

Kubungabunga ubuzima bw'amenyo



Oza amenyo yawe, ishinya na ururimi
ukoresheje umuti wamenyo buri gitondo
na nijoro



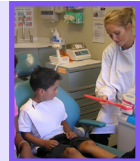
Rya imbuto n'imboga nyinshi buri munsi
Gira amafunguro asanzwe kandi urye gake uturyo duke hagati
ya mafunguro manini.



Hitamo amazi ya robine nka icyo kunywa
nyamukuru



Genda gusumwa amenyo kandi ubone
muganga wamenyo niba ubabara mu
menyo cyangwa uva amaraso mu ishinya



Ushaka amakuru menshi yubuzima mundimi nyishi
genda kuri www.mhcs.health.nsw.gov.au

Niba ukeneye ubufasha kugira uvugane n'ama serevisi
cyangwa guhindura, nyamuneka hamagara Serevisi
Ihindura ikana Semura (TIS) kuri 13 14 50.



Ngezura kugirango
ubone amakuru
menshi yerekeye
amenyo