Chichewa (Malawi)

Tingachotse bwanji chakupha (poison) mu ufa wa chinangwa - Tsamba 1

Kodi mawu oti "Konzo" ndi chiyani?

Iyi ndi nthenda imene imaonekera ngati wadya ufa wa chinangwa chowawa chimene sichinakonzedwe bwino. Zotsatira zake munthu amafa ziwalo, ndipo sangathe kuyenda.

TINGACHOTSE BWANJI CHAKUPHA (POISON)?

1 Ikani ufa wa chinangwa umene mufuna kuphika mu beseni.

2 Salazani pa mwamba pa ufa ndipo muike chizindikiro cha kuchuluka kwa ufa mu-tayesa kuchokera pansi pa besenilo.

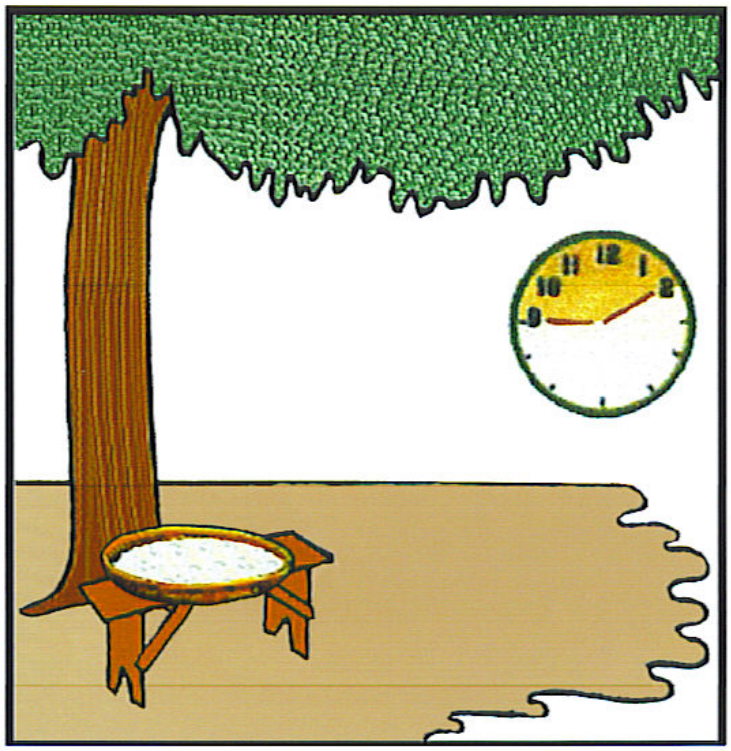
3 Ikani madzi pang'ono pang'ono uku muku-takasa mpaka ufa utanyowa, ndipo muyeso wa ufa onyowa ufanane ndi wowumawo (woyikidwa chizindikiro).

4 Ufa ukhale wosakanizizidwa bwino komanso onyowa kwenikweni, koma OSATI ngati phala komanso OSATI ngati timibulu ta ufa.

Ikupitirirla mbali lina la tsamba ili.

Tingachotse bwanji chakupha (poison) mu ufa wa chinangwa - Tsamba 2

5 Tsukani dengu losungira ufa. Mwazani ufa osakanizidwa mkati mwa dengu pogwiritsa ntchito supuni kapena manja. Kuchindikala kwa ufawo usapose utali wa chikhadabo chanu.



6 Mukatha siyani ufawo mu mthunzi pa ma ora asanu.

7 Phikani nsima ndi ufa uwu monga mwa nthawi zonse ngakhale mudzasowa madzi ochepa chifukwa ufa ndi onyowa kale..

8 Apa ndipamene mukhala okhutitsidwa kuti mukupatsa banja lanu chakudya chabwino chimene sichingapangitse kufa ziwalo. Chidzakhala chakudya cha bwino.