

KUPANGA UKHONDO PANYUMBA

Momwe mungawiritsire ntchito Makala ndi Phulusa bwino ndi paukhondo



WATER WELLS FOR AFRICA

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KUPANGA UKHONDO PANYUMBA



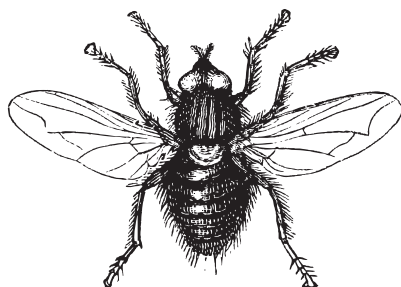
SEFA YA MADZI



VUNDIKIRANI MADZI



SAMBANI MMANJA



PEWANI NTCHENTCHE



**KWIRIRANI
MABI ONSE**



KUPHA MPHUTSI



**VUNDIKIRANI
PACHIMBUZI**



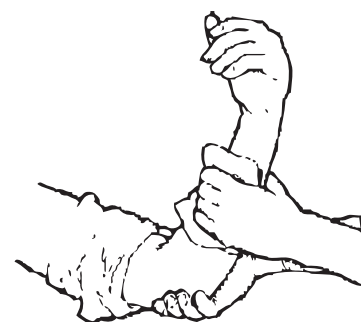
THANZI

1 LITA YA MADZI

**MA TIYI SUPUNI
ASANU NDI**

**IMODZI A SHUGA,
THEKA LA TIYI
SUPUNI YA MCHERE**

**KUCHEPA KWA
MADZI MTHUPI**



**KUPANGA
MANKHWALA A PABALA**



Blantyre Foursquare Gospel Church
P.O. Box 1682, Blantyre, Malawi, Central Africa
Contact Person: Pastor Davis Galero
Phone: 265 888 890 300 or 265 993 513 83
davgalero@yahoo.com or davrichgalero@gmail.com

NDONDOMEKO ZOFUNIKA POTETEZA KUTSEKULA MMIMBA

Madzi aukhondo: Onetsetsani kuti madzi akumwa ndi otetezedwa. Yeretsani madzi ndi sefa yamakala. Kenako pungulirani madzi m'botolo ndipo ikani padzuwa kwa maola asanu ndi limodzi (6) kapena wiritsani kwa mphindi imodzi kapena thirani madontho atatu a kulorini pa lita iliyonse ndipo mudikile kwa mphindi makumi atatu (30).

Kanyamulidwe ka madzi: Manja anu ndi dzala zikhale kunja kwa chidebe mukasenza pochokela kotunga madzi mpaka kunyumba ndipo movundikile.

Kasungidwe kabwino kamadzi: Kunyumba madzi anu akhale ovundikila.

Kasungidwe kabwino ka chakudya: Sungani bwino chakudya ndipo ntchentche zisatele pachakudya kapena pa ziwiya zakukhitchini.

Kakonzedwe ka chakudya: Tsukani, Sendani kapena mphikani chakudya chonse.

Katayidwe ka mabi a mwana kapena mkulu: Mabi a mwana kapena mkulu amakhala ndi matenda, choncho mabi ayenera kutayidwa mchimbudzi kapena kukwiliridwa pa dzenje losachepera 12 Inchesi kuya kwake kapena kutayidwa kutali kosachepera mamita 30 kuchokera pa zidikha za madzi kapena mtsinje.

Ngati palibe chimbudzi ngakhale siziyenera kutero: Ana kapena akuluakulu apewe kuchitira chimbudzi pafupi ndi nyumba, mmikwaso kapena mmalo omwe timatunga madzi ngakhale mmalo amene ana amasewera. Mukatha kudzithandiza, kumbani kadzenje kozama 12 Inchesi ndipo mukwiriremo mabiwo.

Mabi a anthu kapena a ziweto: Ayenera kutayidwa kutali ndikomwe timatunga madzi.

Kusamba Mmanja: Ngati sopo palibe phulusa ndi madzi zikhonza kugwiritsidwa ntchito mmalo mwa sopo.

Tsukani mbale: Tsukani mbale zanu ndi sopo kapena makala ndi phulusa mmalo mwa sopo.

Ukhondo wa Mchimbudzi: chimbudzi chanu chikhale chaukhondo ndi chosanunkha pothilamo phulusa kapena makala ndi kuvundikira. Mukhonza kupha mphutsi powiritsa madzi.

Kupewa Ntchentche: Ntchentche zimafalitsa ndi kuyambitsa matenda. Ntchentche zimakhala, zimadya ndikuswana mmalo momwe muli mabi a anthu kapena a ziweto, choncho chakudya, madzi, mbale ndi zilonda zisamatele ntchentche.

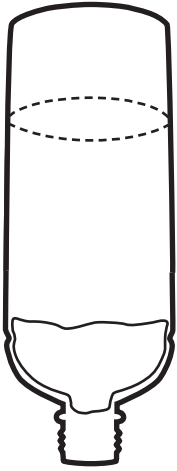
Kuthana ndi Ntchentche: Kwirirani, wotchani ndikutaya zinyasi zonse ngakhale ziweto zakufa kuti muchepetse kuswana kwa ntchentche ndi kafalitsidwe ka matenda.

Mkaka wa mmawere: Kuyamwitsa mwana mkaka wa mmawere ndikoyenera kwambiri.

Kuchotsa zoyambitsa matenda: Chapani ndi sopo kapena phulusa malo onse omwe akhudza ndi mabi.



NJIRA YODALIRIKA YA M'MENE MUNGASEFERE MADZI



1

Gwiritsani ntchito botolo la pulasitiki. Dulani pansi pa botololi (Onani chinthunzi). Litembenuzeni kuti mupange ngati fanelo. Ikani thonje (2 inches) kapena kansalu kopyapyala pafupi ndi kamwa la botolo lanulo.



2

Phwanyani makala kukhala tiziduswa ting'onoting'ono. Musaphwanye kwambiri kufikira pa phulusa. Tsukani tiziduswa ndi kuika pamwamba pa thonje lanu ngati pa chithunzichi.



3

Ikani thonje kapena kansalu pamwamba pa tiziduswa tanu tamakala anu kuti tiziduswa tikhale malo amodzi.



