

Yenziwa njani imask, ihawu lokuvala ubuso, indawo yokugezela izandla kanye lesepa

Imask ngeyokuvikela wena lami ukuthi singahlaselwa yiCOVID-19.

Nxa umuntu oguliswa yiCOVID-19 egqoka imask uyabe evikela izikhwehlelo kanye lokuthimula okuvela kwabanye okuyikho okusabalalisa amagciwane (*germs*) emoyeni. Abantu abanengi bagula behamba bengabonisi impawu zeCOVID-19. Ngalokho-ke kumele wonke umuntu agqoke imask lapho angena khona. Lanxa lingagqoka imask emphakathini, kumele njalonje liqhelelane okwengalo ezimbili. Omunye lomunye engabambi ubuso bakhe, kodwa ligeze izandla ngasosonke isikhathi.

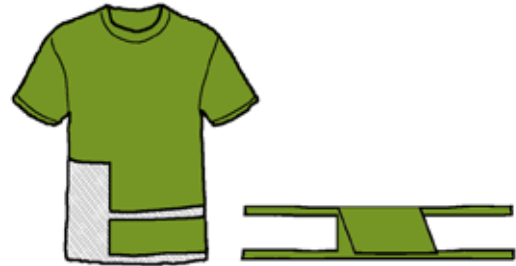
Yenziwa njani imask ngelembu.

Yenza kanje: Goqa ilembu liphindane kabili kumbe kathathu (*2 or 3 layers of cloth*). Ungasebenzisa loba lilenjana leT-shirt elingakhanyeliyo. Imask ethungwe kuhle yemboza umlomo lamakhala lula. Kumele uzizwe uphefumula kuhle lanxa amakhala lomlomo kwemboziwe.

Imask engakathungwa.

Sika ngesigelo isiqephu saphambili lasemuva ngasikhathi sinye ukuze kubambe isiqephu esisodwa esikhulu, njengasemfanekisweni.

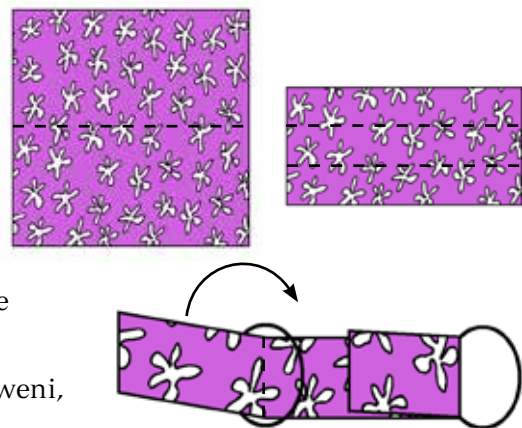
Amabhanti amancane amane (4) ayi 30cm ubude 3cm ububanzi (*30cm by 3cm*) yiwo axhunyaniswa lemask ebhoda ikhanda isiyabopha ngasesiphundu. Ilembu lemask liyi 20cm ububanzi, 35cm ubude (*20cm wide by 35cm tall*). Lelilenjana nxa selihlanganisiwe langoqwa lenza imask eyi 10cm ububanzi, 17,5cm ubude. (*10cm wide by 17,5cm tall*).



Isifinyo kumbe ibandana mask engathungwanga.

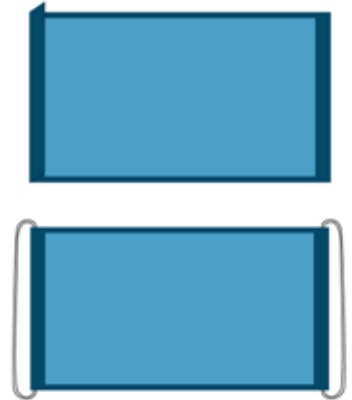
Lanxa nje isifinyo singeke sakuvikela okulamandla njenge T-shirt mask, kodwa ungakwanisa ukwenza imask elula ngesifinyo kumbe ibandana.

- Goqa isifinyo sakho (*handkerchief*) ibezingxenywe ezimbili. Goqa njalo okwaphezulu ukulethe phansi, okwaphansi kuyephezulu njengasemfanekisweni.
- Xhumanisa ngentambo ezimbili ezinwebekayo (rubber bands) kumbe usebenzise ibhanti lokubopha inwele. Goqa-ke imphetho ihlangane phakathi (*centre*).
- Xhumanisa imphetho kube yinto eyodwa. Faka ilembu ebusweni, hitshela ibhanti lelo ngemva



Imask elula ukuthungwa.

