

Pangani nyumba yana kukhala ndi zakudya ndiponso madyedwe yabwino kuti muteteze matenda akalionondeonde



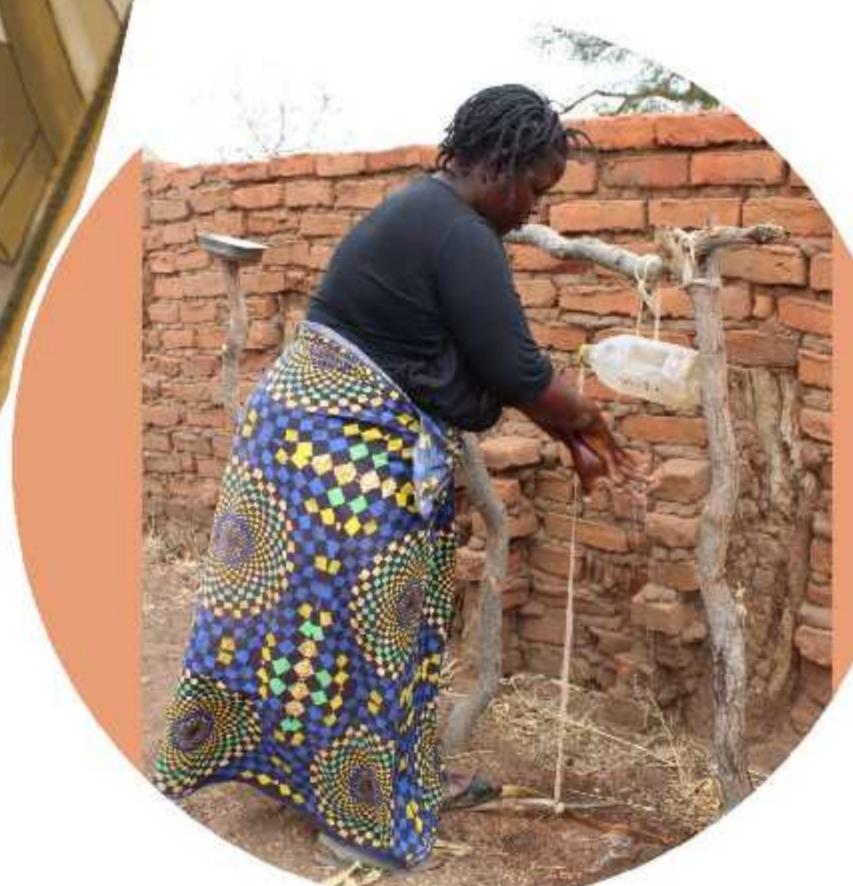
Sungani zakudya zokwanira za banja lanu ndipo gulitsani pokhapo ngati zachulukilapo



Limani zakudya zomwe zikula ndi kucha pa nthawi yosiyana mu caka



Gadutsani/Wirits ani kapena ikani klolini mu madzi akumwa ndi kuvinikilapo



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



Gwiliti nchito chimbudzi nthawi zonse ndikucisunga ca ukhondo



Sungani malo anu ozungulila aukhondo nthawi zonse