4

Mutha kugwiritsa ntchito kamwala kakang'ono kuika pamwamba pa thonje lanu lomwe liri pamwamba pa tiziduswa tanu kuti tisayandame.



5

Tsirani madzi anu akuda molingana ndi chinthunzichi. Dikirani kuti madzi asefeke. Mukhoza kugwiritsabe ntchito tizidutswa tanu posefera kufikira pamene mwaona kuti madzi sakusefeka mokwanira.



6

Ngakhale kuti madzi anu osefeka angaoneke oyera, amakhalabe ndi tizilombo toipa toyambitsa matenda. Ikani madzi anu m'botolo lotsuka bwino ndi kuika padzuwa kwa tsiku lonse. Kugwiritsa ntchito njira yosefera ya tiziduswa tamakalayi komanso kuika madzi padzuwa tsiku lonse kungakutsimikizireni kuti madzi anu ndi odalirika kumwa.



For more information visit www.waterwellsforafrica.org

Note: See directions for sanitizing the TRUSTED filtered water using either the SODIS method or the chlorine method.

NJIRA YODALIRIKA YOPHERA TIZILOMBO TOIPA M'MADZI AKUMWA POGWIRITSA NTCHITO KUWALA KWA DZUWA

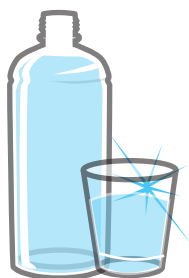
Madzi okuda ayenera kusefedwa kaye kuti njira yogwiritsa ntchito kuwala kwa dzuwa igwire ntchito bwino. Onani ndondomeko zotsatirazi za njira yodalirika yophera tizilombo toipa m'madzi akumwa.



1 Gwiritsani ntchito mabotolo otsuka bwino a pulasitiki. Matulani mapepala ali onse amene amatidwa pa botolopo kuti muzitha kuona bwinobwino za mkati mwa botolomo. Tsirani m'mabotolowo madzi osefa bwino ndi kutseka botololo ndi chotsekera.



2 Ikani mabotolo anu pa dzuwa kwa maola osachepera asanu ndi limodzi (6 hours). Ngati kuli mitambo, ikani mabotolowa padzuwa kwa masiku awiri.



3 Madzi anu ndi abwino tsopano. Mukhoza kumwa kuchokera m'botolo lanu kapena pogwiritsa ntchito kapu yotsuka bwino.



4 Sungani madzi anu m'mabotolo. Gwiritsani ntchito mabotolo amene munaika padzuwa aja.



www.waterwellsforafrica.org

For more information on the SODIS method, please go to www.sodis.ch

NJIRA YODALIRIKA YOPHERA TIZILOMBO TOIPA M'MADZI OKUMWA POGWIRITSA NTCHITO KOLORINI

Pothira madontho awiri mu botolo la madzi la 1 litre kapena madontho 8 muchigubu cha madzi cha 5 litres mumapha tizilombo toipa tambiri m'madzi akumwa.



1 Gwiritsani ntchito kulorini oyenera yemwe ndi wovomerezedwa kuti mukhoza kugwiritsa ntchito m'madzi akumwa.



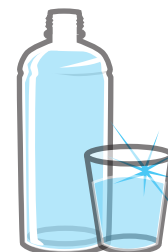
2 Tsirani madontho awiri m'botolo la madzi la 1 litera (kapena madontho 8 muchigubu cha madzi cha 5 litera). Ngati madzi anu siyera kwambiri, gwiritsani ntchito madontho 4 a kuloloni mu botolo la madzi la 1 litera (kapena madontho 16 a kuloloni mu chigubu cha madzi cha 5 litera).



3 Tsekani botolo lanu ndi chotsekera ndi kukhut-chumula bwino.



4 Dikirani phindi 30 musanamwe, kuti kolorini ayambe wapha kaye tizilombo toipa topezeka m'madzi okumwa.



5 Madzi anu ndi abwino tsopano. Mukhoza kumwa kuchokera m'botolo lanu kapena pogwiritsa ntchito kapu yotsuka bwino.



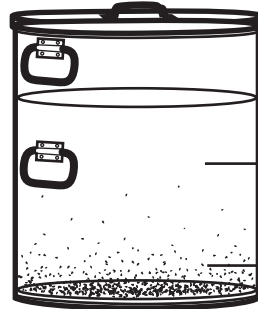
waterwellsforafrica.org

For more information on the chlorine disinfection method, please go to: www.cdc.gov/healthywater/emergency/safe_water/personal.html

NDONDOMEKO YA MADZI WOTETEZEDWA

KUKHAZIKIKA

ONETSETSANI KUTI MADZI AKHALA NTHAWI YOKWANIRA KUTI ZINYALALA ZIDIKHE PANSI.



MADZI OYERA BWINO

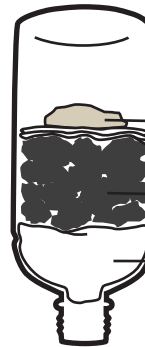
ZINYALALA

KUSEFA CHOTSANI ZINYALALA ZONSE MMADZI POPUNGULIRA PA SEFA YANU YAKANSALU KAPENA SEFA YA MADZI.



SEFA YA KANSALU

pindani kansalu kanu kokwana kanayi kenaka pungulirani madzi okhazikika bwino kudzela pakansaluko.



KUSEFA

MIYALA YAYING'ONO

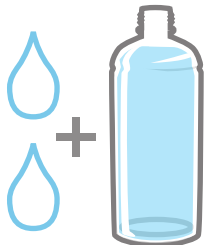
KANSALU

MAKALA

THONJE KAPENA KANSALU

KUCHOTSA ZOYIPA

GWIRITSANI NTCHITO IMODZI MWANJILA IZI KUTI MUPHE TIZILOMBO NDI KUPEWA MATENDA



KURORINI

Onjazelani madontho awiri akurorini pa 1lita ili yonse ya madzi osefa bwino, khutchumulani Botolo, ndipo mudikire kwa mphindi makumi atatu musanamwe.



DZUWA

Gwiritsani ntchito mabotolo a pulasitiki owonekela bwino Ndipo muyike padzuwa kwa ma ola okwana asanu ndi limodzi kapena masiku awiri ngati kunja kwachita mitambo.



