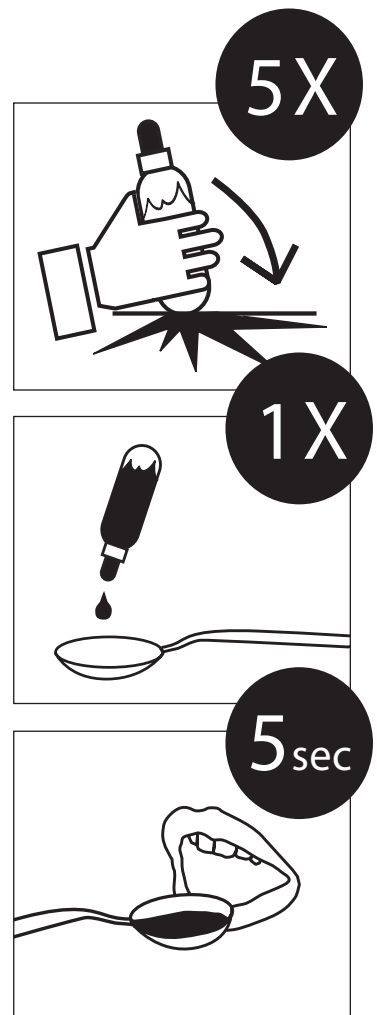


## ! Umo tingagwiliskira ntchito PC1

515 (5 bangs, 1 teaspoon, 5 seconds)

kumwa kamoza padazi  
pambere tindamwe mankhwala, timbiskani botolo  
pamalo yakukhola kankhonde ( 5 times)  
tolani teaspoon yakuzulayamankhwala nakumwa  
pambere mundamile, vuwatani kusi kwa lulimi  
kwakanyengo kachoko, nakumila.



!

- kurya panyake kumwa kanthu yayi mpaka pajumphe 5 minutes mundamwe or kurya, kweniso 5 minutes pala mwamwa mankhwala.
- maji mmankhwala yawonekenge mbeee, kwambula kuthimbilira, kweniso pala tatolamo, kuwezgeramo yayi, panji kukola kachijaliro or kumwa namulomo yayi.
- sungani botolo la mankhwala pamalo yakuzizima, patali nachithukivu kweniso kotcha kwa zuwa.
- tingamwa mankhwala nyengo yili yose padazi.
- usange tikulwara-lwara yayi ,timanye kuti tichali nakachibungu ka HIV, tikwenera kutola botolo linyake usange lakwamba lamala kweniso tikwenera kujivikilira pala tigonanenge, chifukwa tingapeleka kachibungu kuwanyithu kweniso naseso tingasazgirapo icho chingapangiska kukhira kwa chivikiliromuthupi lithu.
- PC1 ngwambula kaheni ku wamama wathumbo, twabonda, wana wachoko, wachekulu kweniso ngwakovwira chomene ku awo wakumwa ma ARV's.