



CAPRISA

CENTRE FOR THE AIDS PROGRAMME OF RESEARCH IN SOUTH AFRICA

Infection Prevention & Control and Cloth Facemask use for COVID-19

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Indlela yokuvizikila Kanye nokuvikela abanye kwi Covid 19

Washa izandla zakho ngasosonke isikhathi

Indlela elungile yokukhwehlela

Ukuma buqhamama nabanye abantu;

Ukusebenzisa imask ngendlela;

Ukunakekela imask yakho ngendlela;

Ukuhlala nokusebenzela endaweni ehlanzekile;



Kungani isetshenziswa imask?

- Ukusebenzisa I mask kukuvikela ekutholeni isifo Se Corona Virus
- **Ngokusebenzisa I mask ngisuke ngivikela mina Kanye nawe**
- Abantu abaningi abane Corona ababinazo izimpawu zalesifo kepha bayakwazi ukuthelela abanye abantu.
- **Kusiza ngokugwema ukuthelela iningi Labantu uma umuntu onalesisifo ekhohlela noma ethimula.**



Igqokwa
kuziphi
izimo
imask

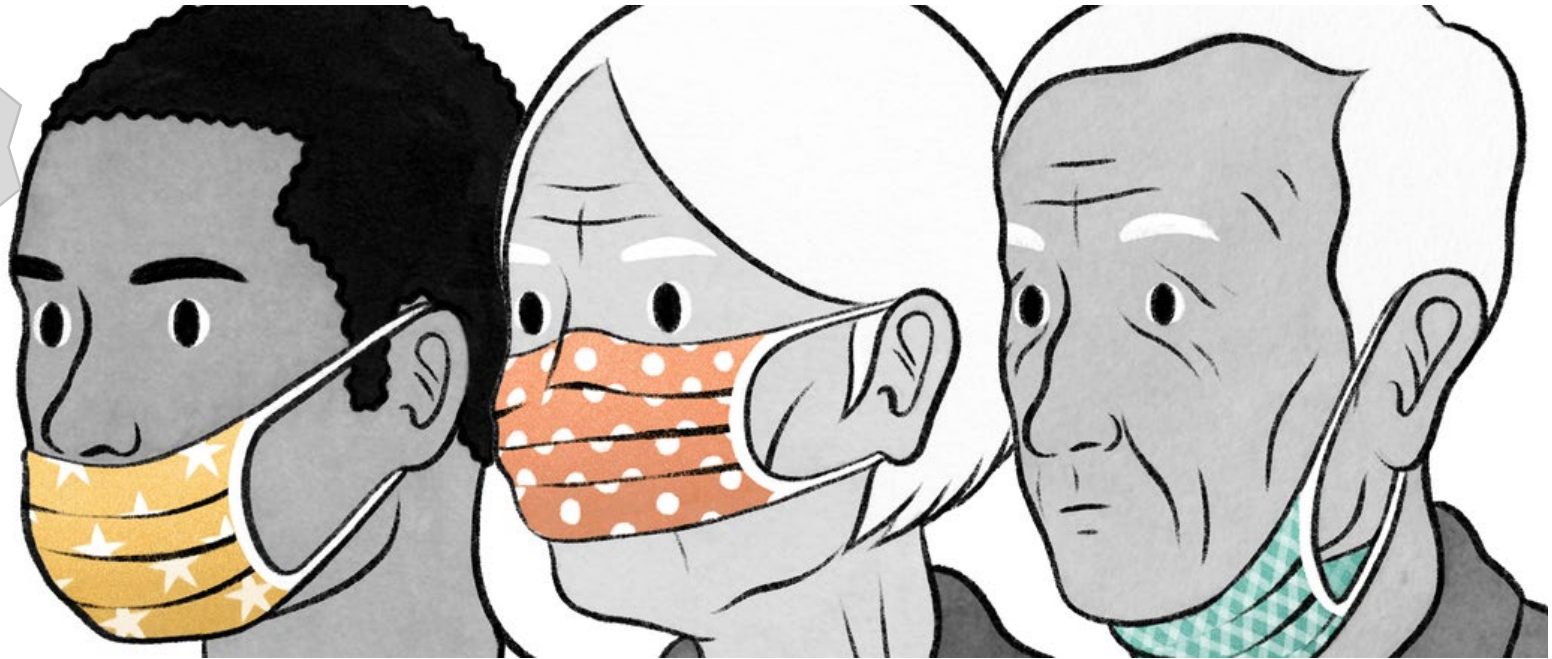
- I mask kumele uyigqoke njalo uma uphuma ngaphandle , iskakhulukazi ezindaweni ezinabantu abaningi.

Imask kumele ihlale kanje:

- Kumele ikinele kahle futhi ingakubambi
- Kumele imboze uhhafu wekhala
- Mele ibe nezintambo zoku gaxa ezindlebeni noma zokufasa ngemuva kwekhanda
- Ibhanqwe kabili noma kathathu
- Kubelula ukuphefumula ngayo
- Kumele iwasheke kalula



Okuvumelekile nokungavumelekile uma usebenzisa imask



Imask kumele igqokwe ngendlela ngasosonke isikhathi

1. Akumele ihlale ngezansi kwesilevu, okanye esiphongweni noma ilenge ngezindlebe
2. Ayibanjwa ngaphandle ngoba leyondwawo iyona enokuncola
3. Washa izandla zakho njalo ngaphambi kokuthinta imask yakho

Ifakwa kanjani iMask?

- Washa izandla zakho ngamanzi anensipho okanye nge sanitizer isikhathi esingange mzuzwana ewu 20 uqinisekise ukuthi izandla zakho ziyoma nkwe.

- Yibambe ngezintambo bese uyibeka ebusweni uqiniseke ukuthi imboza uhhafu wekhala kanye nesilevu simbozeke sonke.

Qiniseka ukuthi ikubamba kahle futhi kungabikhona izikhala.

- Ungayibambi ngaphambile, uma uyithintile Phinda futhi uwashe izandla zakho ngamazi anensipho okanye I sanitizer.

Ikhishwa kanjani iMask?

Washa izandla zakho ngamanzi anensipho okanye nge sanitizer isikhathi esingange mzuzwana ewu 20 uqinisekise ukuthi izandla zakho ziyoma nkwe.

- bamba imask ngezintambo kuphela bese uyayikhipha ngaphandle kokuyithinta ngaphambili

- uma usuyikhiphile uyibeka kahle kwi phephabhegi mese uyaphinda uwashe izandla zakho noma usanetizer.

Ukunakekela imask Yakho

- Umuntu nomuntu kemele abe nama mask amabili okungenani, eyodwa ayifakile neyesibili ehlanzekile.
- Mask eyomuntu oyedwa kuphela.
- Kusetshenziswa imask ewashiwe yase ya ayinwa kuphela.
- Masks kumele ihlanjwe ngamazi ashisayo anensipho mese iya ayinwa.

Summary: Indlela yokuzivikela Kanye nokuvikela nabanye kwi Covid-19

Washa izandla zakho ngasosonke isikhathi

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References

- Recommended Guidelines Fabric Face Masks, NDOH 9 April 2020