

# Pangani nyumba yanu kukhala ndi zakudya ndiponso madyedwe yabwino kuti muteteze matenda akaliondeonde



Sungani zakudya zokwanira za banja lanu ndipo gulitsani pokhapo ngati zachulukilapo



Limani zakudya zomwe zikula ndi kucha pa nthawi yosiyana mu caka



Gadutsani/Wiritsani kapena ikani kholoni mu madzi akumwa ndi kuvinikilapo



Sambani mmanja pogwilitsa nchito ka pompi kopanga ndi chigubu (tippy tap) kuti mupitilize ukhondo



Gwilitsani nchito chimbudzi nthawi zonse ndikucisunga ca ukhondo



Sungani malo anu ozungulila aukhondo nthawi zonse