WIRITSANI

Wilitsani madzi kwa mphindi zokwana zisanu.

VUNDIKIRANI MADZI AKUMWA



More info: waterwellsforafrica.org
or breakwaterfamily.com/missions/africa-outreach

KUSAMBA MMANJA



NDI NTHAWI ITI TIKUYENERA KUSAMBA MMANJA?

Tisanayambe kukonza chakudya komanso tikatha kukonza chakudya.

Tisanayambe kudya

Tisanayambe kusamalira munthu wodwala komanso tikamaliza kusamalira munthu wodwala.

Tisanayambe kusamalira chilonda komanso tikamaliza kusamalira chilonda.

Tikatha kugwiritsa ntchito chimbudzi.

Tikamaliza kusintha mwana thewela.

Tikamaliza kusamala mwana atamaliza kuchita chimbudzi.

Titatha kumina, kukhosomola komanso kuyetsemula.

Titamaliza kugwira ziweto.

Tikatha kugwira ndowe kapena zitosi

Tikamaliza kugwira zinyalala



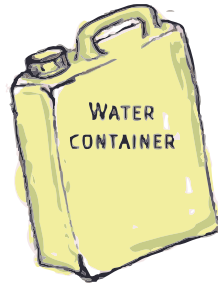
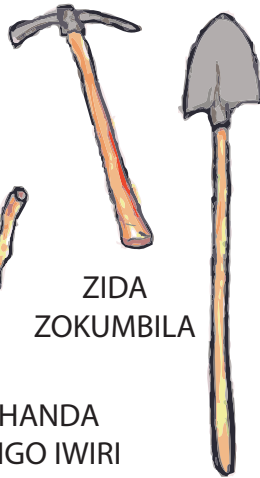
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KAPANGIDWE KA MZENDE WOSAMBILA MMANJA MUKATHA KUDZITHANDIZA KU CHIMBUDZI

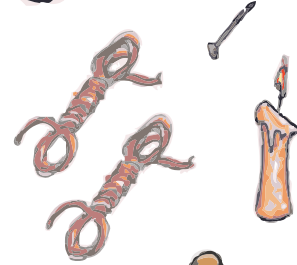


ZIDA
ZOKUMBILA

PEZANI MTENGO WA MPHANDA
ZIWIRI KUTSOGOLO MITENGO IWIRI
YOWONGOKA YOTALIKA 1MITA



MISOMALI NDI
KANDULO



ZINGWE
ZIWIRI



PAKANI MITENGOYO
OILO KAPENA
MANKHWALA A
CHISWE KUTI
ISAWONONGEKE

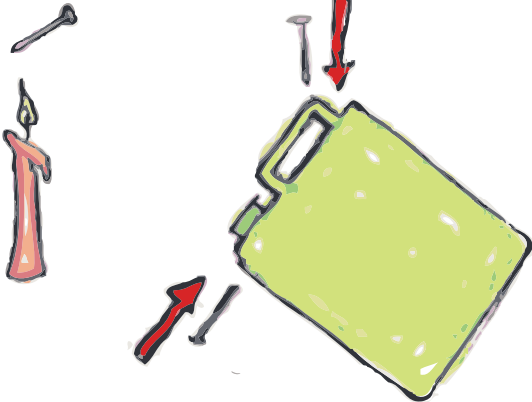


3. KWIRILANI MAYENJE NDI
DOTHI KOMANSO MIYALA
NDIKUCHINYIRA KUTI MITENGO
ISAGWEDELE.

1. KUMBANI MAYENJE AWIRI
NDIPO AKHALE AKUYA 18
INCHESI NDIPO ATALIKIRANE 2 FIITI.



2. IKANI MITENGO YAMPHANDA
NDIPO IKHALE MULINGO OFANANA.



5. KOLEKANI SOPO NDI CHIGUBU
CHA MADZI PAMTENGO
WOYIKIDWA CHOPINGASA.



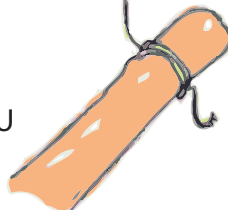
4. BOWOLANI SOPO
WANU NDIKUYIKA
CHINGWE.

8. KUMBANI PAKATI PAMITINGO
YANU YA MPHANDA MOWONEKA
NGATI BESENI KUWOPETSA MATOPE.

7. LUMIKIZANI CHINGWE CHINA
KU MTENGO WOPONDELA PHAZI
POSAMBA MMANJA.



6. THIRANI MADZI MUKACHIGUBU
MWAKOLEKA PAMTENGOCHO



PHULUSA NDI MADZI A SOPO

**Ngati muli ndi phulusa ndi mafuta aja amamahirira
mum'phika mukhonza kupanga sopo!**

Musanayambe:

Phulusa lisakhale ndi mapepala, zidutswa za chakudya kapena zinyalala.
Tsukani mbale zanu kutali ndi komwe mumatunga madzi.

**Tsukani mbale zanu kutali ndi komwe
mumatunga madzi.**

Kapangidwe kake:

1. Sakanizani phulusa, makala ndi mafuta otsalila mmiphika.
2. Onjezerani madzi otentha mpakana zitapanga ngati phala.
3. Pakani ziwiya zanu ndikudikila mphindi zochepa.
4. Tsukani ziwiyazo.
5. Phulusa palokha likhonza kuyeretsa mmanja ndi ziwiya.
6. Tsukuluzani ziwiya zanu, m'manja mwanu ndi madzi oyera bwino.
7. Sungani mbale zanu mwaukhondo ndikuziwumika bwino.



More info: waterwellsforafrica.org
or breakwaterfamily.com/missions/africa-outreach

Ntchentche Zimanyamula matenda 100

Ntchentche zimanyamula tizilombo mmiyendo mwake, mu ubweya wa pathupi lake ndi pakamwa pake. Ntchentche ya mtundu wobiriwira sipeleka matenda poluma koma kungofalitsa ikatela pa zakudya kudzela ku tizilombo toyambitsa matenda topezeka pathupi lake. Kawirikawiri, ntchentche zikamatela pazakudya zimakhala zikusiya matenda owopsa osiyanasiyana amene akhonza kutidwalitsa.

