

Coronavirus - Covid-19 – Ndondomeko iyo tingalondezga

PONOSYANI UMOYO - Umo mungayezgera kukhala makola na kukanizga kuwanda kwa kachibungu



**1) Kugeza mmawoko
pafupipafupi na sopo kwa
mphindi 20**



Imbani foni
mwalere
54747



**2) Kujala ku mlomo
Nakasukununu pala
mukukhosomola panyake
kuyethyemula**



**3) Pewani kukola
mmaso, mu mphuno na
mumlomo na mawoko yambula
kugeza**



**4) kukhala mwakuta-
likilana 2 mitazi
mukhalenge patali kwa mamitazi
yawiri munthu na mnyake**



2 Metres



**5) Khalani panyumba
Ntchakwenelela kukhala panyumba
pala mungakwanisa**

**6) Pewani
misonkhano
nakukhala pamalo yachigulu**

Tumbuka
www.rippleafrica.org

Vimanyikwiro:

Kotcha kwa thupi – mutu kuwawa – chikhoso chambula mankhanana nakuthuta mwakusuzgikila – kuwinya kwa mthupi

Pala mwajiona kuti mwamba kulwala nthenda iyi ntchiwemi kukhala patali na wanyinu kwa sabata ziiri

Wanandi wakuwa na vimanyikwiro vidoko waka

Wanthu walala, na wanthu awo wana nthenda kale ngandi (asima, shuga, na nthenda yamtima) wali pachofyo chakulwala chomene