

IIMASKI

Into ekufuneka uyazi

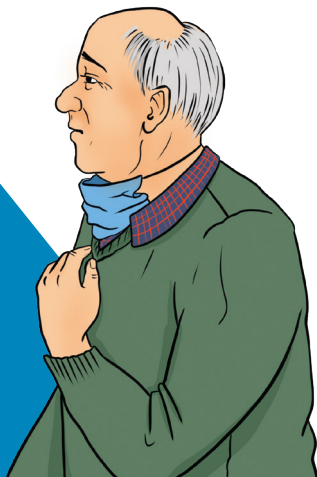
- I-COVID-19 inwenwa kakhulu xa siphefumla amathontsana aphuma kumntu oneCOVID-19 xa ephefumla, ekhohlela, ethimla, ecula, ethetha okanye ekhwaza.
- Imaskhi yelaphu inciphisa amathuba evayirasi emoyeni naphakathi kwabantu.
- IiMaskhi mazingasetyenziswa ngabantwana baneminyaka engaphantsi kwemi-2.

YENZA IZIGQIBO EZIKHUSELEKILEYO

1. Uyagula? Hlala ekhaya, wenze amalungiselelo okwenza uvavanyo
2. Gcina umgama phakathi kwakho nabanye
3. Nxiba imaskhi
4. Gquma umlomo wakho xa ukhohlela
5. Vula iminyango neefestile
6. Musa ukuya kwiindibano zabantu abaninzi, ukusondela ebantwini nokuba kwigumbi elincinci
7. Hlamba/usanithayize izandla zakho qho



“Ndinxibe imaskhi yam ukuze ndikhusele wena. Nceda unxibe eyakho ukuze undikhusele.”



Imaskhi yelaphu elungileyo:

- Imaskhi mayibe yephinda-phindwe kathathu ibe nemiqukumbelo emi-3 (ungalisebenzisi ilaphu leT-shirt).
- Ihlanjwa ngamanzi ashushu.
- Isisikwere esineepliti ezi-3 ukuze ihlale kakuhle.
- Igquma ukusuka entla kwempumlo ukuya ezantsi kwesilevu ukuya kuma ezindlebeni.



iWestern Cape call centre: 0860 142 142



URhulumente
weNtshona Koloni

HLALA UKHUSELEKILE

YIYA
PHAMBILI

Sebenzisa imaskhi yelaphu

IZINTO EMAZENZIWE

- Hlamba izandla phambi kokuba uyinxibe imaskhi yakho.
- Qinisekisa ukuba imaskhi igquma umlomo nempumlo.
- Yikhulule imaskhi ukuba imanzi unxibe enye.
- Bamba imitya kuphela xa uyikhulula.
- Hlamba izandla ngoko nangoko emva kokukhulula imaskhi.
- Hlamba imaskhi ngesepha namanzi ashushu.
- Hlamba imaskhi yakho ngesepha namanzi ashushu kakhulu (60°C). Ukuba amanzi awakho shushu kakhulu, bilisa imaskhi umzuzu om-1 ukubulala iintsholongwane.
- Nxiba imaskhi ecocekileyo mihla yonke.
- Yonke imihla nxiba imaskhi ecocekileyo.



IZINTO EMAZINGENZIWA

Musa ukuyisusa imaskhi yakho xa uthetha.



Musa ukunxiba imaskhi yomnye umntu. Ukuba akunayo imaskhi, sebenzisa isikhafu okanye ibandana.



Musa ukuyiyeka imaskhi yakho iphuncuke okanye ihle ebusweni bakho okanye umlomo wakho ubengaphandle.



Ukuba uneCOVID-19 okanye ukukhathalela umntu oneCOVID-19, thetha nomsebenzi wakho wezempilo okanye iWestern Cape call centre malunga nokuba zeziphi iimaski nokhuseleko omawulusebenzise.



Musa ukubeka iimaskhi ezisetyenzisiweyo na phina.

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**YIYA
PHAMBILI**