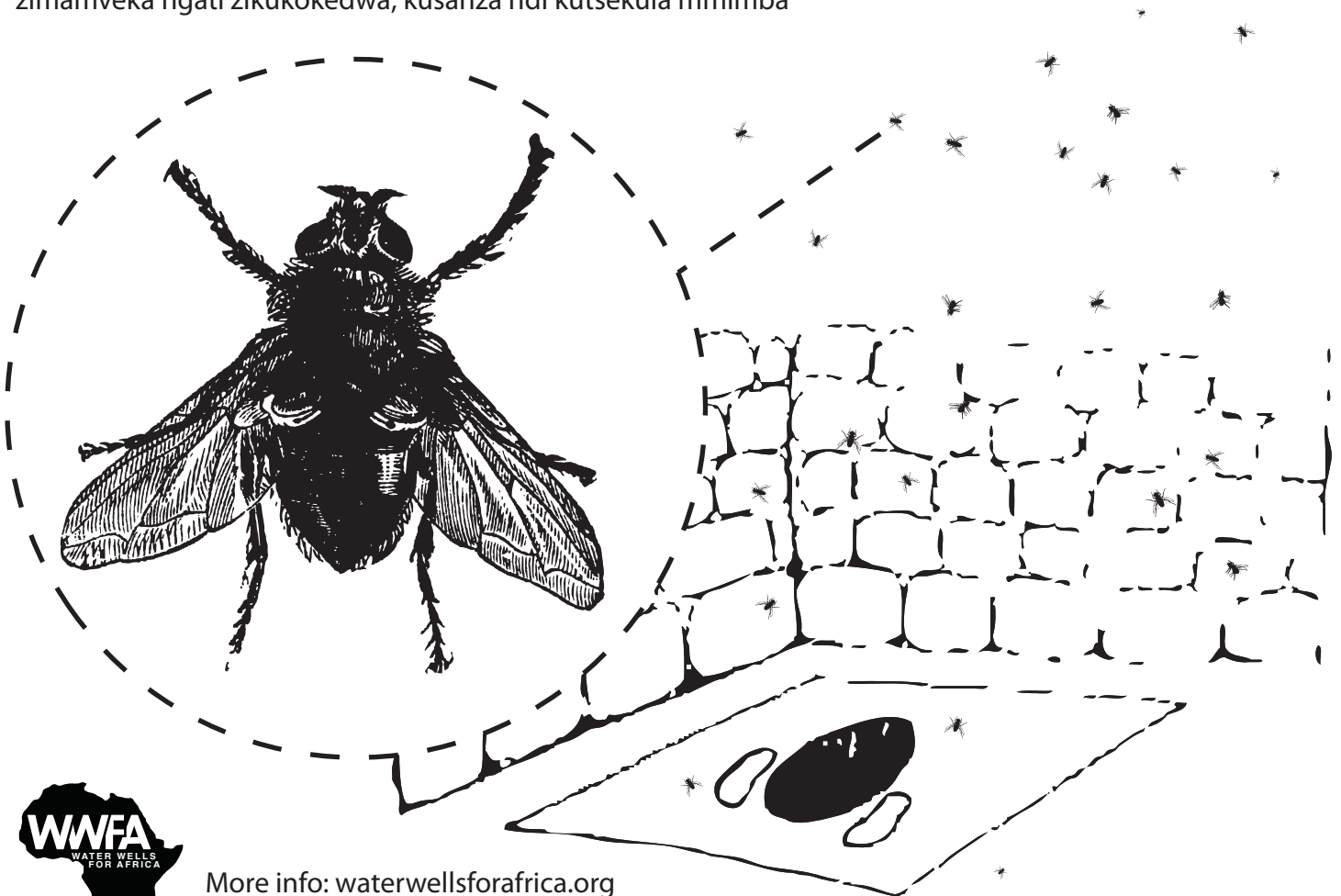
Kolera- Ndi mliri wotsekula mmimba ndipo Chimbudzi chake chimawoneka ngati "madzi a mpunga"; Zizindikilo zina ndizo; Kusanza, minofu imakungana, kumva ludzu, mmimba kupweteka, maso kulowa mkati ndipo imfa imachitika mwakanthawi kochepe ngati odwala sathandizidwa mwachangu.

Mmimba Mwakamwazi- Kutsekula mmimba pafupi pafupi, kuchepa kwa magazi mthupi, chimbudzi chimakhala chosakanikirana ndi magazi komanso zowoneka ngati mamina.

Thayifodi- Zizindikilo zake ndi kumva litsipa, kupweteka mmimba kwambri ndinso chimbudzi chamagazi chifukwa cha kuwonongeka kwa matumbo. Imayamba ndi tizilombo totchedwa bakitiriyamu. Zizindikilo; Nselu, kusanza, kupweteka kwa mmimba komanso kutsekula mmimba.

Njoka za mmimba- Musamalekelele ntchentche kutela pabala chifukwa zitha kuyikira mazila ndipo mphutsi zimakonda kudya pachilondapo.

Chakudya chokhala ndi poyizon- Munthu umachita Nselu, mmimba kupweteka, ziwalo za mmimba zimamveka ngati zikukokedwa, kusanza ndi kutsekula mmimba

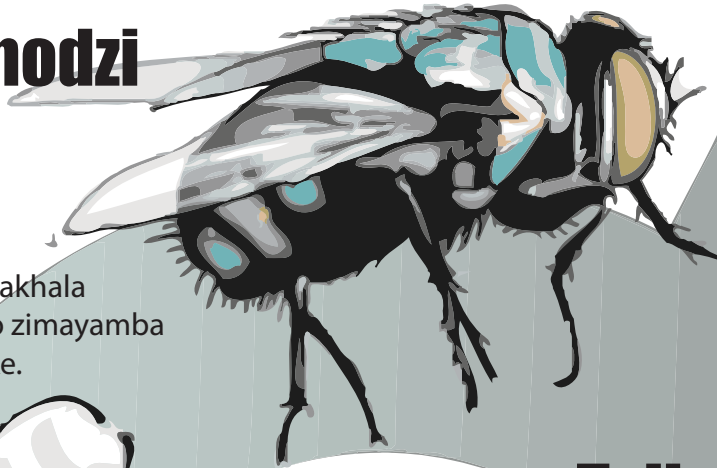


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KAKULIDWE KA NTCHENTCHE

Sabata Imodzi ndi Tsiku Limodzi

Thupi la mphutsi limakhala lolimba ndipo ziwalo zimayamba kutuluka pathupi lake.

