

Ts'ebeliso ea Masela a Ts'ireletsang Sefahleho (Masela a Ts'ireletso) ho fokotsa sekhahla sa ts'oaetso ea COVID-19

Ts'ebeliso ea Masela a Ts'ireletso

Masela a tlameha hore —

- a lekane hantle, a tiee sefahlehong
- a khoesoe ka marapo/likhoele litsebeng
- a menahangoe ha 'maloa
- a lumelle phefumoloho e bobebe
- a hlatsoehe, ka matsoho kapa mochini a sa senyehe kapa ho repha

Kemo ea CDC ka masela a ts'ireletso a Iketselitsoeng

CDC e khothalletsa ts'ebeliso ea Masela a Ts'ireletso ha motho a ea kantle bathong, haholo ha ho le thata ho its'eka (mabenkeleng a lijo le meriana) moo ts'oaetso e ka bang matla.

Keletso ea CDC ke ho sebelisa Masela a Ts'ireletso ho fokotsa sekhahla sa ts'oaetso ea kokoanahloko, hape e le ho thusa batho ba sa tsebeng ba na le ts'oaetso ho se ts'oaetse ba bang. Masela a Ts'ireletso a iketselitsoeng hae, ka theko tse tlase, le ona a ka sebelisoa e le ho tlatselletsa ts'ireletso.

Bana ba ka tlase ho lilemo tse 2 ba se roesoe Masela a Ts'ireletso. Batho ba nang le bothata ba ho hema, ba ilibaneng kapa ba tla hloka ho thusoa ha ba rola Lesela la Ts'ireletso, ba se a sebelise ntle le tataiso.

Masela ana ha se a sebelisoang ka Malimong kapa ho thusa batho ho hema. Ka khothalletso ea CDC, tseo ke lisebelisoa tsa basebeletsi ba tsa bophelo.

Na Masela a Ts'ireletso a hlatsuo? Ha kae?

Ee. A hlatsuo ho latela ts'ebeliso.

A hlatsuo joang ka nepo?

A ka hlatsuo ka matsoho, le ka mochini o hlatsoang, ka sesepa le metsi. Lisebelisoa tse kang bleach, Dettol le tse ling li ea khothalletsoa. A ka omisoa tlasa letsatsi.

A roloa joang ka nepo?

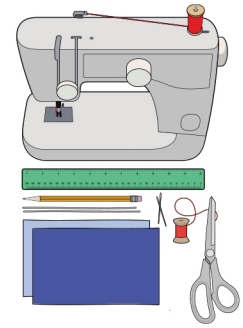
U hlocomele ho se its'oare mahlo, nko le molomo ha u rola lesela la hau. U etse bonnete ba ho hlapa matsoho hang ha u qeta ho le rola.



Lesela la Ts'ireletso le rokoang

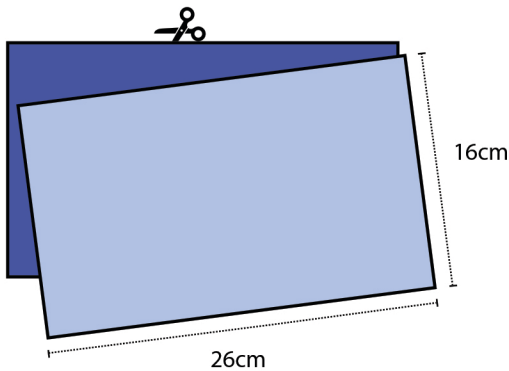
Lintho tse hlokahalang

- Lirectangle tsa 26cm x 16cm tse peli tsa lesela la cotton
- Lirekere tsa 16cm tse peli (kapa khoele, lintho tsa ho fasa moriri)
- Khoele le nalete (kapa pini)
- Sekere
- Mochini o rokoang

