KUTETEZA NKHUKU KU MATENDA A CHITOPA

- Katemera
  - Zipatseni nkhuku katemera wa lasota kamodzi pa miyezi itatu iliyonse
  - Sungunulani mankhwalawa ndi kuika m'madzi akumwa ankhuku motere
  - Musazimwetse nkhuku madzi tsiku lonse kuti zikhale ndi ludzu ndi kumwa madzi a mankhwala amene muzipatse. Tayani ndipo tsukani momwera pakatha maola awiri. Perekani madzi monga mwa masiku onse.
  - Kapena zipatseni katemera wa I2 kamodzi pa miyezi inayi iliyonse Podonthezera m'maso.
  - Chitopa chilibe mankhwala, choncho, musazipatse nkhuku zanu katemera pamene zayamba kale kudwala kupewa kungoononga ndalama.

KASAMALIDWE

- Sungani nkhuku zimene zikuonetsa zizindikiro za matendawa m'malo osiyana ndi zimene sizikudwala.
- Pewani kutsegulira nkhuku zanu kuti zizikafuna chakudya ku malo a kutali kuti zisakumane ndi nkhuku za chitopa
- Onetsetani kuti mu khola momwe muli nkhuku zodwala kapenanso za thanzi simukulowa anthu chisawawa

MAWU OTSIRIZA

Matenda a chitopa cha nkhuku ndi oopsa. Onetsetsani kuti mukuzipatsa nkhuku zanu katemera pafupipafupi ndi kuzisamalira kuti muziteteze ku matenda a chitopa.

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Nkhuku zimagwidwa ndi matenda osiyanasiyana koma kawirikawiri, zimagwidwa ndi nthenda ya chitopa. Nthendayi imagwira nkhuku zing'onozing'ono ngakhalenso zikuluzikuliu. Chitopa ndi matenda oopsya kwambiri chifukwa amatha kupha nkhuku zonse ngati sizitetezedwa.

Matenda a chitopa amafala kwambiri pamene kwachita ng'amba chifukwa pa nthawi iyi, madzi amasowa ndipo nkhuku zimalimbirana madzi ochepa amene alipo. Ngati m'madziwa mwagwera zitosi kapena malovu a nkhuku zimene zikudwala chitopa, matendawa amafalikira. Chifukwa china ndi chakuti, kukachita n'gamba, anthu amagulitsa nkhuku kwambiri kuchoka ku dera lina kupita ku dera lina kuti apeze ndalama yogulira chakudya, zomwe zimaonjezera kufala kwa matendawa.

KODI MATENDA A CHITOPA AMAFALA BWANJI?

- Chitopa cha nkhuku chimayamba ndi kachirombo ka vailasi choncho alibe mankhwala.
- Kachirombo kameneka kamafala kudzera mu mpweya pamene nkhuku zimene zikudwala matendawa zikukhosomola kapena kuyetsemula.
- Kachiromboka kamatsaliranso m'makola amene munakhalako nkhuku zimene zimadwala matendawa ndipo nkhuku za thanzi zimene zasungidwa mkhola loteleri zimathanso kudwala matendawa.

MATENDA A CHITOPA CHA NKHUKU AMAFALANSO KUDZERA MU NJIRA IZI:

- Kumwetsera kapena kudyetsera nkhuku madzi kapena chakudya zimene mwagwera zitosi kapena malovu a nkhuku zimene zikudwala kale matendawa.
- Kachilombo koyambitsa chitopa kamatha kutsakamila ku zovala za anthu amene alowa mu khola lomwe muli nkhuku zomwe zikudwala. Anthuwa amafalitsa matendawa m'makola ena
- Kugwiritsa ntchito ziwiya zimene mumadyetsera nkhuku zodwala chitopa
- Nkhuku yodwala chitopa imaswanso ana a chitopa

ZIZINDIKIRO ZOONETSA KUTI NKHUKU YAGWIDWA NDI MATENDA A CHITOPA

- Kutsekula m'mimba zitosi zooneka mobiliwira
- Nkhuku zimachucha timadzi kuchokera mphuno ndi mkamwa
- Maso amatupa ndi kutuluka misozi
- Nkhuku zimalephera kudya ndipo zimaonda
- Nthenga zimayimilira / zimakhala nyankhalala
- Nkhuku zimayetsemula, kukhosomola komanso zimavutika popuma
- Nkhuku za mazira zimayamba kuikira mazira ochepa kapena osaikiranso kumene
- Nkhuku zimatha kufa miyendo ndi mapiko
- Nkhuku zimapotokola khosi
- Nkhuku zambiri zimafa kwa kanthawi kochepa
- Dziwani kuti zizindikiro za matenda a chitopa zimafananirako ndi zizindikiro za matenda ena amene amagwira nkhuku kawirikawiri monga awa:
- Matenda a m'mapapo amene amachititsa kuti nkhuku izilephera kupuma, izikhosomola, komanso isamaikire mazira ochuluka.
- Matenda otsegula m'mimba
- Matenda oyambitsa kupuwala
- Matenda a njoka za m'mimba amene amachititsa kuti nthenga za nkhuku zizisosoka, nthenga ziziyimilira komanso kuti nkhuku iziikira mazira ochepa.
- Matenda a chimfine cha mbalame amene amatupitsa likombo la nkhuku, likombo limasintha mtundu komanso amapha nkhuku zambiri nthawi imodzi