

Engeri ez'obutonde ez'okukuumamu enkoko nga namu bulungi

Embeera yobulamu bwebinyonyi bukosa obungi bw'amagi nenyama obusobozi bw'okukosa eby'enfuna neby'endya by'omulungi okutw'alira awamu.

Nga enyama n'amagi genkoko bwebirimi ekirungo kingi ekizimba omubiri era n'okuleeta sente nyingi eri omulunzi, amazzi ag'okunywa amakyaafu, ekifo ekijama wamu nemere etali nungi birwaaza enkoko ekireetawo obw'etaavu mukuziyiza ekireeta obulwadde.

Entangira ez'obutonde

Enkoko bwezirwaala, zirekeraawo okubiika amagi era nendala zifa, longoosa enyumba buli lunaku era ojemu emere etaliriddwa oba eyononese era kakasa nti enkoko ziyina amazzi amayonjo agamala. Gatamu amata g'obuwunga n'ekirungo kya potassium permanganate mu mazzi era owe enkoko emere erimu ebiriisa byona nga otabudemu katungulu cumu naye katungulu cumu aweebwa omulundi gumu oba ebiri buli wiiki.

Mungeri yeemu, omulundi gumu buli mweezi ebinyonyi biwe kubikoola era oziwe eddagala erita ebiwuka mulubuto omulundi gumu era osobola okukozesa amasanda g'amapapaali nga gagatidwaamu amazzi. Kulw'amagi amalungi, gatamu ekirungo ekigumya amagumba ekya calcium mu mere era otangire ebitonde ebinyuunyusi ebiyinza okuletera ebinyonyi okusiyibwa, ebyooya okuvaako, Ebula ly'omusaayi era n'okufa.

Ekisembayo jamu obukuta obukadiye era obusikize n'obupya era ozifuuyire.