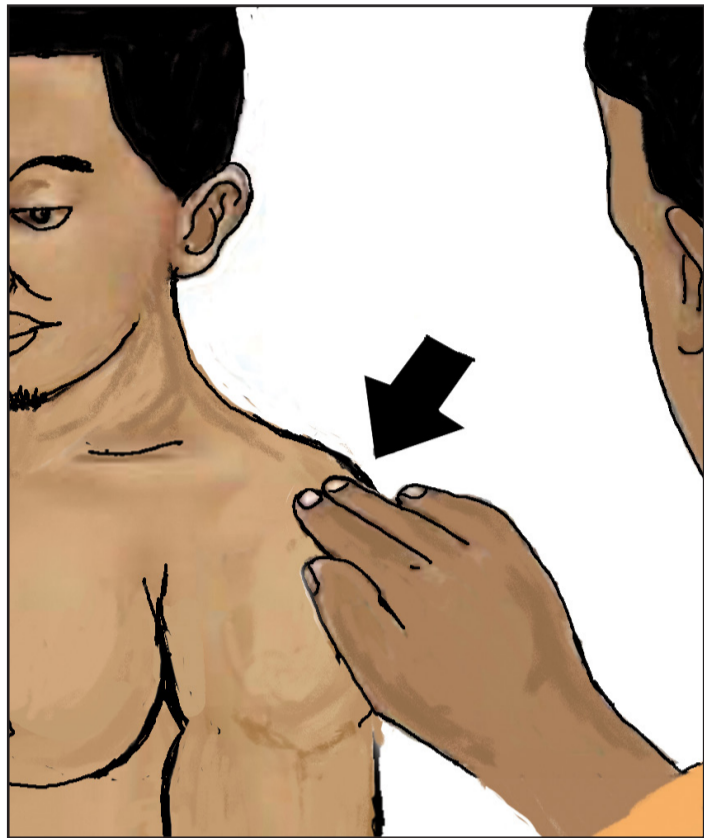


Kupima MUAC ku bawukilano na balala

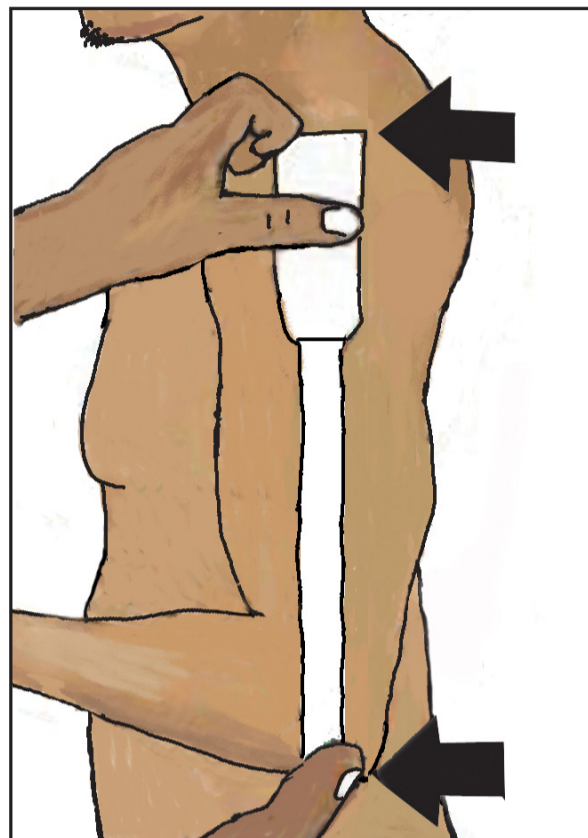
1. Sangani pakati pa chigaba cha kuchanya kwawoko

Sitepu 1a



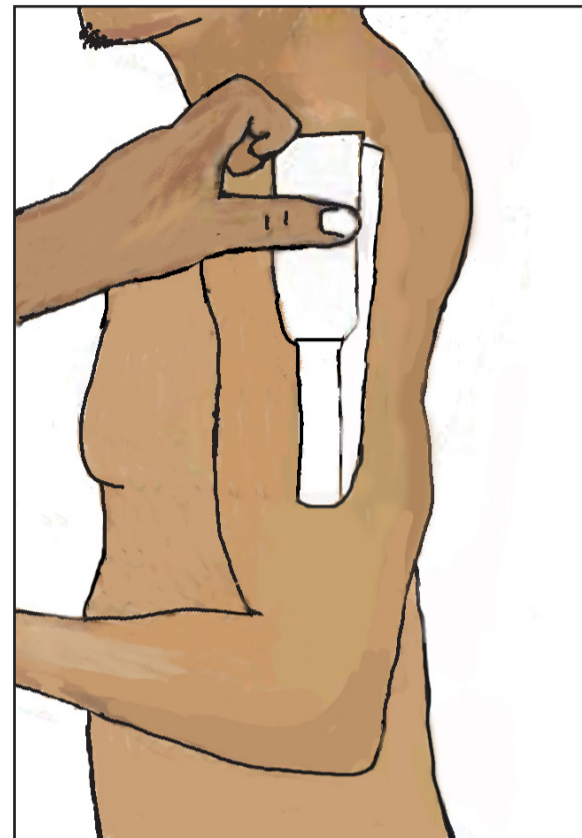
Pimani woko la kumalizere nyengo zose. Gobani kawoko pakasukusuku. Sangani. Pakati pa chigaba cha kuchanya kwawoko.

