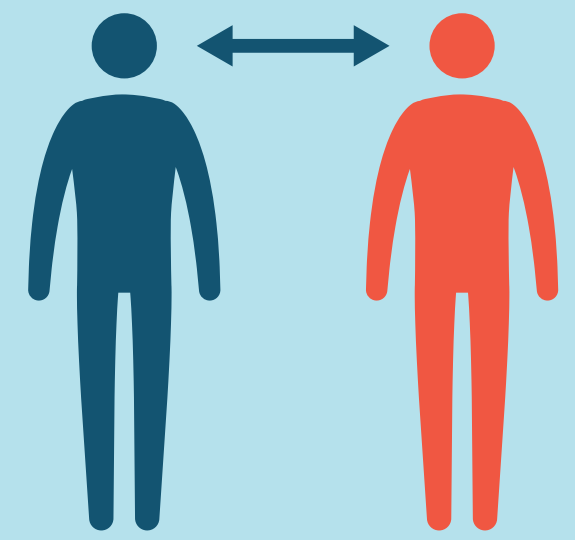


ITGA

International Tobacco Growers' Association

#Together
#We Care

COVID-19 Tobacco Growers' Hub



Kukhala motalikirana

Khalani motalikirana kwa mlingo
wosachepera pa umodzi



Tsatani njira za ukhondo pochita izi:

Pokhosomola kapena kuyetsemula,
chitirani mkati mwa chigongono.



Pewani kugwira maso, mphuno
ndi kamwa ndi mmanja mosasamba



Pukutani ndi kutsuka ndi mankhwala
zida malo onse omwe amagwiridwa
pafupipafupi



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).



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.

Source: World Health Organization (WHO), Connecticut's Official State website / (
<https://portal.ct.gov/coronavirus>), Food and Drug Administration (FDA), Food and Agricultural Organization (FAO), British Columbia State Government.

