

Kwambara agapfuka munwa n'amazuru birashobora guhagarika ukurandagata kwa COVID-19

Ambara agapfukamunwa n'amazuru iyo:

- Udashobora kuguma ku metero 1.5 y'abandi bantu
- Igihe ufise ibimenyetso kandi igihe ugiye kwipimisha
- Igihe uri aho wakumiriwe mu cumba kimwe n'uwundi muntu.

Uku ni ko ukwiriye kwambara agapfukamunwa n'amazuru.

INTAMBUKO YA 1

Karaba amaboko yawe mu masekonda 20 ukoresheje isabuni canke ukoresheje umuti wica imigera ukawukaraba imbere yuko wambara ako gapfukamunwa n'amazuru. Gukaraba amaboko yawe bihagarika imigera kugira ngo ntive ku maboko yawe ngwije ku gapfukamunwa n'amazuru hamwe no mu maso.



INTAMBUKO YA KABIRI

Raba neza ko ako gapfukamunwa n'amazuru ko kameze neza, gatumbereye kandi ko gapfuka amazuru yawe, umunwa n'urusakanwa. Usabwe kudakora kuri ako gapfukamunwa n'amazuru igihe ukambaye.

Urashobora kwikorera agapfukamunwa n'amazuru uri I muhira ukwirikije izi ntambuko zoroshe:

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



INTAMBUKO YA GATATU

Ongera ukarabe amaboko yawe uhejeje kwambara agapfukamunwa n'amazuru.



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INTAMBUKO YA KANE

Gerageza kudakora harya ku busunwa imbere y'ako gapfukamunwa n'amazuru igihe uriko uragakura.



Gashire mu giseke gitererwamwo umucafufu ako kanya nyene.



Nimba ari agapfukamunwa n'amazuru gakoze mu mpuzu, gashire mu mupfuko wa plastike ako kanya nyene kandi ukoze imbere yuko wongera kukambara.



Ni icyumviro ciza kugendana agapfukamunwa n'amazuru k'integabizozo igihe usohotse. Ako gapfukamunwa n'amazuru k'integabizozo kagumize mu mupfuko wa plastike.



INTAMBUKO YA 5

Ongera ukarabe amaboko yawe n'imiburiburi isegonde 20 ukoresheje isabuni canke umuti urimwo alcohol, kandi uce uwukaraba uhejeje kwambura ako gapfukamunwa n'amazuru.



Ibuka yuko ikoresha ry'agapfukamunwa n'amazuru kandi agapfukamunwa n'amazuru gusa ko bitazogukingira kwandura COVID-19. Guhana intambwe y'imetero 1.5 n'abandi bantu hamwe n'ugukaraba amaboko kenshi biguma ari yo nzira nziza yo kwikingira.