



# ጨርቂ መሸፈኒ ገጽ ብኸመይ ከም እተዳሉ

Design and preparation of cloth mask - Tigrinya

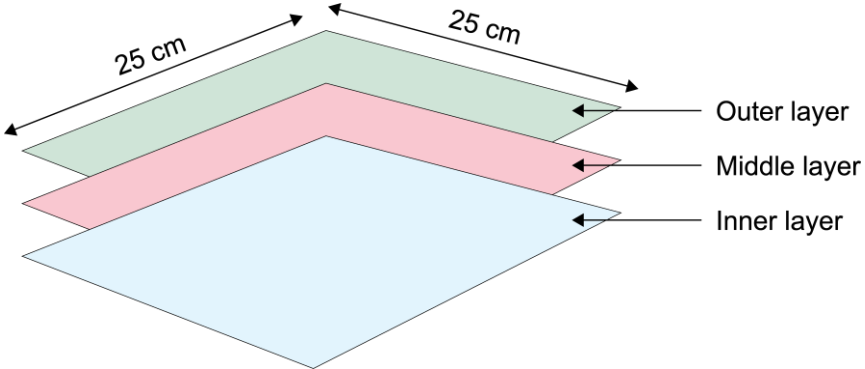
## ብጨርቂ እተሰርሐ መሸፈኒ ገጽ ንምድላው እዚ ዝሰዕብ የድልየካ፡-

ክፋል	ብዝሕን ዓቕንን	ዓይነት እቲ ንዋት	ኣብነት እቲ ንዋት
ግዳማዊ	1 ቍራጽ, 25 ሰንቲ ሜተር (ሰ.ሜ.) x 25 ሰ.ሜ.	ማይ ዝነጽግ ዓለባ (ፖሊኤስተር/ፖሊፕሮፕሊን [ዓይነት ድልዳዳ ፕላስቲክ])	<ul style="list-style-type: none"> <li>ክዳን</li> <li>እንደገና ክትጥቀመሉ እትኸእል 'ቐጠልያ' ሳንጣ ዕዳጋ</li> <li>ቀልጢፉ ዝነቕጽ ዓይነት ናይ ስፖርት ክዳን (Active wear)</li> </ul>
ማእከላይ	1 ቍራጽ, 25 ሰ.ሜ. x 25 ሰ.ሜ.	እሉም ዓለባ (ጡጥ እተሓወሶ ፖሊኤስተር/ፖሊፕሮፕሊን [ዓይነት ድልዳዳ ፕላስቲክ])	<ul style="list-style-type: none"> <li>ድጋም ወይ ተወሳኺ ቐጻላ ናይ፡-</li> <li>ክዳን ወይ</li> <li>እንደገና ክትጥቀመሉ እትኸእል 'ቐጠልያ' ሳንጣ ዕዳጋ</li> </ul>
ወሽጣዊ	1 ቍራጽ, 25 ሰ.ሜ. x 25 ሰ.ሜ.	ማይ ዝመጸ ዓለባ (ጡጥ)	<ul style="list-style-type: none"> <li>ክዳን</li> </ul>
መእሰሪ እዝኒ	2 ቍራጽ, ክልቲኡ 20 ሰ.ሜ.	ተመጣጢ ነገር ወይ ገመድ ወይ ካብ ክዳን ተቐዲዱ ዝወጸ መእሰሪ	<ul style="list-style-type: none"> <li>ካነትራ</li> <li>ላቺ (ገመድ ሳእኒ)</li> </ul>

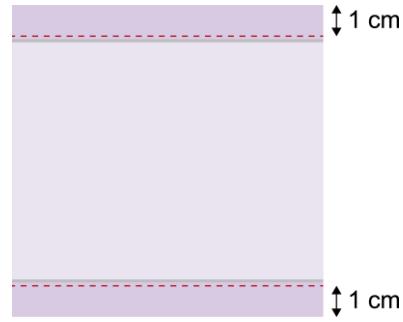
ኣገዳሲ፡- ከሉ እቲ ኣጭርቓቲ ንሓድሕዱ ጽቡቕ ገይሩ ኸም እተላገበን ኣሪጉ ኸም ዘይረቐቐን ወይ ቀዳዳት ከም ዘይበሉን ኣረጋግጽ።  
 እቲ ዓይነት ጨርቂ እንታይ ምዃኑ ንምፍላጥ ነቲ ኣብቲ ጨርቂ ዘሎ መሓበሪ ተወከስ። ዓቕን ናይቲ ጨርቂ ብገምጋም እዩ ተዋሂቡ ዘሎ፣ ንሓደ እኹል ሰብ ብዝኣክል ዓቕን እዩ ተገማግቦ ዘሎ።