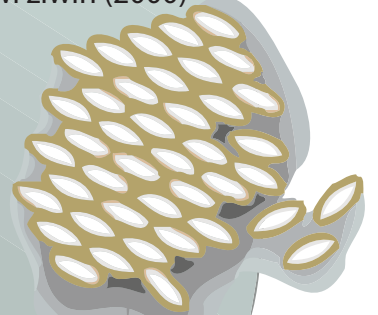


Pakatha Sabata ziwiri

Ntchentche yaikulu bwino imawonekela.

Tsiku loyamba

Ntchentche yaikulu imayikila mazila okwana zikwi ziwiri (2000)



Tsiku lachiwiri

Mazila amaswa ndipo mmazilamo mumabadwa mphutsi.



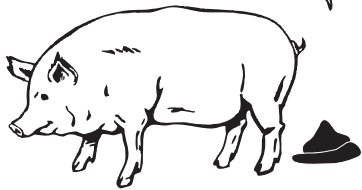
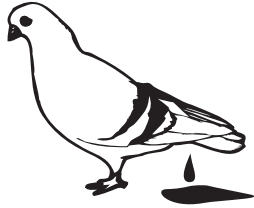
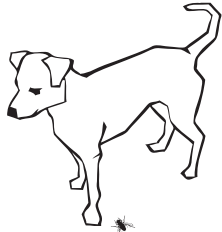
Tsiku Lachitatu

Mphutsi zimadya ndikumakula.

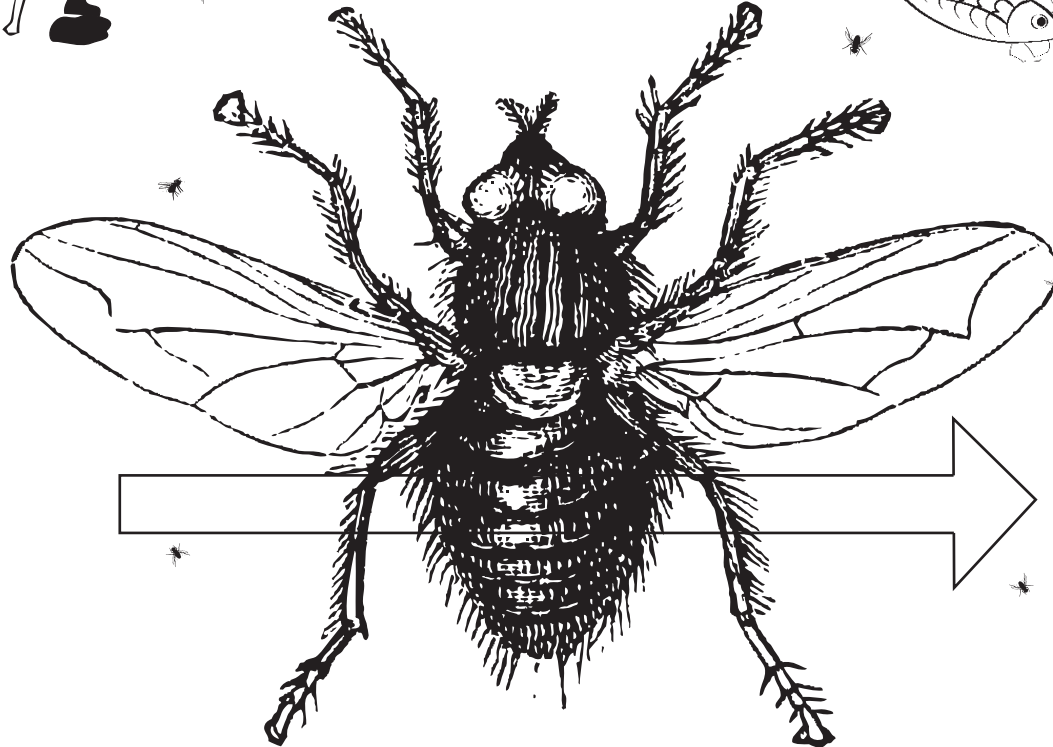
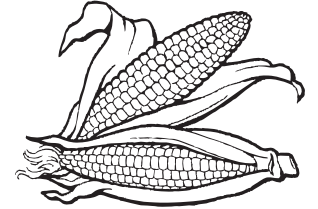
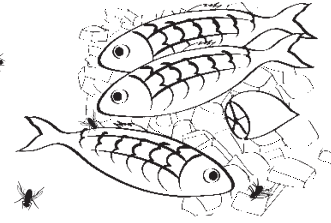


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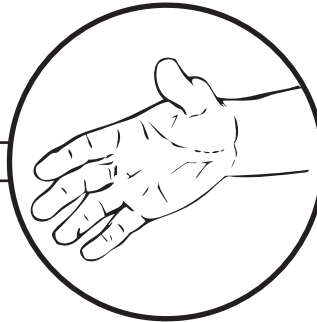
Ndowe



Zakudya



Kafalitsidwe ka matenda.



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KUKWILIRA MABI ONSE

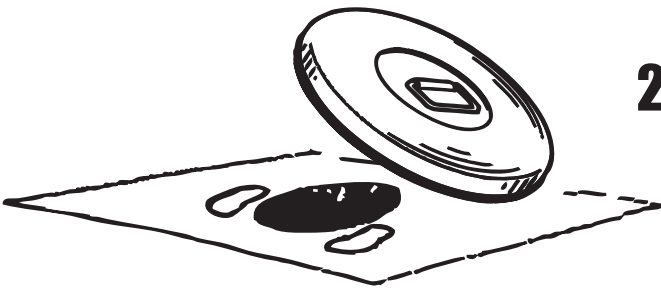
Kupewa ntchentche mmalo amene zimaikira mazila ake.

1. Tayani mmalo oyenera zakudya zotsala zimene zimakopa ntchentche. Kwirirani mudzenje lozama mainchesi 12 ndipo kukhale kutali ndi zidikha za madzi pamtunda wosachepera mamita 30.