Sitepu 1b



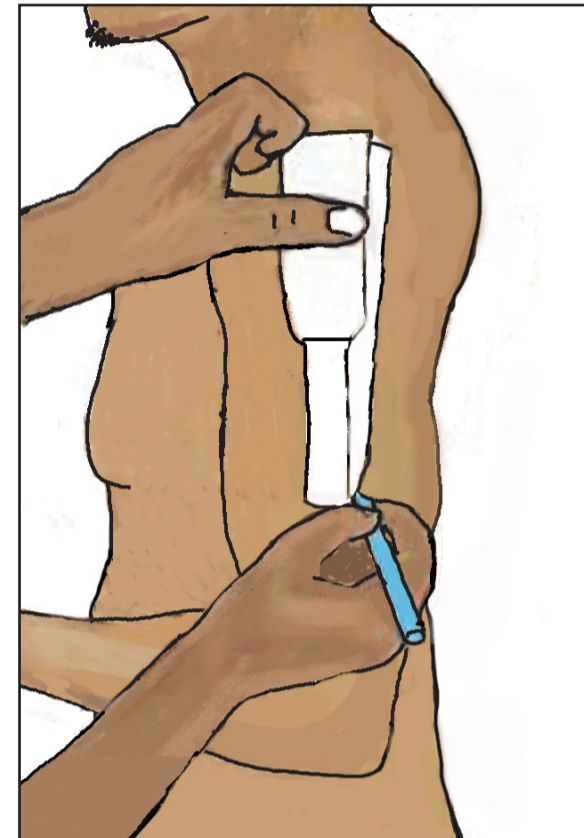
Gwiriskani ntchito chigunyu pakubika tepi kufuma pa kasukusuku mpaka pa chibeya.

Sitepu 1c



Petekani tepi kuti chigaba cha ku kasukusuku chikumane na cha ku chibeya.

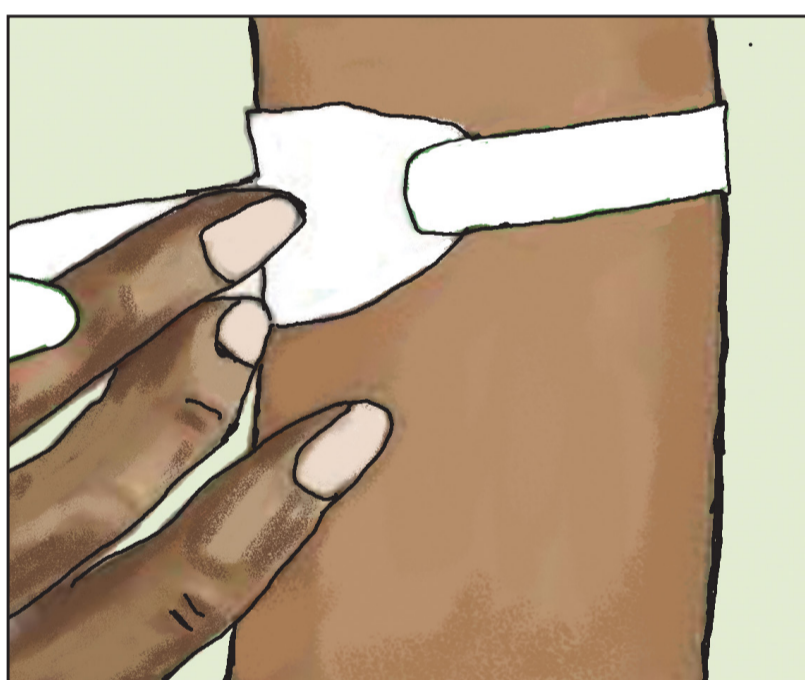
Sitepu 1d



Lembani chimanyiskiro pakati pa chigaba cha kuchanya cha woko pa malo agho mwapeteka tepi.

