



Jinsi ya kutengeneza kifuniko cha uso cha kitambaa

Design and preparation of cloth mask - Swahili

Kutengeneza kifuniko cha uso cha kitambaa utahitaji:

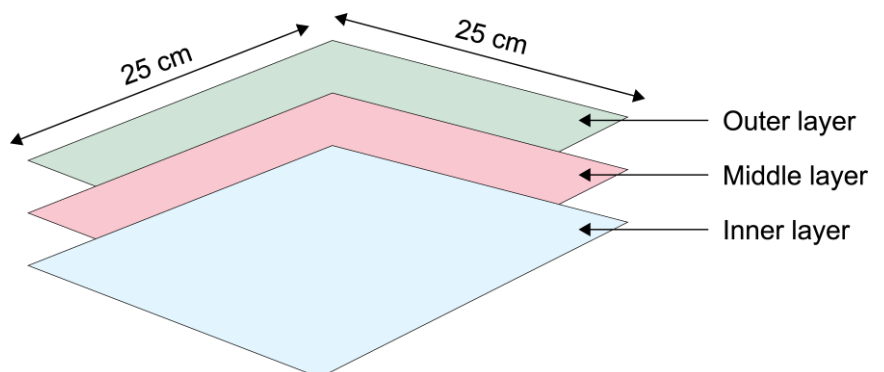
Jumuisho	Kiasi na vipimo	Aina ya vifaa	Mifano ya vifaa
Nje	Kipande 1, 25 cm x 25 cm	Kitambaa kinachozuia maji (poliyesta /poliprone)	<ul style="list-style-type: none">MavaziMifuko ya ununuzi inayoweza kutumika ya 'kijani'Kuvaa vizuri (inayokauka haraka)
Katikati	Kipande 1, 25 cm x 25 cm	Mchanganyiko wa kitambaa (Mchanganyiko wa pamba ya poliyesta /poliprone)	<ul style="list-style-type: none">Safu ya kurudia ya: mavazi aumifuko ya ununuzi ya 'kijani' inayotumika tena
Ndani	Kipande 1, 25 cm x 25 cm	Kitambaa kinachovutia maji (pamba)	<ul style="list-style-type: none">Mavazi
Vishika sikio	Vipande 2, 20 cm kila moja	Lauria au kamba au kamba ya nguo	<ul style="list-style-type: none">Shati ya mpiraKamba za viatu

MUHIMU: Hakikisha kuwa vifaa vyote viko sawa na haviko nyembamba sana au kuwa na mashimo ndani. Angalia lebo ya bidhaa ili kudhibitisha aina ya nyenzo. Vipimo vya nyenzo ni makadirio na ukubwa wa wastanin wa mtu mzima.

Hatua

A. Kata vipande vitatu 25 cm x 25 cm vya duara kwa kila kitambaa.

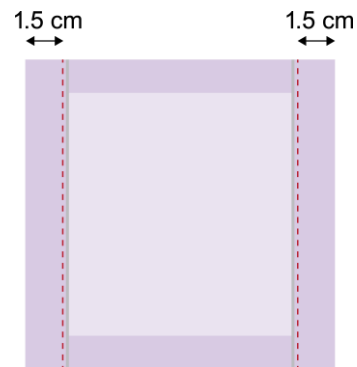
Hizi zitaunda tabaka za nje, za kati na za ndani..



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- B. Pindua zaidi ya 1 cm ya vifaa vya juu na chini na visusi (angalia mistari ya doa nyekundu).**

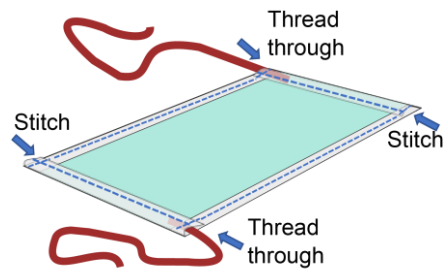


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- C. Kikunje zaidi ya 1.5 cm ya vifaa kwa visigino vya upande na kushona (angalia mistari ya madoa meusi).**

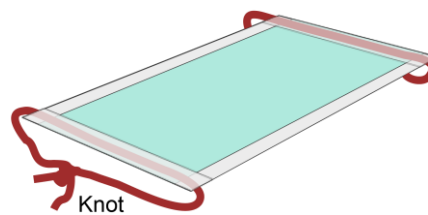


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- D. Fanya urefu wa 20 cm, kamba au vipande vya kitambaa kupitia shimo pana kila upande.**

Tumia pini ya usalama au sindano kubwa kuiingiza.

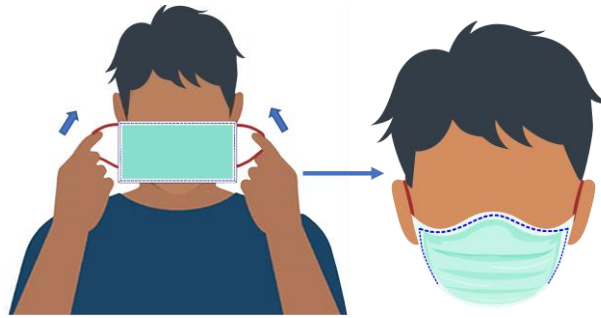


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- E. Kaza pamoja mwisho au kuzifunga kwa pamoja.**

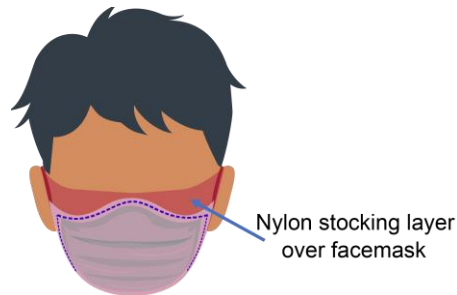


F. Vaa kifunika uso kwa umakini ili kifunika uso kiwe sawa na uso wako.

Wakati umevaa usiguse safu ya nje.



G. Ikiwa unataka kuboresha kuenea kwa kifunika uso chako unaweza kuongeza uwepo wa nailoni juu ya kifunika uso na funga nyuma ya kichwa.



To find out more information about corona virus and how to stay safe visit [DHHS.vic – coronavirus disease \(COVID-19\)](https://www.dhhs.vic.gov.au/coronavirus)

<<https://www.dhhs.vic.gov.au/coronavirus>>

If you need an interpreter, call TIS National on 131 450

For information in other languages, scan the QR code or visit [DHHS.vic –Translated resources - coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19)

<<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>>

For any questions

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only



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