- Ziweto zakufa
- Mabi a anthu kapena ziweto
- Zinyalala



2. Dzenje la chimbudzi likhale lovundikila mukatha kugwiritsa ntchito.



3. Chakudya ndi Madzi akumwa ziyenera kukhala zovundikila.

4. Iphani ntchentche ndi mphutsi mchimbudzi



Mungamphe Bwanji Mphutsi Mchimbudzi

- 1. Madzi owira**
- 2. Phulusa ndi Makala**
- 3. Mchere**
- 4. Vinega**

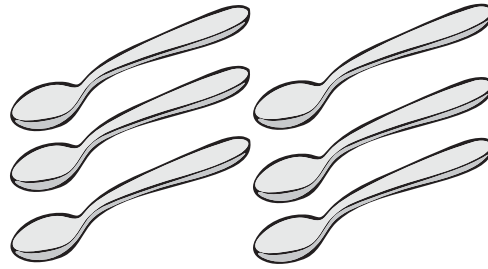


More info: waterwellsforafrica.org
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Kupanga Thanzi Pakhomo



+



**Shuga ma tiyisupuni
asanu ndi imodzi**

+



**Kuphatikizanso mchere
theka ya tiyisupuni**

Njira yabwino yothana ndi kuchepa kwa madzi mthupi chifukwa cha Kolera ndiyo kumwa madzi aukhondo osakaniza bwino ndi mchere komanso shuga zokonzedwa pakhomo.

Sakanizani potsatira ndondomeko izi:

Matiyisupuni a shuga okwana asanu ndi imodzi

Mchere theka ya tiyisupuni

1 lita ya madzi abwino akumwa*

***Zofunika:** Ngati mwina madzi si aukhondo kumwa, tengani 1 lita ya madzi ndikuwiritsa kwa mphindi imodzi kapena tsirani madontho awiri a Kulorini kapena wotagadi (waterguard) m'botolo lowonekera bwino ndikuyika padzuwa kwa mphindi makumi atatu.

Onetsetsani kuti mulingo wa shuga kapena mchere ndiwoyenera.

Kuchulukitsa shuga kukhonza kuwonjezela kutsekula mmimba.

Kuchulukitsanso mchere kukhonza kukhala chiwopsezo ku moyo wa munthu.

Lawani pang'ono musanamwe.

Mukalawa thanzi wanu nkupeza kuti ali ndi mchere wambiri, tayani ndikuyambiranso.

Onetsetsani kuti kuwawa kwa mchere mu thanzi wanu kusapose kuwawa kwa misonzi yanu.

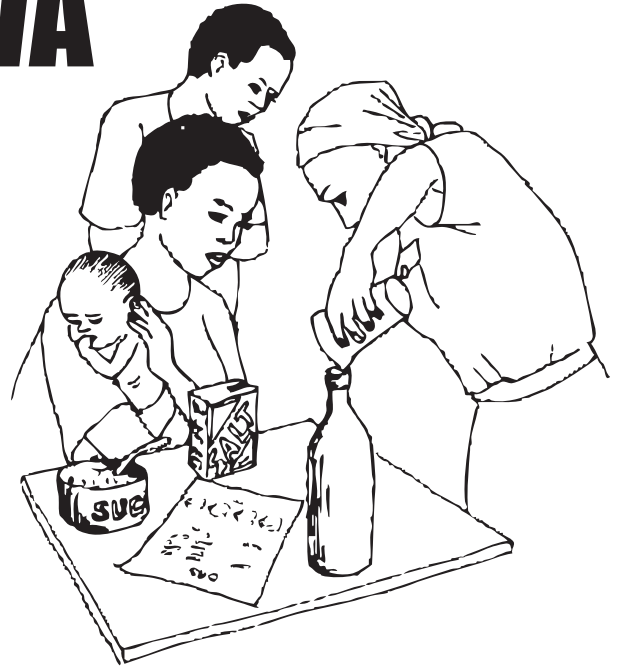
More info: waterwellsforafrica.org or breakwaterfamily.com/missions/africa-outreach



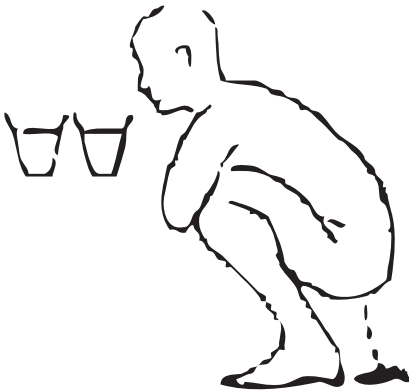
KAMWEDWE KA THANZI OSUNGUNULIDWA

SAKANIZANI:

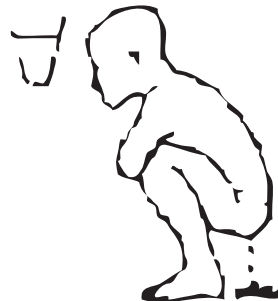
**1 lita ya Madzi,
Shuga wokwana ma tiyisupuni
6 Mchere wokwana theka
ya tiyisupuni**



Imwani madzi a mchere ndi shuga mwa pang'onopang'ono.



Abambo ndi Amayi ayenera
kumwa makapu awiri panthawi
iliyonse atsekula mmimba



Ana ayenela kumwa kapu imodzi pa
nthawi ili yonse atsekula mmimba.

More info: waterwellsforafrica.org or breakwaterfamily.com/missions/africa-outreach

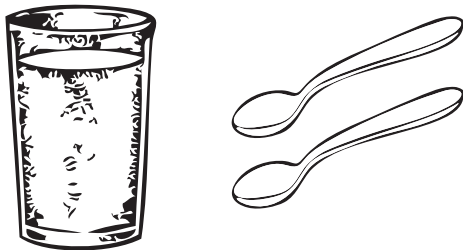


KACHIZIDWE KA KUTSEKULA MMIMBA POGWIRITSA NTCHITO THANZI NDI PHULUSA

GWIRITSANI NTCHITO PHULUSA POCHEPETA ZIZINDIKIRO ZA KUTSEKULA MMIMBA NDI KUTHA KWA MADZI MTHUPI KUMENE KUMADZA NDI KOLERA KOMANSO MMIMBA MWA KAMWAZI. PHULUSA LIMAGWIRA NTCHITO MODABWITSA POCHOTSA MADZI OYIPA NDI POYIZONI MMIMBA.

