

# Pork Tapeworm (Nyanja, Chewa and Chinyani), Malawi, Zambia and Mozambique

## TIYENI TIJUBE/TITHYOLE MUNDANDANDA WA NJOKA ZAMUNKHUMBA

ndi machitidwe asanu ndi amodzi awa

### 6. Muphike bwino nyama

Nyama yankhumba iphikidwe kweni-kweni kwanthawi yayitali kuti isakhale ndimalo yayibisi ndiponso uchosa magazi. Mukatero, masese adzaphedwa ndiponso mudzachingirira matenda.



### 5. Pimani ngati nyama ndiyabwino

Periyani ndi kupima nyama mosamala bwino kuti mutsimikize kuti ilibe masese/nsembe.



Nyama ili ndi masese/nsembe isadyedwe kapena kugulitsidwa.

### 4. Imisani/lekesani nkhumba kumayenda-yenda

Sungani nkhumba zanu mukhola kapena kudzingirira kuti zisadye tui za anthu zokhala ndi timadzira twanjoka zamumimba.

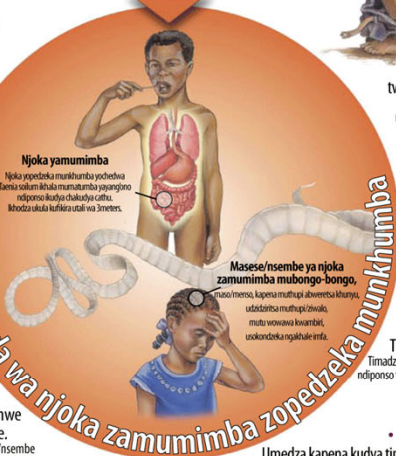


Anthu atenga njoka zamumimba ngati adya masese/nsembe mu nyama yosaphikhidwa bwino



Nyama ya nkhumba yomwe ili ndi masese/nsembe. Timadzira tikula umakhala masese/nsembe yamene yapedzeka munyama yodwalayo

Mwana uyu ali ndi njoka ilikukula mumimba mwayiye



**Njoka yamumimba**  
Njoka yopedzeka munkhumba yochedwa lensa colium ikhala mumumimba yayangano ndiponso ikhala chakudya chathu. Kkondozeka kufikira utali wa 3meters.

**Masese/nsembe ya njoka zamumimba mubongo-bongo.**  
Muso/meso, kapena muthupi ubweretsa khonyu, udzidzira muthupi omala, muthu wovwira kusambit, usokonzeka ngakhale infu.



**Nkhumba zinkhala ndimatenda.**  
Nkhumba zisanangirira zimanga matendo yakudya tui wa anthu umene uili ndi timadzira twanjoka zamumimba

Madziko ndi madziko atimadzira twanjoka zamumimba timachoka mutuvi. Zidutsa zanjokazo ziwoneka mutuvi ndiponso mudzidutsawo muchoka timadzira twambiri-mbiri, madziko-ndi madziko.



Timadzira tifalitsidwa mosabvutikira. Timadzira twanjoka zamumimba tiyopisanthaka/dothi ndi madzi, ndiponso tikhoza ukhala kumanja, muchakudya ndimamadzi akumwa.

Umedza kapena kudya timadzira twanjoka zamumimba ndichintu chowopsya.



Timadziratu tukhula ukhala masese/nsembe mu bongo-bongo, mumaso ndi munyama/muthupi zanu ubweretsa khonyu, khungu/umpofu, udzidziritsa kwathupi kapena zialo, kuwawa kwambiri kwamutu, ufunta/kotsokonedzeka ngakhale infu.

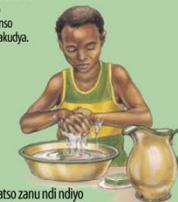
### 1. Gwiritsani nchito chimbudzi ntawi zonse

Gwiritsani nchito chimbudzi kuti mulese tumadzira twanjoka zamumimba kuti tiwe mu nkhumba ndi anthu ena.



### 2. Sambani mumanja mwanu

Tumadzira twanjoka zamumimba nditwatingono kuti mulephera kutuwona ndimaso ndipo tifalitsidwa mosabwita. Sambani bwino mumanja mwanu pakugwiritsa nchito sopo ndi madzi yaudongo mwatha kugwiritsa nchito chimbudzi ndiponso musanagwira chakudya.



Musuke dzipato zanu ndi ndiyo zamasamba Mugadutse madzi yakumwa.

### 3. Mupite kuchipatala

Ngati muganiza kuti muli ndi njoka zamumimba, pitani mwachangu ku chipatala kukachiritsidwa kapena kukatenga mankhwala.



Mankhwala yakhoza kupa njoka zamumimba ndikuletsa ufalitsa matendayo kumkhumba ndi anthu ena.

Krecek and Krecek cc.  
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Illustrated by Barry Jackson and Designed by Loro Lake.

