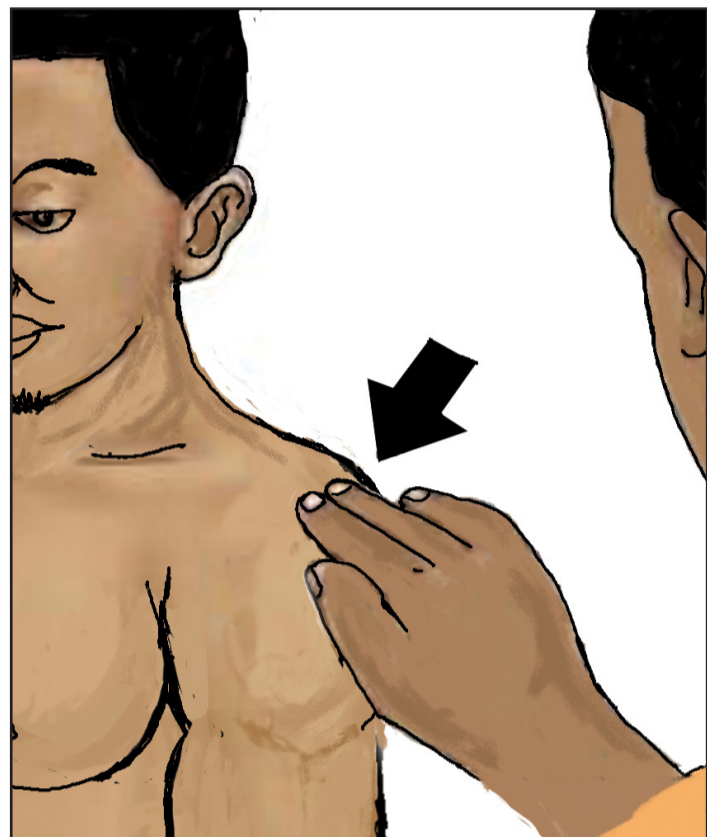


Kuyesa MUAC wa achinyamata ndi akulu

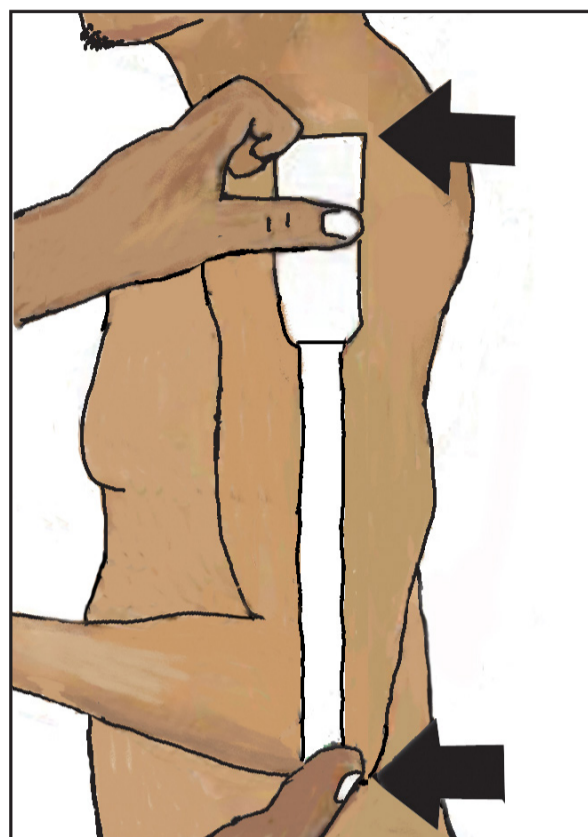
1. Pezani pakati pa gawo la ku mtundakwa nkono

Sitepe 1a



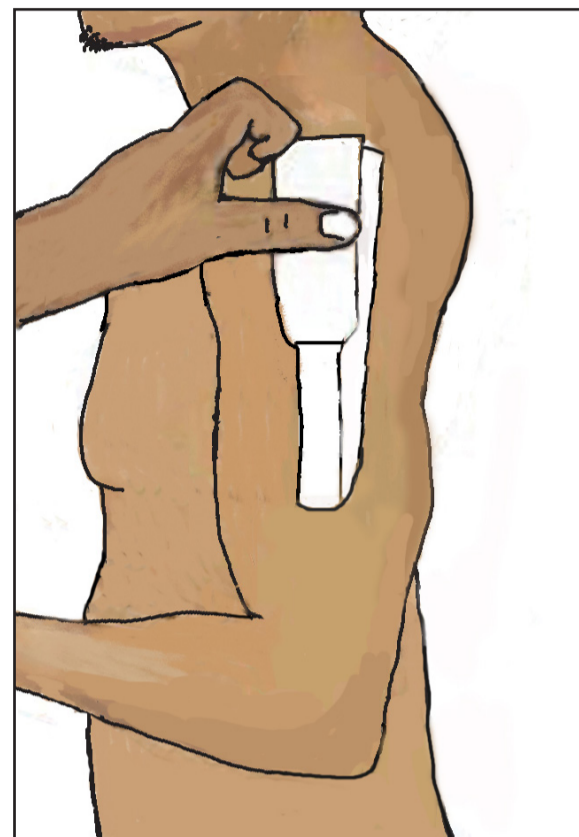
Nthawi zonse yesani nkono wa kumanzere. Pindani nkono pa chigongono moloza kutsogolo. Pezani pakati pa gawo la ku mtunda kwa nkono.

