

NDIMVA CHAIN MIMBA YANGA IKAYAMBA KUCHOKA



Kuwawa kwa
mimba
(kupotokola)
+
Magazi amayamba
kutuluka



**DIZOSATIILA ZITI ZIMENE
ZIONEKE NDIKAMWA MAPILIWA (NDIMVA
BWANJI NDIKAMWA MAPILISIWA)**



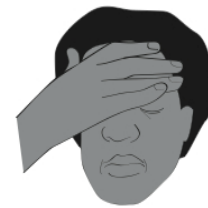
Kusengula
m'mimba



Kusanza



Kuwawa kwa
thupi



Kupweteka kwa
mutu



**NDINGAZIWEZI BWANJI KUTI NDIKUFUNA
KUPITA KU CHIPATALA**



Kutaya magazi kwambiri:
Kusithata ma pad awiri pa
ola limozi (1 hour)
Pa ma ola awiri (2hours)



Kutetha kwa thupi:
Kudusa 38° or 38° mpakana
ma ola 24 (24 hours)



Kuwawa kosiyasiyana:
Kuwawaa kopyolela ma
ola ochepa

Mukufuna chithandizo chambiri?
Pitani pa: www.womenhelp.org
Email: info@womenhelp.org

Translated by: Center for Girls and Interaction (CEGI Malawi)