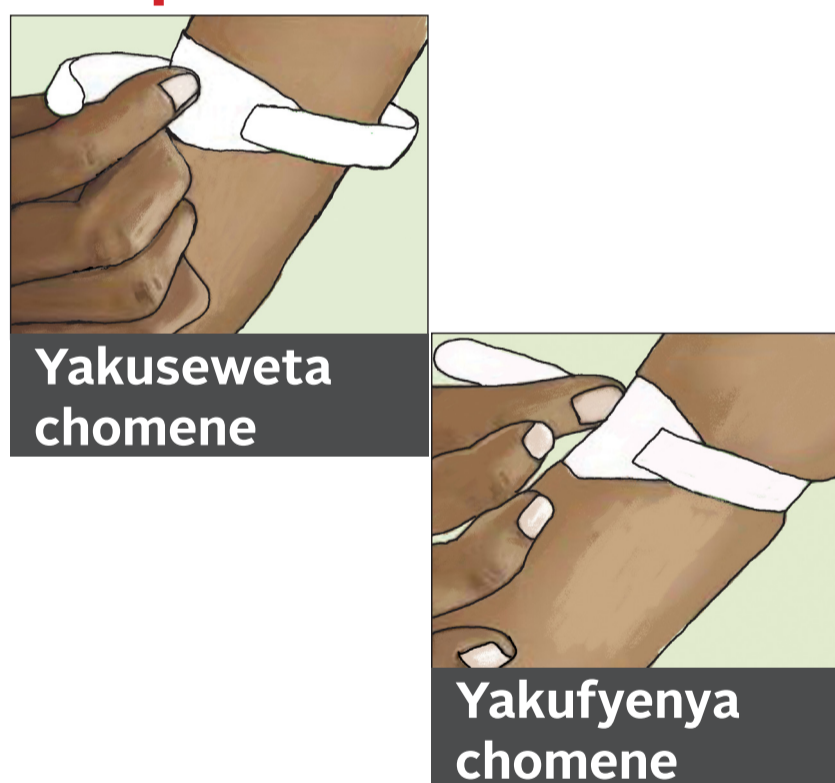
2. Pimani ukula wa woko mwakuzingizga tepi

Sitepu 2a



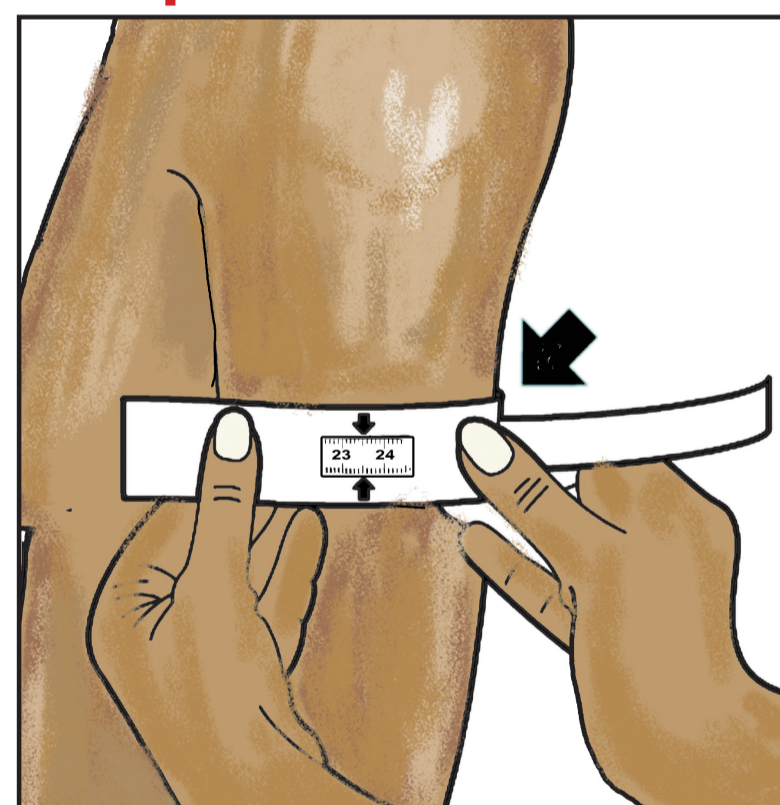
Nyololani woko. Bikani tepi mwakuzingilizga pakati pa chigaba cha kuchanya cha woko ndipo muyinjizge mu kakukakila kakhe.

Sitepu 2b



Sinthani tepi kuti ikhale makora kwambula kuseweta panji kufyenya.

Sitepu 2c



Tolani saizi ya kukula kwaoko m'mamilimita pamalo agho tumivi tukulongola.

3. Sangani gulu

Gulu	Kughanda chomene	Kughanda	Wathazi/wankhongono
Bawukilano ba vilimika vya pakati pa 12 na 15	Ma milimita ghakuchepera 160	Ma milimita gha pakati pa 160 na 184	Ma milimita 185 panji kujumpha apa
Bawukilano ba vilimika vya pakati pa 15 na 18	Ma milimita ghakuchepera 185	Ma milimita gha pakati pa 185 na 219	Ma milimita 220 panji kujumpha apa
Balala*	Ma milimita ghakuchepera 190	Ma milimita gha pakati pa 190 na 219	Ma milimita 220 panji kujumpha apa

* kusazgirapo bamama ba pathupi nabakonkheska