Sitepe 1b



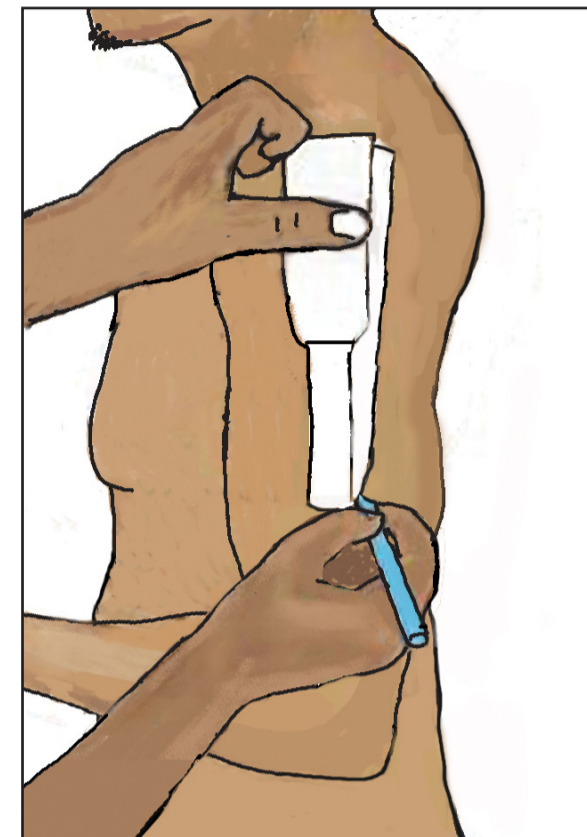
Gwiritsani ntchito chala chachikulu poikatepi kuchokera pa chigongono kufika pa phewa.

Sitepe 1c



Pindani tepi kuti mbali yaku chigongono ikumane ndi mbali ya pa phewa.

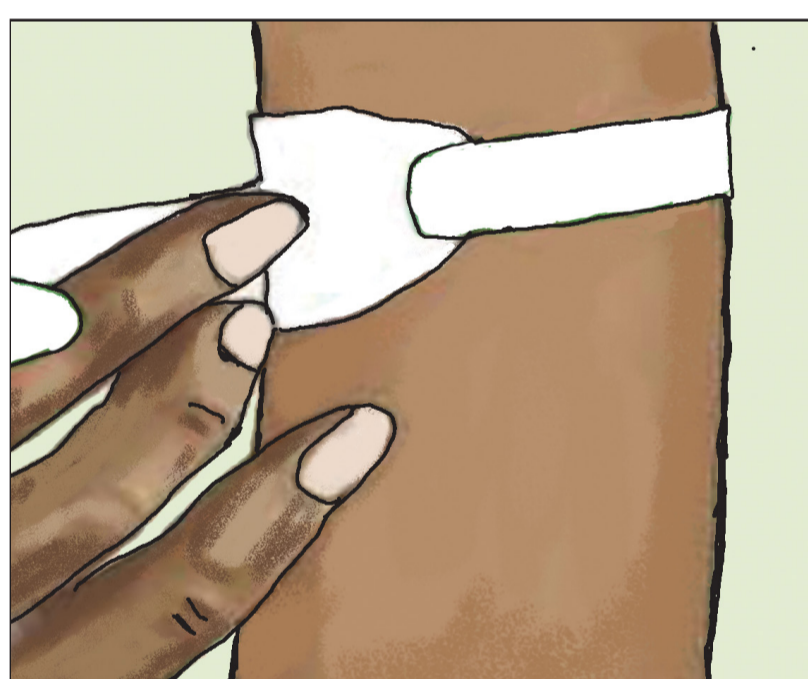
Sitepe 1d



Lembani chizindikiro pakati pa gawo la kumtunda la nkono pa malo pamene mwapinda tepi.

