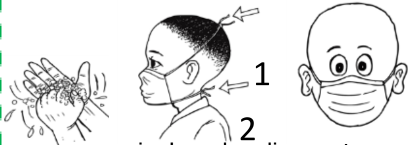
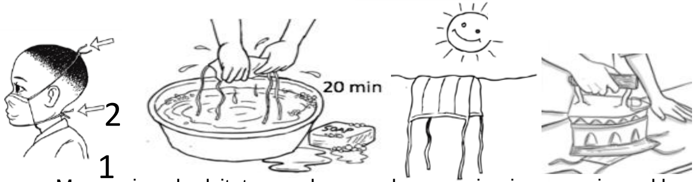
Uphungu wa Kagwiritsidwe ntchito ndi kasamalidwe ka ma mask (zodzitetezera kumaso) kuchokera ku #Masks4AllMalawi

Valani mask (chodzitetezera kumaso) musanachoke kunyumba



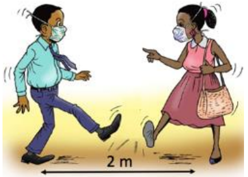
- Sambani m'manja ndi sopo kwamphindi (seconds) zokwana Makumi awiri
- Gwirani malamba okha povala ndi pomanga kunkhongo komanso yambani ndi kumanga malamba apamwamba
- Onetsetsani kuti mphuno ndi pakamwa zatsekedwa, onetsetsaninso kuti chodzitetezera kumaso chakhazikika bwino mmasaya, ndipo mukutha kupuma bwino lomwe

Chapani mask (chodzitetezera kumaso) mukavula



- Musagwire chodzitetezera kumaso koma gwirani zomangira zokha pomasula; ndipo muyambe ndikumasula zingwe zapansi
- Viikani chodzitetezera kumaso mu ndowa ya madzi ndi sopo kwa mphindi (minutes) zokwana makumi awiri
- Chapani mask (chodzitetezera kumaso) ndi sopo ochapira
- Tsukuluzani ndipo yanikani kuti mask (chodzitetezera kumaso) iume bwino musanagwiritse ntchito nthawi ina
- Ngati mulibe sopo ndi madzi: sitani mbali zonse kwa mphindi (minutes) ziwiri mbali iliyonse
  kapena yanikani pa dzuwa osachepela maola sikisi.
- Sungani bwino mask (chodzitetezera kumaso) mwaukhondo mpakana pamene mudzagwiritsenso ntchito

Gwiritsani ntchito mask (chodzitetezera kumaso) ngati njira imodzi yothana ndi matenda a COVID-19



- Talikilanani ndi anzanu (ma mita awiri)
- Osagwirana chanza, kapena kufumbatirana popereka moni
- Sambani m'manja pafupipafupi ndi sopo
- Osagwira kukamwa, mphuno ndi mmaso
- Pukutani ndi sopo malo onse okuda pothandiza kupha tizirombo
- Valani mask (chodzitetezera kumaso) mukalandira alendo panyumba ndipo pemphani alendo kuti avale mask (chodzitetezera kumaso) yawo

Ma Mask (zodzitetezera kumaso) saaletsa kuti musadwale, koma amathandiza kuchepetsa kuti kachirombo kangalowe mkamwa ndi mphuno angakhale kuti maso anu ali pachiopsyezo. Ma Mask (zodzitetezera kumaso) ndi chida chotchinjiriza kuti muteteze ena pamene muli ndi kachirombo ndipo mutha kufalitsa ka chirombo kwa ena inu musakudziwa.

Kuvala mask (chodzitetezera kumaso) sikunyada, koma ndi njira yoonetsera umodzi, chikondi ndi kulemekeza ena. Tiyeni tidziteteze ku kachirombo povala ma mask (chodzitetezera kumaso).

Ine ndikutetezani, Inunso nditetezeni!

Pakamwa ndi mphuno yanu zisaonekere panja pa mask

Yesetsani kuti musagwire gwire panja pa mask yanu

Musatayire pena paliponse ma mask

Osabwerekana ma mask
Mask imodzi ikhale ya munthu mmodzi yemweyo

Ana osapyola zaka ziwiri asavekedwe ma mask; chimodzimodzi anthu olumala kapena azifooko zina

Chenjezo: Masks4AllMalawi ndi onse ogwira ntchito za chifundo ku bungweli alibe udindo uliwonse zokhudza chikhalidwe kapena katetezedwe ka ma mask. Ma mask sanapimidwe pa makina kapena njira zina zamakono koma kafukufuku wa sayansi amalangiza kuti ndi njira imodzi yofunikira pothandiza anthu kuti ateteze anzawo pochepetsa kufala kwatizirombo toyambitsa matenda poteteza ku tizirombo. Kuti mudziwe zambiri, werengani patsamba la paintaneti ili masks4allmalawi.org