

Izimfonyo kulesikhathi se CORONA



Ngiyakuvikela. Nawe ngokunjalo uvikela mina.

Isimfonyo singasiza ukuvikela wena kanye nabanye sehlise nezinga lokubhebhetheka kwegciwane leCORONA. Abanye abantu abanazo izimpawu ezibonakalisayo futhi kungenzeka bangazi nokuthi sebanalo igciwane kodwa basengalidlulisela kwabanye. Isimfonyo sinciphisa izinga lamaconsi aphuma emakhaleni noma emlonyeni uma sikhuluma, sikhwehlela noma sithimula.

UNgqongqoshe wezeMpilo uDkt Zweli Mkhize, uthi wonke umuntu kumele afake isimfonyo uma esendaweni yomphakathi. Kumele siziphathise okwabantu asebevele behaqwe yileli gciwane leCORONA, sonke sifake izimfonyo uma siphuma ezindlini zethu.

OKUBALULEKE KAKHULU

KHUMBULA!

Nomangabe ufake isimfonyo kumele ungasithinti ngezandla lesi simfonyo futhi ungasibambi ebusweni bakho. Kusemqoka ukugeza izandla njalo ugweme nokusondela kakhulu kwabanye abantu.

TSUNDZUKA !

Na loko u ambale mask, u nga vi khumba mask kumbe ngohe ya wena. Nakambe swi na nkoka leswaku u hlamba mavoko ya wena nkarhi na nkarhi na leswaku u siya mpfuka lowu eneleke ku suka eka vanhu van'wana lava nga le kusuhi na wena.

Nansi indlela efanele yokusebenzisa isimfonyo



- Geza izandla ngensipho nangamanzi imizuzwana engama-20.
- Faka isimfonyo usebenzise ilastiki. Ungayithinti indwangu yesimfonyo.
- Qinisekisa ukuthi isimfonyo sakho siwavala kahle amakhala nomlomo nokuthi sihlezi kahle ngaphambi kokuthi uphume endlini.
- Ungasithinti isimfonyo futhi ungasiphakamisi noma usehlise lapho ufuna ukukhuluma, ukukhwehlela noma ukuthimula.
- Uma ubuya ekhaya sikhumule leso simfonyo ebusweni bakho ngokucophelela usebenzisa elastiki obagaxe ezindlebeni. Gwema ukuthinta indwangu yaleso sifonyo.
- Geza izandla ngemuva kokukhumula isimfonyo.
- Washa isimfonyo emanzini afudumele anensipho, usineke elangeni ukuze some. Bese usilula nge ayini eshisayo uma sesomile.
- Ungabolekisi ngesimfonyo sakho komunye umuntu.

Nansi indlela yokuzenzela esakho isimfonyo

Ziningi izindlela zokwenza izimfonyo ezikhona kwi inthanethi kodwa lesi esendwangu kulula futhi akumbi eqolo ukusenza, awudingi nokusithunga. Qinisekisa ukuthi isimfonyo sakho sakiwe ngendwangu oyiphindaphinde kathathu.

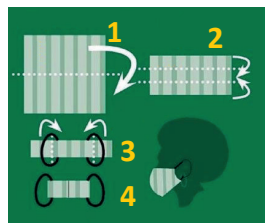
Ozokudinga

- Elastiki ababili
- Indwangu eqinile eyenziwe ngokotini. Ungasebenzisa isikhafu esidala, ishidi, indwangu yokugeza noma isikipa.
- Isikere umangabe uzodinga ukusika indwangu yakho
- Zenze zibe zimbili izimfonyo zakho ukuze kuthi lapho uwashe esinye ube naso ozosisebenzisa.

Imiyalo

Indwangu oyisebenzisayo kufuze ibebanzi ngokwanele ukumboza ubuso ibuye ibe yinde ngokwanele ukuthi ungayigoqa kathathu.

1. Goqa indwangu yakho ibe uhhafu.
2. Goqa umphetho ogenhla uwubeke phakathi nendawo. Manje ke goqa umphetho ongezansi uwubeke phakathi nendawo.
3. Faka ilastiki eceleni kwizinhlangothi zombili. Indwangu ingene phakathi kwelastiki.
4. Goqa umphetho ongakwesokudla nongakwesokunxele uyihlanganise phakathi nendawo, ushuthetheke uhlongangothi kolunye.



NAKHU OKUNYE ONGAKWENZA: Ungafaka ucezu lwephepha elakhelwe ukusula izandla noma leli elokusefa ikhofi kuleyo ndwangu ngaphambi kokulandela isinyathelo sesibili. Lokhu kuzosebenza njengesisefo. Lahla leso sisefo njalo uma usuqedile ukusebenzisa isimfonyo sakho

Bukela enye yalama vidiyo alandelayo izokusiza:

1. <https://sacoronavirus.co.za/2020/04/11/video-how-to-make-your-own-cloth-mask/>
2. <https://youtu.be/tPx1yqvJgf4>