

#Together #We Care

ITGA
International Tobacco Growers' Association

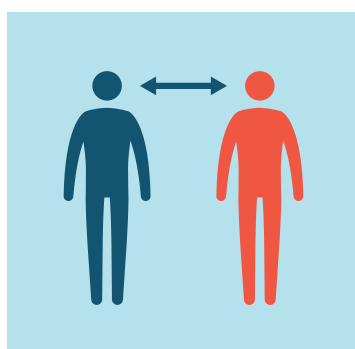
COVID-19 Tobacco Growers' Hub



Kusamba mmanja

Sambani mmanja mwanu mosamala kawirikawiri ndi sopo kapena ndi mankhwala otsukira mmanja ovomerezeka.

Sambani mmanja mwanu ndi sopo kawirikawiri kwa mphindi zopitirira makumi awiri (20).



Kukhala motalikirana

Khalani motalikirana kwa mlingo wosachepera pa umodzi.



Pewani kugwira maso, mphuno ndi kamwa ndi mmanja mosasamba



Tsatani njira za ukhondo pochita izi:

Pokhosomola kapena kuyetsemula, chitirani mkati mwa chigongono

Osataya paliponse mapepala opukutira mmanja koma mukachidebe koyenera kapena ku dzala.



Pukutani ndi kutsuka ndi mankhwala zida malo onse omwe amagwiridwa pafupipafupi



Mukamva zizindikiro monga kutentha thupi, kukhosomola ndi kubanika popuma pezani thandizo la kuchipatala.

Khalani pa nyumba ngati simukumva bwino. Tsatirani njira zomwe zaikidwa ndi unduna wa zaumoyo zodziwitsira achipatala