Choyamba:

ONJEZERANI TEBULOSUPUNI IMODZI KAPENA AWIRI A PHULUSA MU KAPU YA MADZI ABWINO, SAKANIZANI BWINO NDIPO MUMWE.



Chachiwiri:

TSATIRANI NDONDOMEKO YA PHULUSA, MADZI OKWANIRA KAPU IMODZI KAPENA AWIRI A THANZI OSUNGUNULIDWA.



Nthanzi

KUTI MUCHEPETSE KUTSEKULA MMIMBA KWAMBIRI: MUYENERA KUMWA MADZI A PHULUSA KANAYI. MUKHONZA KUMWA TSIKU LONSE KAPENA PANTHAWI YOMWE MWATSEKULA MMIMBA.

MANKHWALA NDI MA VITAMIN ZIKHONZA KULOWELERA MMAKALA KAPENA PHULUSA. CHONCHO IMWANI THANZI WA PHULUSA PATATHA MA OLA AWIRI MUTAMWA KAPENA MUSANAMWE MANKHWALA ENA ALIWONSE.

PALIBE NJILA INANSO PADZIKO LAPANSI YOTSIKA MTENGO, YAULELE IMENE ILIBE KUIPA KWAKE KWINA KULI KONSE MUKAMWA, KOMANSO YOTHANA NDI KUTSEKULA MMIMBA MWACHANGU POGWIRITSA NTCHITO MAKALA KAPENA PHULUSA.

KAMWEDWE KA TSIKU NDI TSIKU:

KUTSEKULA MMIMBA PANG'ONO- TEBULO-SUPUNI IMODZI MU KAPU YA MADZI AUKHONDO. KAMODZI PATSIKU KAPENA KAWIRI PATSIKU.

KUTSEKULA MMIMBA PAFUPI PAFUPI-TEBULO-SUPUNI IMODZI MU KAPU YA MADZI AUKHONDO KANAYI KAPENA KASANU NDI KAWIRI PATSIKU.

KUDWALIKA KWAMBIRI-TEBULO-SUPUNI IMODZI MUKAPU YA MADZI AUKHONDO KASANU NDI KATATU PATSIKU KAPENA KHUMI NDI KAWIRI PATSIKU.

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KUPANGA MANKHWALA KUCHOKELA KU MAKALA

PHULUSA

1. Sakanizani Phulusa ndi madzi pang'ono mpakana zitapanga chiphala. Ziyenera kukhala zonyowa/zamnyontho koma osati zizidontha.
2. Kulangani phulusa la chinyezi pakansalu kaukhondo kochapa bwino ndipo muyike pa chilondapo kwa maola awiri kapena anayi. Muwonetsetse kuti chinyezi chilipo. Sinthani ndikupanganso kachiwiri.

CHABINO

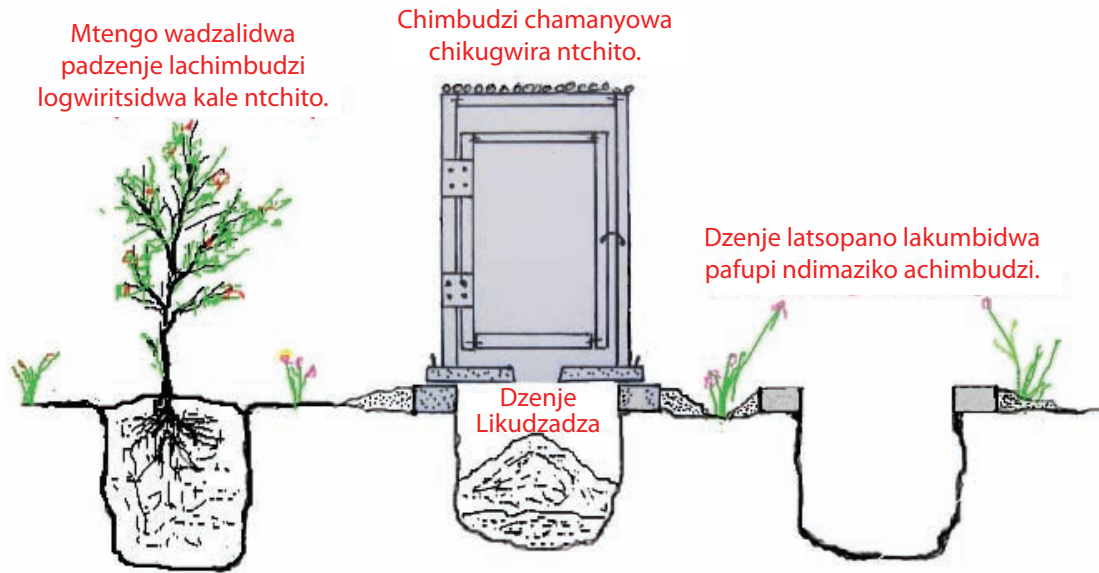
1. Sakanizani phulusa mofananitsa mmilingo yake. Pangani cho phimbila chokwanila pamalo amene mukufuna kuthila mankhwala.
2. Tsirani madzi okwanila ndipo zipange chiphala cholimbilako, chokhala ndi chinyontho koma osati kumadontha.
3. Pakani phalaphala lanu mokwanila ndi mulingo oyenera pakansalu kamene kayenera kuphimba mokwanila pamalo mukufuna kupaka mankhwalapo.
4. Vundikilani mankwala anu ndi nsalu yachiwiri kapena kampango kaukhondo.
5. Lunjikani mankhwala anu pa malo mukufuna kuthila mankhwala.
6. Vundikilani mankhwala anu ndi pulasitiki ngati nkontheke. Dulani pulasitiki yanu ndikukulunga mozungulira mankhwala anu mokwanila mulingo umodzi mbali zonse. Izi zimathandiza kusunga chinyezi ndipo mankhwala anu sangaume. Ngati phulusa lanu liwuma, silingathe kuyamwa poyizoni.
7. Pomaliza, sungani mankhwala anu pamalo abwino mutawakulunga. Ndipo zisiyeni kwa ma ola awiri kapena anayi, pakatha maola asanu ndi limodzi kapena khumi, mukhonza kuthiranso mankhwala anu.

