



Ukutlhogomelana ngesikhathi se-Corona

Ama-maski wobuso ngesikhathi se-CORONA



Ngiyakuvikela. Nawe uyangivikela.

I-maski yobuso ingakusiza ngokukuvikela ivikele nabanye ekuriyadiseni ukurhatjheka kwe- CORONA virus. Abanye abantu abanawo amatshwayo namkha abazi ukuthi sebanayo ingogwana le kodwana bangayidlulisela kabanye kunjalo. Imaski le iphungula amathosana aphuma epumulweni namkha emlonyeni nasikhulumako, nasikhohlelako namkha nasithimulako.

Ungqongqotjhe wethu wezePilo uDorh Zweli Mkhize, uti woke umuntu kufuze embathe i-maski nabaseendaweni zomphakathi. Kufuze siziphathe ingasuthi woke umuntu unengogwana i-CORONA sembathe ama-maski nasisuka emakhaya.

KUQAKATHEKE KHULU

Awuyitlhogi i-MASKI YABEZOKWELAPHA
linsebenzi zethu zepilo zikhamba phambili ekufakeni phambili ipilo yazo engozini ngombana zisivikela. Bayawathoga ama-maski la. Batjengise bona unendaba nabo. Ngokuzenzela yakho i-maski.

KHUMBULA!

Ngitjho noma ngabe umbethe imaski kufuze unganande uyithinta begodu uzithinta ubuso. Kuqakathekile ukuhlamba izandla zakho soke isikhathi begodu ningabi semaduzelana khulu nabantu onabo.

Uyisebenzisa njani kuhle i-maski yakho yobuso

- Hlamba izandla zakho ngesibha namanzi imizuzwana ematjhumu amabili.
- Mbatha i-maski yakho ngokuyibamba emaregeni afakwa ngayo. Ungalibambi ngaphambili itjhila le-maski.
- Qiniseka bona i-maski yakho ivala ipumulo nomlomo ngokupheleleko begodu ikuhlezi kuhle ngaphambi kokuthi uphume ekhaya.
- Unganande uyithinta i-maski namkha uyikhuphukisele phezulu namkha ngaphasi komlomo nawukhulumako, ukhahlela namkha uthimula.
- Nawufika ekhaya yikhuphe ngokudosa iinrege. Linga bona ungalithinti itjhila le-maski.
- Hlamba ziandla zakho ngemva kokukhupha i-maski leyo.
- Hlanza i-maski ngamanzi atjhisako anesibha, bese uyineka elangeni bona yome. Uyi-ayine nasele yomile.
- Ungabolekani nomunye umuntu nge-maski yakho.



Ungazenzela njani yakho i-maski ngetjhila

Manengi ama-phetheni wokwenza ama-maski ongawathola ku-intanethi, ukwenza i-maski leyo kulula be kutjhiphile begodu akufuni nokuthi uthunge. Qiniseka bona i-mask yakho yobuso ineengaba ezintathu zetjhila.

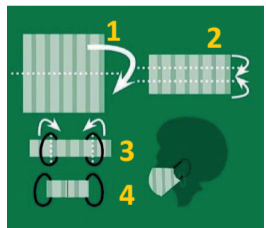
Nakhu ozokutlhoga

- Amabhande amabili werege
- Sebenzisa itjhila eliyivolo. Ungasebenzisa isikhafu esidala, ilageyini, ithawula namkha isikipa.
- Nesikero nangabe kufuze ulisike itjhila lelo
- Yenza ama-maski amabili kobanyana uzokwembatha elinye lokhuya elinye nalihlanziweko loma.

Imithetho

Itjhila lakho kufuze libe lide ngokweneleko bona livale ubuso ligone nokubuyeleleka kathathu.

1. Bhinca itjhila lakho libe siquntu.
2. Thatha ipente ephezulu uyilethe phakathi. Bese sewubhinca incenye yangaphasi ibe phakathi.
3. Sebenzisa irege ukubopha yoke incenye yetjhila olibhincileko.
4. Bhincela amahlangothi phakathi, ufake elinye ngaphakathi kwelinye.



NAWUFUNAKO: Ungafaka isitokana se- paper towel namkha i-coffee filter ngaphakathi kwetjhila ngaphambi kokuthi ungene esigabeni sesithathu. Lokhu kuzakuba sisefo. Lahla isefana leso, soke isikhathi nasele usebenzise i-maski yakho.

Bukela enye yanaka amavidiyo azakusiza:

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