



Auala e fai ai le ufigutu (face mask) How to wear a face mask – Samoan

There are two types of face masks you can use: cloth masks and surgical masks. Cloth masks are made of washable fabric and can be re-used.

E lua ituaiga ufigutu (face mask) e mafai ona e faaaogaina: ufigutu ie ma ufigutu fai ta'otoga. O ufigutu ie e fai i ie e mafai ona tata ma toe faaaoga.

Mo nisi faamatalaga atili asiasi i le [DHHS.vic – Ufigutu - 11.59pm Aso Lulu 22 Iulai](https://www.dhhs.vic.gov.au/face-masks-covid-19)

<<https://www.dhhs.vic.gov.au/face-masks-covid-19>>



O le faia o le ufigutu e mafai ona puipui ai oe ma lou vaipanoa i le saunia lea o se papupuni faapoopoo faaletino i le coronavirus (COVID-19).

Afai e le o maua ni ufigutu (face masks), e mafai ona faaaoga nisi ituiaga ufigutu e fai ma kava e pei o se ufiulu (scarf) poo se ufiua (bandana).



Fufulu ou lima a'o le'i faia le ufigutu (face mask).



Ia faamautinoa o loo kava lou isu ma le gutu ma mau lelei lalo o lou auvae, luga a'e o le pou o lou isu ma autafa o ou mata.



Aua ne'i pa'i i le pito i luma o le ufigutu i le taimi o faaaoga ai.

Afai na e pa'i i le ufigutu, fufulu pe faaaoga se vailaau tapē siama i ou lima i le taimi lava lena.

Aua le faatautauina le ufigutu i lou ua.

Fufulu pe faaaoga se vailaau tapē siama i ou lima muamua a'o le'i tatalaeseina le ufigutu.



Aveese ma le faaeteete lou ufigutu e ala i le uu o faapona mo taliga poo le tatalaina o nonoa. O ufigutu e lua nonoa, tatala le pito i lalo muamua, ona sosoo ai lea ma le pito i luga.

Afai e iai ni faamamā i lau ufigutu, aveese mai ma tia'i.

Gaugau le ufigutu ma tuu sa'o loa i le tagamea pe i se lapisi poo se taga mo le tagamea. O ufigutu mo ta'otoga e tatau ona tuu i le mea e tia'i lelei ai.



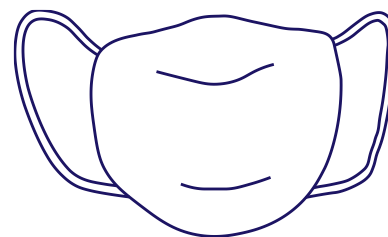
Fufulu pe faaaoga se vailaau tapē siama i ou lima pe a uma ona aveese mai le ufigutu.

Ta le ufigutu ie i le vaivevela (60°C) ma le fasimoli poo se pauta tamea.

Aua le faaaogaina le ufigutu faatasi ma nisi tagata.

Mea e manaomia ona e faia i taimi uma Fufulu e le aunoa ou lima

- Tausia le 1.5 mita le va ma isi
- Alu e su'e oe, e tusa lava pe o maua i ni āuga laiti
- Nofo i le fale pe afai e lē o malosi lelei.



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Available at [DHHS.vic – Coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/coronavirus) <<https://www.dhhs.vic.gov.au/coronavirus>>

Samoan

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