Zofunikira: Mankhwala anu aphulusa akhonza kugwira bwino ntchito ngati ali ndi chinyezi nthawi zonse pokhudzana ndi thupi lanu. Ngati palibe pulasitiki yoti mukulungile mankhwala anu, onetsetsani kuti mukumawaza timadzi pafupipafupi kuti musunge chinyezi.

More info: waterwellsforafrica.org or breakwaterfamily.com/missions/africa-outreach



CHIMBUDZI CHA MANYOWA: KUPANGA MANYOWA MOSAVUTA KUCHOKELA MU DZENJE LA CHIMBUDZI



KUDZALA MTENGO PAMBALI PA CHIMBUDZI

1. Kumbani dzenje lakuya 1 mita ndi theka.
2. Mangani nyumba ya chimbudzi pamwamba pake.
3. Nthawi ili yonse mwagwiritsa ntchito thirani pang'ono dothi, phulusa, makala ndi masamba.

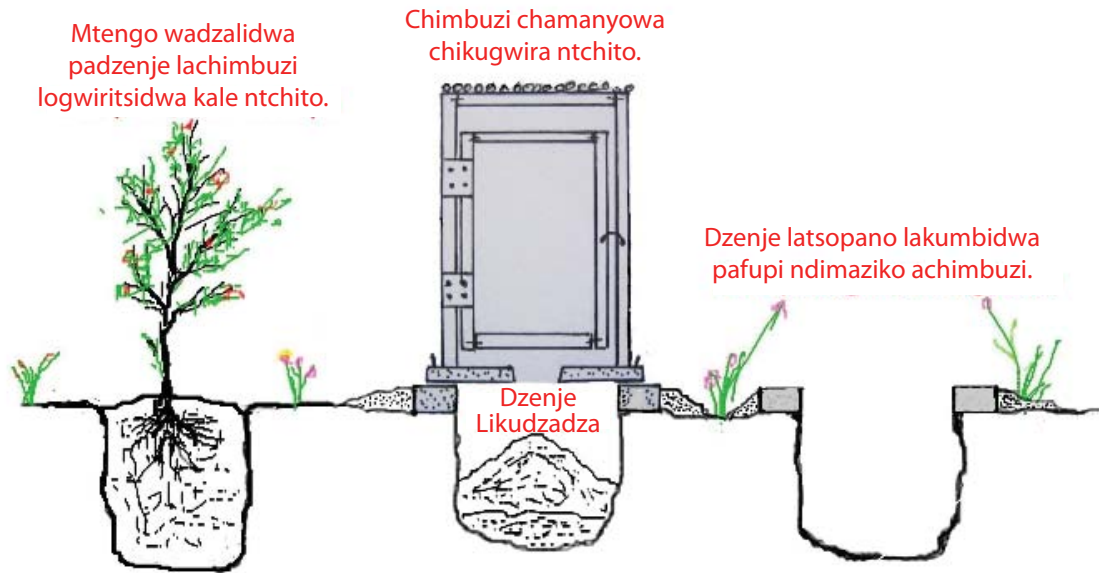
MUNGAPANGE BWANJI MANYOWA ANU

1. Masamba ouma ayenera kuthiridwa nthawi iliyonse mwagwiritsa ntchito chimbudzi.
2. Banja lonse limagwilitsa ntchito chimbudzichi.
3. Onjezelani dothi, phulusa ndi makala nthawi iliyonse mukatha kugwiritsa ntchito chimbudzi.
4. Onjezelani masamba ena owuma.
5. Pamene chimbudzi chatsala pang'ono kudzadza, zimene zimatenga masabata asanu ndi imodzi kapena miyezi khumi pa banja la anthu asanu ndi mmodzi. Thirani dothi lokwanila ndowa ziwiri ndipo mukhonza kudzala mtengo pambali pake.
6. Mtengo umakula ndikubeleka zipatso zazikulu chifukwa cha manyowa.
7. Kumbani dzenje pambali pachimbudzi lakuya mofanana bowlani chapansi ndipo manyowa amasunthila mudzenje latsopano.

- Mitengo yambiri imakula bwino pachimbudzi cha manyowa.
 - Mitengo yanu iyenera itetezedwe bwino kuziweto ndipo mudzithirila madzi okwan.
 - Ngati mtengo wawuma dzalani wina.
 - Dzalani mitengo yanu malingana ndikakulidwe kake.
- More info: waterwellsforafrica.org or breakwaterfamily.com/missions/africa-outreach



CHIMBUZI CHA MANYOWA: KUPANGA MANYOWA MOSAVUTA KUCHOKELA MU DZENJE LA CHIMBUZI



KUDZALA MTENGO PAMBALI PA CHIMBUZI

1. Kumbani dzenje lakuya 1 mita ndi theka.
2. Mangani nyumba ya chimbuzi pamwamba pake.
3. Nthawi ili yonse mwagwiritsa ntchito thirani pang'ono dothi, phulusa, makala ndi masamba.

MUNGAPANGE BWANJI MANYOWA ANU

1. Masamba ouma ayenera kuthiridwa nthawi iliyonse mwagwiritsa ntchito chimbuzi.
2. Banja lonse limagwilitsa ntchito chimbuzichi.
3. Onjezelani dothi, phulusa ndi makala nthawi iliyonse mukatha kugwiritsa ntchito chimbuzi.
4. Onjezelani masamba ena owuma.
5. Pamene chimbuzi chatsala pang'ono kudzadza, zimene zimatenga masabata asanu ndi imodzi kapena miyezi khumi pa banja la anthu asanu ndi mmodzi. Thirani dothi lokwanila ndowa ziwiri ndipo mukhonza kudzala mtengo pambali pake.
6. Mtengo umakula ndikubeleka zipatso zazikulu chifukwa cha manyowa.
7. Kumbani dzenje pambali pachimbuzi lakuya mofanana bowlani chapansi ndipo manyowa amasunthila mudzenje latsopano.

- Mitengo yambiri imakula bwino pachimbuzi cha manyowa.
- Mitengo yanu iyenera itetezedwe bwino kuziweto ndipo mudzithirila madzi okwanila.
- Ngati mtengo wawuma dzalani wina.
- Dzalani mitengo yanu malingana ndikakulidwe kake.

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