

Tifonyo kulesikhatsi se-CORONA



Ngiyakuvikela. Nawe uvikela mine.

Sifonyo singasita kuvikela wena kanye nalabanye sehlise nelizinga lekubhehbetseka kweligciwane leCORONA. Labanye bantfu bete timphawu letibonakalako futsi kungenteka bangati nekutsi sebanalo ligciwane kodwa basengalengcisela kulabanye. Sifonyo sinciphisa lizinga lematfonsi laphuma emphumulweni noma emlonyeni uma sikhuluma, sikhwehlela noma sitsimula.

INdvuna yelitiko leteMphilo Dkt Zweli Mkhize, utsi wonkhe umuntfu kumele afake sifonyo nakasenzaweni yemphakatsi. Kumele sitiphatsise kwebantfu lesebavele bangenwe nguleligciwane leCORONA, sonkhe sifake tifonyo nasiphuma etindlini tetfu.

LOKUBALULEKE KAKHULU

AWUDZINGI kufaka SIFONYO SEBETEMPHILO.

Tisebenti tetfu tetemphilo tisebenta phambili tibeke timphilo tato engotini kute tsine siphephe. Bayatidzinga letifonyo letentelwe bona. Bakhombise kutsi unenzaba nabo. Lokungenani tentele sakho sifonyo.

KHUMBULA!

Nomangabe ufake sifonyo kumele ungasitsintsi ngetandla leso sifonyo futsi ungatibambi buso. Kusemcola kugeza tandla njalo ugweme nekusondzela kakhulu kulabanye bantfu.

Nayi indlela lefanele yekusebentisa sifonyo



- Geza tandla ngensipho nangemanti emasekhondi langema-20.
- Faka sifonyo usebentise ilastiki. Ungayitsintsi indvwango yesifonyo.
- Cinisekisa kutsi sifonyo sakho siyivala kahle imphumulo nemlomo nekutsi sihleti kahle ngaphambi kwekutsi uphume endlini.
- Ungasitsintsi sifonyo futsi ungasiphakamisi noma usehlise nawufuna kukhuluma, kukhwehlela noma kutsimula.
- Nawubuya ekhaya sikhumule leso sifonyo ebusweni bakho ngekucopehela usebentisa lama lastiki lowahhuke etindlebeni. Gwema kutsintsa indvwango yaleso sifonyo.
- Geza tandla ngemuva kwekukhumula sifonyo.
- Washa sifonyo emantini lafudvumele lanensipho, sineke elangeni kute some. Bese usilula nge ayini leshisako nasesomile.
- Ungablekisi ngesifonyo sakho kulomunye umuntfu.

Nayi indlela yekutentela sakho sifonyo

Tinyenti tindlela tekwenta tifonyo letikhona ku inthanethi kodwa lesi sendvwango kulula futsi akumbi ecolo kusenta, awudzingi nekusitfunga. Cinisekisa kutsi sifonyo sakho sakhiwe ngendvwango loyiphindzaphindze katsatfu.

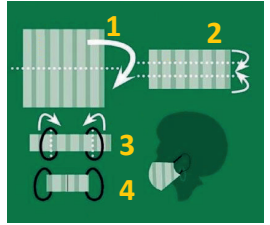
Utawudzinga

- Emalastiki lamabili
- Indvwango lecinile leyentiwe ngakotini. Ungasebentisa sikafu lesidzala, lishidi, indvwango yekugeza noma sikipa.
- Sikero nangabe utawudzinga kusika indvwango yakho
- Tente tibe timbili tifonyo takho kute kutsi nawuwasho lesinye ube naso lotasisebentisa.

Imiyalo

Indvwango loyisebentisa kufute ibebanti ngalokwenele kumbonya buso iphindze ibeyindze ngalokwenele kutsi ungayigoca katsatfu.

1. Goca indvwango yakho ibe nguuhhafu.
2. Goca umphetfo logenhla uwubeke emkhatsisini. Manje ke goca umphetfo longentansi uwubeke emkhatsisini.
3. Faka ilastiki eceleni etinhlangothini totimbili. Indvwango ingene ekhatsi kwelastiki.
4. Goca umphetfo longasekudla nangasencele uyihlanganise emkhatsisini, ushutheke luhlangotsi kulolunye.



NAKU LOKUNYE LONGAKWENTA: Ungafaka lucetu lweliphepha lelakhelwe kusula tandla noma leli lekusefa likhofi kuleyo ndvwango ngaphambi kwekulandzela sinyatselo sesibili. Loku kutawusebenta njengesisefo. Lahla leso sisefo njalo nawucedza kusebentisa sifonyo sakho

Bukela lenye yalama vidiyo lalandzelako itakusita:

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