Kayesedwe ka kaonedwe ka maso

1. Fotokozani kwa makolo ndi mwana kuti mukufuna kuyesa .mmene maso akuonera chifukwa mwina akhoza kukhala ndi vuto Fotokozani kuti izi sizipweteka ndipo sizitenga nthawi.

2. Yesani ma mita 6 (6 metres) poyesa masitepe amene mungayende kuti akwane 6 mitazi. Ikani chizindikilo pamene mwayambila ndipamene mwathera.

3. Gwilani chilembo cha **E** pamulingo wa 30 sentimita kuchokela pamene mwana wakhala ndikumufotokozera kuti mukufuna adziloza kumene chilembocho chaloza. Chitembenuzeni chilembochi kangapo kuti mutsimikize kuti mwana wamvetsa zimene mukufuna kuti achite

4. Pamene mwatsimikiza kuti mwanayo wamvetsa, muuzeni kuti akaime pamene mwaika chizindikilo cha 6 mitazi ndikuyang'ana inu

5. Muonetseni chilembo cha E chija kanayi mukuchiyang'nitsa kosiyasiyana nthawi zonse. Mpatseni mwayi mwanayo kuti asonyeze kumene chilembo chayang'ana

6. Werengetsani kuti kodi mwana analondola kangati kumene chilembo chinayang'ana

7. Atumizeni ana onse amene analakwitsa kamodzi kapena kupitilila apo

.

Zoti tiwauze makolo

Osawauza makolo kuti mwana wao ndi osaona chifukwa izi zikhoza kuwakhumudwitsa kapenso inu mukhoza kukhala mutalakwitsa.

Auzeni kuti mwana wao afunika adzayezedwe kumalo amene adzakhazikitsidwe kumudzi komweko posachedwa.

Zimene ndiyenera kuchita tsopano:

Malizani kulemba fomu imene mwapatsidwa.

Alimbikitseni makolo kuti adzapite ndi mwana kuti akayezedwe patsiku lomwe adzauzidwe.

Onetsetsani kuti mwampelekeza mwana ndi makolo ake patsiku limene akufunika kukayezedwa

Childhood Blindness Project

BICO

Blantyre Institute for Community Ophthalmology

Excellence in Community Eye Health

Queen Elizabeth Central Hospital, Blantyre

Project Co-ordinator, Blantyre Institute for Community Ophthalmology (BICO)

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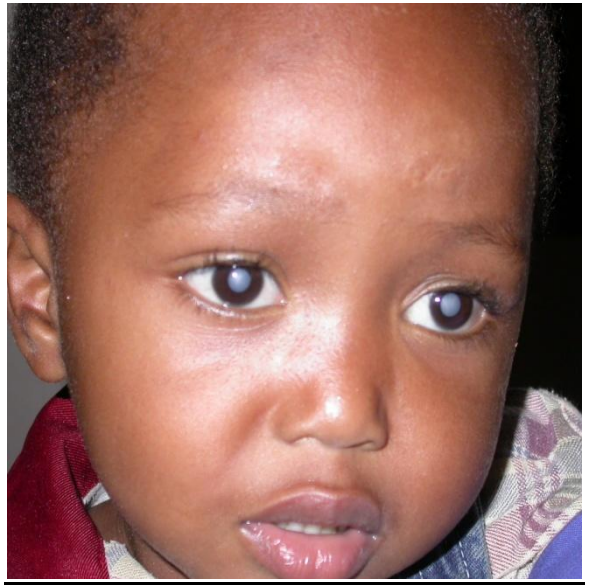
Ana ofunika kuwatumiza kwa Dokotala

Chipsyela: Kagalasi koonela kanaonongeka



Ng'ala: Kakuda kapakati pa diso kakuoneka koyela.

Maso akuoneka abwino powaona koma nkati mulimatenda.

Ana osaona tingawapeze bwanji:

Ikani uthenga mmalo onse amene anthu amapezeka.

Kambilanani ndi atsogoleri a mmudzi

Kambilanani ndi aphunzitsi.

Yendani khomo ndi khomo kufunsa makolo ngati ali ndi mwana amene sauna bwino.

Funsani amai ndi abambo ngati ana osaona akukumana ano kumene iwo amakumana.

Lengezani ku tchalitchi, ku maliro, kumsika ndi malo ena amene anthu angasonkhane.

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