

**Okujjanjaba nga weyambisa
obutonde endwadde z'ekifuba
zonna ne amp; obulwadde
obukosa enzisa mu nkoko.**

Ebiviraako obulwadde obukosa enzisa y'ebisolo
Kakasa nti oyawula ebinnyonyi ebirwadde osobole okutangira
okusaasaana kw'obulwadde. Okwongeraako, wekenneny nnyo
ebinnyonyi okulaba ebirwadde era obiwe n'emmere ng'obyawudde

Okujjanjabisa obutonde

Tandiika na kwoza n'okutabula ekinzaali ne kamulaali,
oluvanyuma gattamu ejjiiko emu mu buli liita 3 eza mazzi
g'okunywa kino kiyamba nnyo mu kutta enjoka eziyitibwa gape
worm.

Mu ngeri endala, sekula katungulu ccumu, gloves bulungi era
otabule mu mazzi enkoko g'enywa. Okwongerezaako, osobola era
okugatta omuzigo oguva mu binaazi mu mazzi enkoko g'enywa
oba enkoko ziwe omuzigo oguva mu binaazi mu bifo ebikoseddwa
ng'ozikuba mu kamwa.