

Umutekano, Ubushishozi n’Ubuzima: Ngizo Imfunguzo z’Ishya n’Ihirwe mu rugo rwawe.
Ikoreshwa ry’imiti, inzoga, ibiyobyabwenge n’ itatabi. – 1

Safe, Smart and Healthy – Keys to Success in Your New Home
Substance Use and Abuse – 1

KINYARWANDA

<p>Ba na Adamu bikundira gusangira inzoga nyuma y’akazi. Bize amategeko y’Amerika yerekeranye n’inzoga. Ugomba kuba ufite imyaka 21 cyangwa irenze kugirango wemererwe kunywa inzoga muri Amerika. Abo bagabo bombi bemerewe kunywa inzoga ariko bagomba kwerekana ibyangombwa byerekana imyaka yabo.</p>	<p>Mr. Ba and Mr. Adam sometimes enjoy getting together to have a beer after work. They have learned about the laws in America about alcohol. You must be 21 years of age or older to drink alcohol in America. Mr. Ba and Mr. Adam are both old enough to drink, but must have identification to prove their age.</p>
<p><i>Ntibyeme n’amategeko</i> kandi bitera ibibazo mu gihe utwaye imodoka wanyoye inzoga byagutera igaruka mbi. Ku bw’ibyo bishakira ubundi buryo bwa transporo.</p> <p>Iyo ufashwe utwara imodoka wanyoye inzoga cyangwa ibindi biyobyabwenge, ushobora gushyira mu bibazo statu yawe nk’umwimukira ukaba wanavaho usubizwa iwanyu.</p>	<p>It is very dangerous and <i>illegal</i> to drive a car if you have been drinking alcohol. For this reason, they make other transportation plans.</p> <p>If you are caught driving while under the influence of alcohol or other drugs, you jeopardize your immigration status and you can be deported.</p>
<p>Uzirikane ko <i>imiti</i> imwe n’imwe ishobora gutuma wumva umunaniro cyangwa ibitotsi bikaba byatuma udashobora gutwara neza. Imwe muri yo ni nk’imiti igabanya ububabare: Iyo miti ishobora kuba mibi <i>cyane cyane</i> uramutse unyoye inzoga ukirimo kuyinywa.</p>	<p>Remember that some <i>medicines</i> can make you tired or sleepy, and make it unsafe for you to drive. This is especially true of some pain medications: these can be <i>especially</i> dangerous if you drink alcohol while taking the medicine.</p>
<p>Khat/ Kat/Qat ariyo mayirungi nayo nyine irabujijwe muri Amerika. Gukoresha icyo kiyobyabwenge bizatera ibibazo kuri statu yawe nk’umwimukira ndetse bikaba byatuma usubizwa iwanyu.</p> <p>Hashobora kuba hari <i>ibindi</i> bintu birimo uburozi byemewe mu gihugu uturukamo bishobora kuba bitemewe gukoreshwa muri Amerika, bishobora kandi kuba ari ibintu gakondo cyangwa ibyatsi. Kora uko ushoboye umenye ibyo ari byo.</p>	<p>Khat/Kat/Qat is also illegal in America. Using or selling this substance will also jeopardize your immigration status and get you deported.</p> <p>Some <i>other</i> intoxicating substances used in the country where you lived before may also be illegal in America, including natural substances or plants. Be sure to check.</p>

Itabi muri rusange n'isigara biremewe muri Amerika ariko hari ahantu henshi mu mazu utemerewe kunywera itabi. Umwotsi w'itabi ntiwangiza ubuzima bw'abanywa gusa, wangiza n'ubuzima bw'imiryango yabo cyangwa *undi* wese waba uri mu cyumba kinywerwamo itabi kuko ahumeka uwo mwuka urimo imyotsi.

Tobacco and cigarettes are legal in America, but smoking is not permitted inside most buildings. Tobacco **smoke** is very unhealthy—not only for smokers, but also for their families and any *other* people who breathe smoke in the room because they are close to a person who smokes.