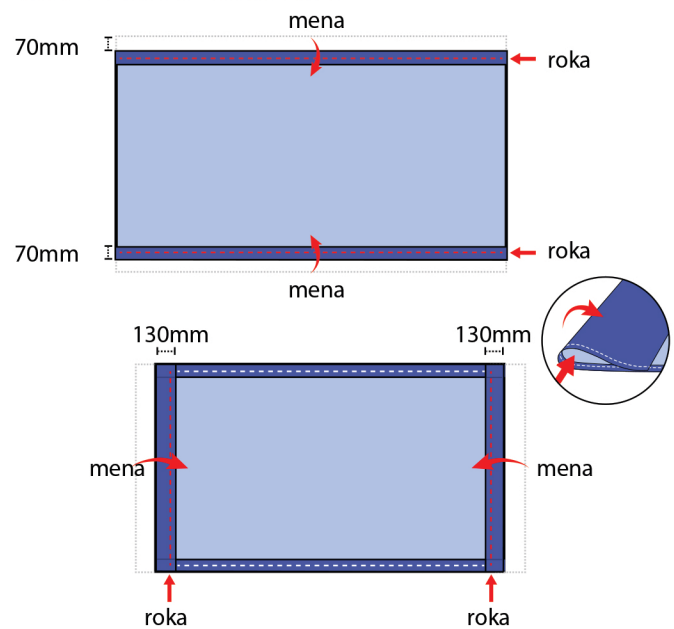


Mokhoa

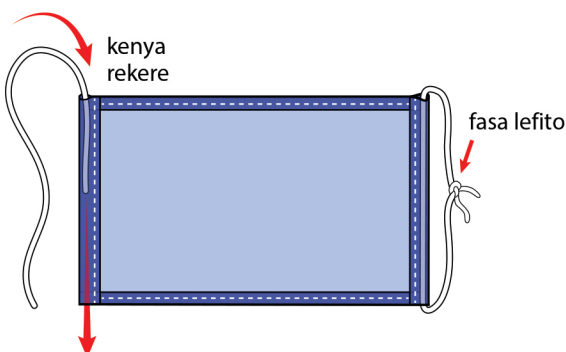
1. Seha tse peli tsa 26cm x 16cm tsa lirectangle tsa lesela la cotton. Sebelisa lesela le tiileng joaloka lesela la quilt kapa la lisheet. Lesela la likipa le lona le ka sebetsa. Beha lesela le leng ka holima le leng; u tla roka lesela la tsireletso ekare ke lesela le le leng.



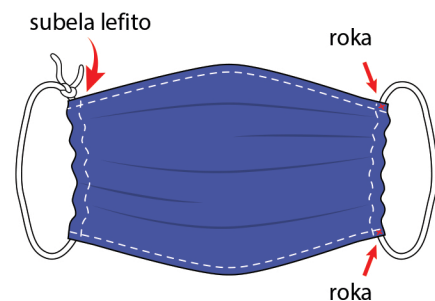
2. Mena mahlakore a matelele ka 70mm. Ebe u mena bobeli ba masela ka 70mm mahlakoreng a makhuts'oane ebe ua roka.



3. Mathisa bolelele ba rekere ba 16cm x 30mm ka bophara, ho bophara ba morokong o ka thoko. E tla ba moo litsebe li kenang. Sebelisa nale e tenya kapa pini ho tsamaisa khoele. Fasa qetellong. Ha u sena rekere? Sebelisa ntho tse fasang moriri. Haeba u na le khoele kapa olu u ka etsa mo ho fasoang ho be ho telele ebe u fasa lesela la ts'ireletso.



4. Hula rekereng ka hloko hore mafito a be ka tlasa moroko o ka thoko. Bokella mahlakore a lesela le koaelang sefahleho ho rekere u etse hore e lekane sefahleho sa hau hantle. Ebe u rokella rekere ho etsa bonnete ba hore ha e thelle.

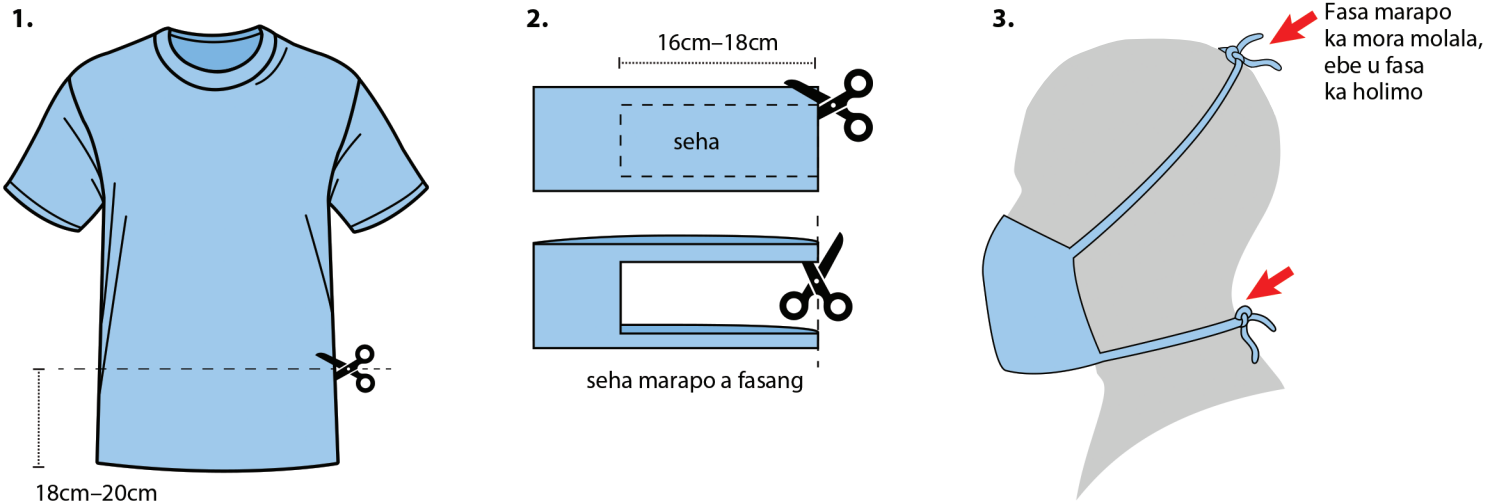


Seha kapele u sebelisa sekipa ho etsa lesela le kupetsang sefahleho (ho sa rokoe)

Lintho

- Sekipa
- Sekere

Mokhoa



Lesela la Ts'ireletso la bandana (ho sa rokoe)

Lintho

- Bandana (kapa lesela la cotton le square la 50cm x 50cm)
- Lirekere (kapa ntho tse fasang moriri)
- Sekere (haeba u poma lesela la hau)

Mokhoa

