

## Nyassouiya zihouhoussowo wawade walo malagoni na mapvani

### Houtondra yi swiha na wounono waho

- Hourenga na houtounda ou morowamwili awou tamperatwiri mara mbili soukou.
- Zitrongo zahizidi hira outwabibou doukouteri waho nahika kassoudjibou outso hira yi samu yali bavou lahari nambari nde yi 15.

### Hou baki malagoni na pvani

- Houbaki dagoni na pani yilazimou yi fanyi shihe haroumwa fouko mahoussossou pvou nguiyayo hawa hawouzouri.
- Yiyo anzima nafikira ya hou pvoungoudza moutsanganyihou wa wouwanadamou nahousshishisha wou wade woussirandre nahou nyineya harou mwa yinyoumba.
- Madirisha nayi milango yilazimou yahi bouliwawo oushashi mara ntrarou harisoukou moja. Yatsokandjema mwade ake namouraba washo wahe weke.
- Hali ya guina mouraba wahioumoja dagoni ourafou naouzidi kabissa na hou fanyishi hakakoula wakati.
- Odejaveli na yafana odejaveli yissou shashihe dagoni.
- Houssitahi mipaka yahouka pvwamoja.
- Oushashi metera bili bayina ya mwana damou na mwana damou nde yalazimou yissou tahiwa.
- Wantrou wassike karibou na karibou na karibou houssosswani wantroumama wamira wantrou walo na mawade madzitroyadahari na wadouhazi.

### Houwassa yi mihono yama yama.

- Houwassa yimihono yama yama yilazimou yi fanyishihe yana wakati ha houroumiya sabouni oushashi mara nne ata houpara mara sita hari mwasoukou. Moutsojouwa mouroumiye na jeliya bihanyiya na alikoli yi woudzwao farmassi.

### Mikala na zountrou zi roumimwayo na wantrou wengui.

- Telehoni portable awou oridinateri awou pwanye zami lango zi lazimiwani zahi pvangoulwa yama yama hahou roumiya odijaveli.

### Zingouwa na zi dara

- Na hi ka atsosindra mwade atso phanya ntrongo waye mwenyewo.
- Assou hounkoukounte zingouwo wala zi dara.
- Atso fouwa zi ngouwo zi dara hari mwa mashini ya hou fouwa waye mwenyewo wala assilaroumisse.
- Oushashi dakika thalathini noussou lera zahoufouwa hari daradja za para sitinina ya ani degre sitini

### Shifon sha yama yama montsi

- Houssitehi zi nya ssouya za ourafou wa monitsi nayi mikabala yanguina.
  - Yibalidziwa kabissa houroumiya yi mashni hiriwawo shizoungou aspirater.
  - Ourafou oula zimou oufanyishihe ha roumiya shi tamba awou seripiyeri mara moja bassi.yahi roumiwa yi tsatsiwe.nari roumiye na prodwi zala zimou.
  - Halafou ri fagouwe ha houroumiya shitamba shanguina awou seripiyeri yangunina ntahafou.namaji marafou ya robine.
  - Nahoumisse jouwajou.
  - Halafu mntru aose montsi na kila vahanu ha maji na odejaveli ya vuvulwa ha 0,5% ya kloru ifanyao hazi (litiri ya odejaveli ya 2,6% + litiri 4 za maji)