe cyiza cyo gutangira kuganira ku byerekeranye no kugira mu rugo n'imodoka bitarangwamo itabi/itabi rya elegitoronike kugira ngo murinde umwana mu gihe cyo gutwita no kugira ahantu hatekanye ho kubyarira umwana mu rugo.

Ahatarangwa tabi/itabi rya elegitoronike kubera umwana nanjye

- Gira mu rugo n'imodoka byawe ahantu hatarangwa itabi/itabi rya elegitoronike
- Itaze abantu mu gihe bari kunywa itabi/itabi rya elegitoronike
- Ganiriza umuryango wawe cyangwa inshuti zawe ku bijyanye no kureka kunywa itabi/itabi rya elegitoronike
- Irinde inzu n'imodoka abantu banywereyemo itabi/itabi rya elegitoronike

Byateguwe na McMillen Health