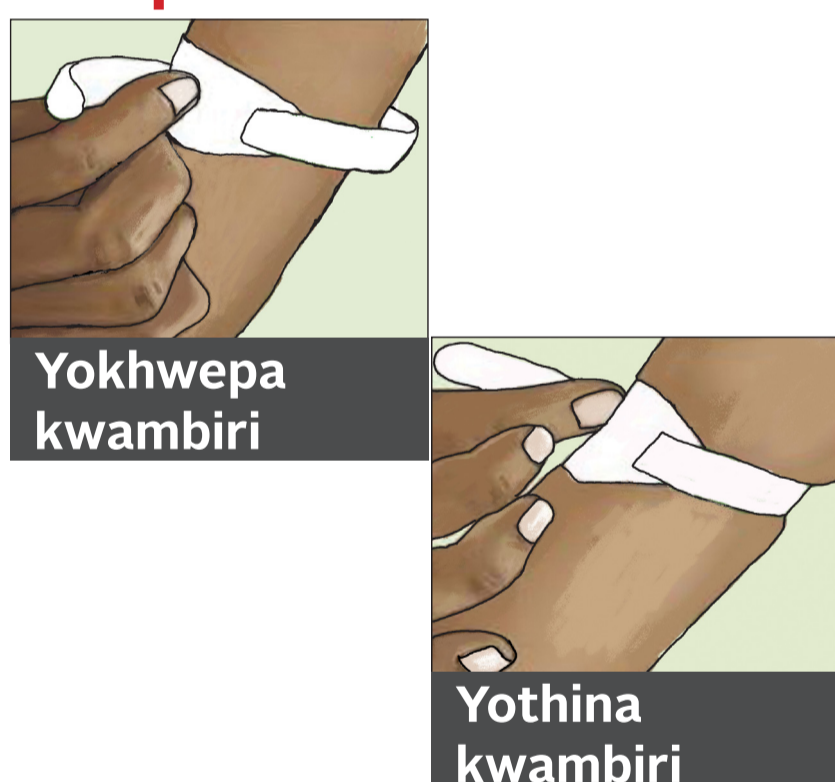
2. Yezani kukula kwa mkono mozungulitsa tepi

Sitepe 2a



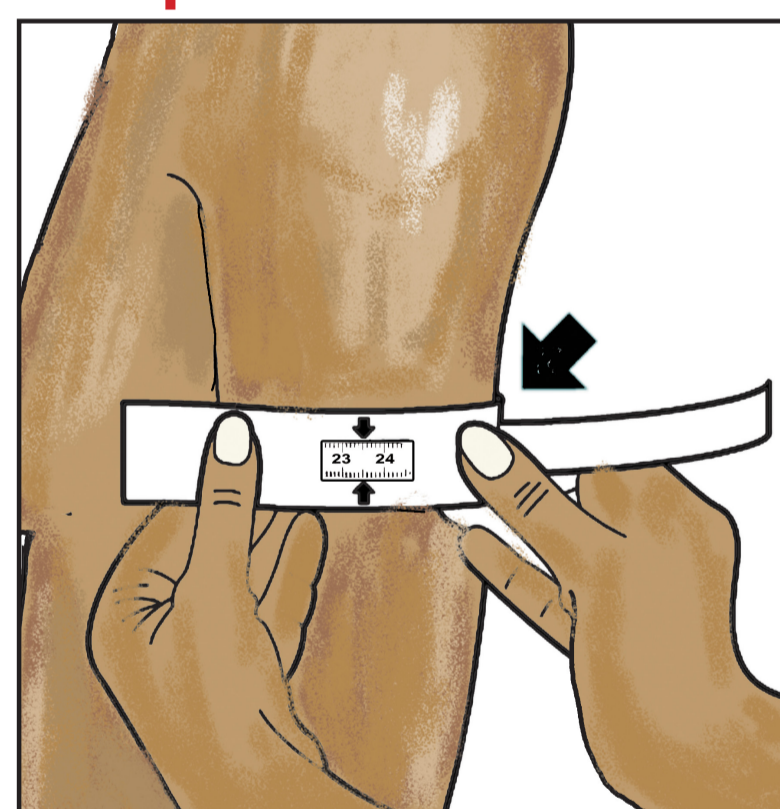
Wongolani nkono. Zungulitsani tepi pakati pa gawo la kumtunda la nkono ndipo ilowetseni mu komangila kake.

Sitepe 2b



Sunthani pomangira tepi kuti isathine kapena kukhwepa kwambiri.

Sitepe 2c



Onani kukula kwa nkono m'mamilimita pamalo amene timivi tikuloza.

3. Pezanigulu sangani gulu

Gulu	Kuwonda kwambiri	Kuwonda	Wathanzi
Achinyamata a zaka pakati pa 12 ndi 15	Ma milimita ochepera 160	Ma milimita a pakati pa 160 ndi 184	Ma milimita 185 kapena kupitilira
Achinyamata a zaka pakati pa 15 ndi 18	Ma milimita ochepera 185	Ma milimita a pakati pa 185 ndi 219	Ma milimita 220 kapena kupitilira
Akulu*	Ma milimita ochepera 190	Ma milimita a pakati pa 190 ndi 219	Ma milimita 220 kapena kupitilira

* kuphatikiza amayi a pakati komanso oyamwitsa