

KOVIDI-19. Ngati muli na vimanyikwilo

► Vimanyikwilo chomene chomene ni ivi:

Thupi kupy



Kupitilila kukhosomola na chifuba chanyowani

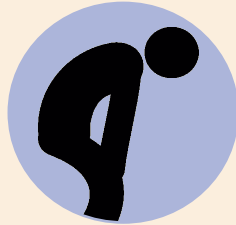


Kusuzikila kupema



► Mungapulikaso ivi:

Kumala nkhongono chomene



Mutu kubinya



Nyengo zinandi chukubaba padokowaka. Banyake chukuba chomene ndipo chingalengsha na nyifwa.

Bachekulu na abo balinamasuzgo yanyake ndibo matenda yakorona yosuzga chomene.

Bose banthu bawepo kuchingilizga banthu aba.

► Tukwenela kukonkha malamulo yochingilizga ndipo tichite sono!

- Ngati muli navimanyikwilo vya KOVID - thupi kupy kupitilila, kukhosomola, kusuzika kupema. Khalani pamupata pamazuba makhumi yabili na yanayi.
- Khalani kutali na banthu abo bofumila kumanyumba yanyake.
- Khalani patali na banthu abo bofumila kumipata inyake.
- Vwalani ma masiki olo chingilizgani mphuno na mulomo.
- Nga mukhala na banji abo bali na korona, khalani pamupata kwa mazuba khumi na yanai.
- Nkhala kutali na banthu abo bofuma kumipata inyake.
- Ngati musuzikila kupema, pitani kuchipatala mukapoke mankhwala aponyene.

Bani bomanya! Bani bokonzeka!