## ደረጃታት

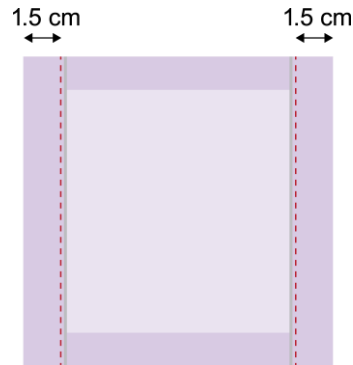
- A. ካብ ነፍሲ ወከፍ ዓለባ፡ ትርብዒት ዝኾነ 25 ሰ.ሜ. x 25 ሰ.ሜ. ዝዓቕኑ ሰለስተ ጨርቂ ቀዳድካ ኣውጽእ።  
 እዚ ነቲ ግዳማዊ፣ ማእከላይ፣ ከምኡ እውን ወሽጣዊ ቀጻላታት የቐውም።



- B. ካብ ላዕለዋይን ታሕተዋይን ክፋል እቲ ዓለባ 1 ሰ.ሜ. ዝኸውን ንውሽጢ ዓጺፍካ ሰፈሶ (ነቲ ነጥቢ ነጥቢ ዝኾነ ቐይሕ መስመር ርክ)።

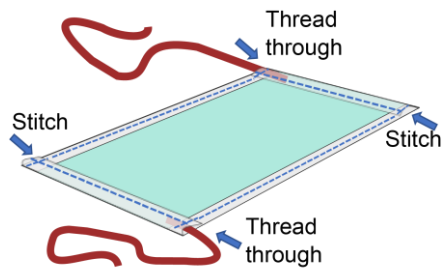


- C. ካብቲ ብጎድኒ ወገን ዘሎ ክፋል እቲ ዓለባ 1.5 ሰ.ሜ. ዝኸውን ንውሽጢ ዓጺፍካ ሰፈሶ (ነቲ ነጥቢ ነጥቢ ዝኾነ ቐይሕ መስመር ርክ)።

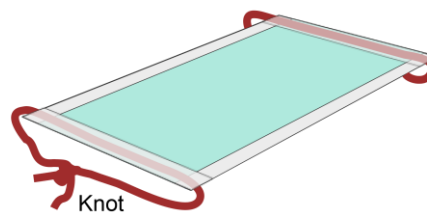


- D. 20 ሰ.ሜ. ንውሓት ዘለዎ ተመጣኒ ነገር፡ ገመድ ወይ ካብ ክዳን ተቐዲዶ ዝወጸ መእሪ ብኸልቲኡ ጎድኒ እቲ ጨርቂ ብዘሎ ቐዳድ ከም ዝሓልፍ ግበር።

በቲ ውሽጢ ኸም ዝሓልፍ ንምግባር መቀርቀሪ ወይ ዓብዪ መርፍእ ተጠቐም።

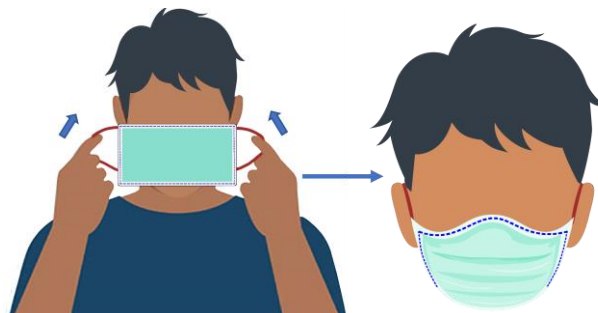


- E. ንኸልቲኡ ጫፋት እቲ ገመድ ጽቡቕ ጌርካ እሰሮ ወይ ንሓድሕዱ ሰፈሶ።

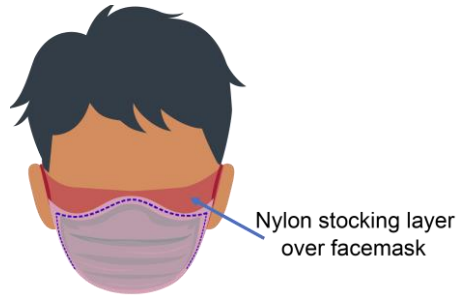


- F. እቲ መሸፈኒ ገጽ ንገጽካ ጽቡቕ ገይሩ ምእንቲ ኸሸፍን ተጠንቂቕካ ውደሶ።

ከትወደሶ ኸለኻ ነቲ ግዳማዊ ሸንኸ ኣይትተገክሶ።



G. እቲ መሸፈኒ ገጽ ብዝያዳ ጽቡቕ ገይሩ ክሸፍነካ እንተ ደሊኻ፡ ኣብ ልዕሊ እቲ መሸፈኒ ገጽ ካብ ናይሎን እተሰርሐ ካልሳዶን (nylon stocking) ክትውሰኽሉን ኣብ ድሕሪት ርእሰኻ ክትኣሶን ትክእል ኢኻ።



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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<[public.health@dhhs.vic.gov.au](mailto:public.health@dhhs.vic.gov.au)>.

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