

Kolona.Ngati uli ndizisonyezo

► Zizindikilo ndi Zisonyezo zachiziwikile ndi izi:

Utentha thupi



Ukosomola kwasopano kosalekeza



Ubanika popuma



► Ungamvenso:

Befu



Mutu upweteka



Kambili matenda awa sama bwela mwamphabvu
Pena yamabwela mwa mphabvu komanso yangaphe
Okalamba ndi omwe alindi matenda ena ndiomwe alipa chioptsezo
Dela lonse liyenela ugwapo pochingiliza magulu awa

► Tiyenela kusatila malamulo achitetezo ndi kuchita sopano!

- Ngati ulinazo zizindikilo za Kolona-Utentha thupi ndi ukosomola kosalekeza kapena ubanika popuma-khala munyumba kwa masondo awiri
- Khala patali ndi anthu amunyumba
- Khala patali ndi anthu akwina
- Vala chochigiliza pampuno ndi pakamwa
- Ngati ukhala ndi ali ndi matenda awa,khala munyumba kwa masondo awiri
- Khala patali ndi anthu akwina
- Ngati ulubanika popuma,landila thandizo yakuchipatala mofulumira

Khalani oziwa!Khalani okonzekela!