

Kwambara masike birashobora gufasha guhagarika ikwirakwizwa rya COVID-19

Wambare masike niba:

- ntushobora kwitandukanya imetero 1.5 n'abandi bantu
- ufite ibimenyetso kandi ugiye kwipimisha
- uri mu kato mu cyumba kimwe nundi muntu.

Ubu nuburyo ugomba kwambara masike yawe.

INTAMBWE YAMBERE

Oza intoki zawe ukoresheje isabune umare amasegonda 20, cyangwa siga ku ntoki handsanitaiza ikozwe muri alikoli mbere yo kwambara masike. Gukaraba intoki bihagarika mikorobe kuva ku ntoki zawe kwimukira kuri masike yawe no mumaso.



INTAMBWE YAKABIRI

Menya neza ko masike yawe ireba hejuru neza kandi igapfuka izuru ryawe, umunwa n'akanwa. Ntukore masike yawe mugihe uyambaye.

Urashobora kwikorera masike yawe muhira ukoresheje izi ntambwe zoroshye:

www.health.nsw.gov.au/Infectious/factsheets/Pages/how-to-make-a-cloth-mask.aspx



INTAMBWE YA GATATU

Ongera ukarabe intoki zawe urangije kwambara masike yawe.



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INTAMBWE YA KANE

Gerageza kudakora ku gice cyibere cya masike yawe mugihe uyikuyemo.



Yishyire muri bini ako kanya.



Niba ari masike ikozwe mu mwenda, yishyire mu gasashe ako kanya hanyuma uyimese mbere yuko wongera kuyambara.



Nigitekerezo cyiza gutwara masike zirenze imwe igihe usohose. Bikira masike yawe yagateganyo mu gasashe.



INTAMBWE YA GATANU

Ongera ukarabe intoki zawe ukoresheje isabune byibuze amasegonda 20 cyangwa wisige ku ntoki handsanitaiza ikozwe muri alikoli urangije gukuramo masike.



Ibuka, gukoresha masike na masike gusa ntabwo bizakurinda kwandura COVID-19. Kwitandukanya metero 1.5 n'abandi bantu no gukaraba intoki buri kanya biracyakomeza kuba inzira nziza yo kwirinda.