

Tlhokomelo ka nako ya CORONA

## Mask tsa sefatlhego ka nako ya CORONA



### Ke a go sireletsa. Wa ntshireletsa.

Mask wa sefatlhego o ka thusa go sireletsa wena le ba bangwe le go fokotsa go anama ga mogare wa CORONA. Batho ba bangwe ga ba na matshwao kgotsa ga ba itse gore ban a le mogare, le fa go le jalo ba ka o fetisetse go batho ba bangwe. Mask o fokotsa marothodi a a tswang mo dinkong kgotsa mo melomong ya rona fa re buwa, re gotlholo kgotsa re ethimola.

Letona la tsa Pholo, Dr Zweli Mkhize, a re mongwe le mongwe o tshwanetse go tsenya mask wa letsela fa ba le mo mafelong a botlhe. Re tshwanetse go tsaya gore mongwe le mongwe o na le mogare wa CORONA mme botlhe re tsenyeng dimask fa re tswa mo magaeng a rona.

### SA BOTLHOKWA THATA

Ga o tlhoke MEDICAL MASK.

Badiredi ba rona ba tsa pholo ke bona ba tsenyang matshelo a bona mo kotsing go sireletsa rona. Ke bona ba tlhokang dimask tseno. Ba bontshe gore wa ba rekegela. Itirele mask o e leng wa gago.

### GAKOLOGELWA!

Le fa tota o tsentse mask ga wa tshwanela go tshwara mask le sefatlhego sa gago. Go santse go le botlhokwa go tlhapa matsogo a gago kgabetsa mme o katoganele batho ba bangwe ba ba gaufi nao.

### Ka fao o tshwanetseng go dirisa mask sentle ka teng



- Tlhapa matsogo a gago ka sesepa le metsi sebaka sa disekonto di le 20.
- Tsenya maska ka go dirisa di elastic band. O se ke wa tshwara letsela la mask.
- Netefatsa gore mask o khurumela nko le molomo wa gago gotlhelele mme ebile o lekana sentle pele o tswa fa gae.
- O se ke wa tshwara mask kgotsa wa o tsholetsa fa o buwa, o gotlholo kgotsa o ethimola.
- Fa o goroga kwa gae ntsha mask ka kelotlhoko ka go dirisa di elastic band. Leka go se tshware letsela la mask.
- Tlhapa matsogo a gago fa o sena go ntsha mask.
- Tlhatswa mask mo metsing a a bothitho a a nang le sesepa, o anege mo letsatsing. Fa o sena go oma o aene ka aene e e bolelo.
- Se abelane mask wa gago le batho ba bangwe.

### Ka fao o ka itirelang ka teng mask wa gago wa letsela.

Go na le mefuta e le metsi ya go dira dimask mo go internet mme fela mask ono wa letsela o bonolo thata ebile o tlhwatlhwa tlase go ka dirwa, ebile ga go tlhokege gore o roke. Netefatsa gore mask wa gago o na le boalo jwa matsela a le mararo.

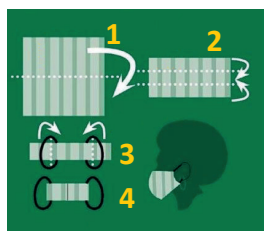
#### Se o tla se tlhokang

- elastic band di le pedi
- Metheriele o o logilweng wa cotton. O ka dirisa sekhafo sa bogologolo, llakane, Toulo ya matsogo kgotsa T-shirt.
- Sekere fa o tshwanetse go sega letsela.
- Dira mask di le pedi gore o dirise o mongwe fa o mongwe o tlhatswitswe o santse o oma.

#### Ditaelo

Letsela la gago le tshwanetse go nna letona go ka kgona go khurumela sefatlhego sa gago le botelle jo bo lekaneng go kgona go ka menwa ga raro.

1. Mena letsela la gago ka bogare.
2. Mena karolwana e e kwa godimo go ya kwa bogareng. Jaanong mena karolwana e e kwa tlase go ya kwa bogareng.
3. Tsenya elastic band mo letseleng le le mennweng.
4. Mena matlhakore go ya kwa bogareng mme o tsenye letlhakore le lengwe mo go le lengwe.



**TSELA E NNGWE:** O ka baya papetlana ya papertowel kgotsa coffee filter mo letseleng pele ga stage two. Seno se tla dira jaaka sefo. Latlha sefo nako nngwe le nngwe fa o sena go dirisa mask.

#### Bogela nngwe ya di video tseno go go thusa.

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