

- ✓ Féri mwaren fan wanu atun óup iteiten 24 awa (10 ngeni 12 atun óup ina sókkun met mi éch)
- ✓ Fenguni noum ewe monukón atun óup ika mi tongeni, pwan mwo atun an a pwin.
- ✓ Kesapw muut ngeni noum ewe monukón epwe tameseni 4 awa atun an meur nefinen ekewe atun óup.

- ✓ Aneani ekewe atun óup seni nepoputan ewin óup ngeni nepoputan ewe oruwen óup.
- ✓ Ausening ngeni an oromanong. Aisini noum ewe kangof iká mi kan usun néúwen met.

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