- Quma iziqa ezimbili ezilinganayo zelembe zibe yi 25cm ubude le15cm ububanzi. (25cm by 15cm). Zilinganise lezi zombili iziqephu.
- Goqa umphetho omncane oyi 1cm ngakucele elide andubana uthunge.
- Phinda njalo ugoqe umphetho ongaba yi1.5cm ngakucele elifitshane adubana uzathunga. Qinisekisa ukuthi umphetho lowo ulembobo enkulu engangena intambo.
- Hloma-ke intambo ngenalithi kumbe nge (*bobby-pin*). Qinisekisa ukuthi izihitshela ziyafika endlebeni. Mhlawumbe nxa ufuna ungasebenzisa okungamabhanti okucakileyo ongakuthungela kumask, kubhode ekhanda usukubophanisa esiphundu.

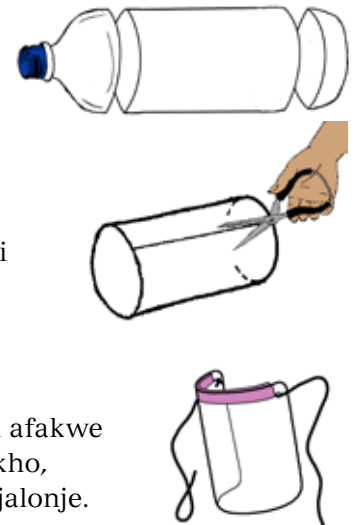


Ukwenziwa kwehawu lobuso.

Umthonselanyana wegciwane uyakwanisa ukungena emehlweni. Kungakho ihawu lobuso elenziwa nge (2 litre soda bottle) livikela ubuso kanye lamehlo. Kodwa alikwanisi ukuvikela umlomo lamakhala. Ngalokho alikwanisi ukuvikela umphefumulo ngokupheleleyo. Kumele ugqoke imask ngaphansi kwehawu lobuso (*face shield*). Nxa usebenza lesacuthe kumbe umuntu ozwela katshana, gqoka ihawu lobuso kuphela, hatshi imask. Lokho wenzela ukuthi isacuthe sifunde indebe zomlomo wakho nxa ukhuluma.

Ungalenza kanje lelihawu lobuso:

- Sebenzisa imbodlela ye plastic ekhanyelayo.
- Sika uqume kuhle phansi laphezulu.
- Sika njalo kuhle usukela phezulu usiyaphansi. Sika kulingane lobuso, kodwa ungavali indlebe.
- Namathisela ilenjana eligoqiweyo kumbe into etofozekayo njenge (*sponge*) kuhawu lobuso lapho okuzathintana khona lobuso. Lokho ukwenzela ukuthi ungasutshulwa lihawu esiphaqeni kumbe ngithi ebunzini.
- Bhoboza imbobo ngasemakhoneni womabili njengasemfanekisweni. Faka intambo eyiyo ezabambanisa ihawu lobuso.
- Nxa ufuna ukuthi ihawu lobuso lingaginqi, gxamuza ihawu lakho emanzini afakwe isipunu esigcweleyo somuthi wokugezisa (*detergent*). Likhuphe-ke ihawu lakho, usuliyeka liqale lome andubana uzaligqoka. Khumbula ukuhlala uligezisa njalonje.



TIPPY TAP

Geza izandla ngesepa.

Imbodlela kumele
ihlale igcwele amanzi.

Bhoboza
lapha.

Lengisa imbodlela
ngesibambiso
sayo egodweni.

Ungahloma intambo
embobeni yesivalo
sembodlela andubana
ubophe ifindo.

Lugodo lokulengisa
imbodlela lesepa.

Ubhaxa.

Isepa
lentambo.

Ngamatshhe avike
ukuchaphaza kwamanzi.

Lugodo oluvimbe iplaka
lokunyathela ukuze
lingachaphazelwa
ngamanzi.

Lugodo
lokunyathela
luxhumane lentambo
yesivalo sembodlela.

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Ukwaka indawo
evulwa ngenyawo
yokugezela izandla.

Isepa lokunye ongakukhetha nxa ugeza izandla.

Ukugeza izandla ngamanzi langesepa kuqakathekile kakhulu ngoba kuvikela imikhuhlane kanye leCOVID-19. Ungageza izandla loba ngayiphi isepa. Kungaba ngeyokugeza inwele, eyokuwatsha kumbe eyokuhlamba imiganu (izitsha). Umhlobo wamasepa utholakala uyizigaqa loba uyimpuphu (*powder*).

Nxa ususwele isepa yokugeza, sebenzisa umlotha, itshebetshebe kumbe udaka. Guxuza izandla zonke angathi ugeza ngesepa. Ungaqeda lokho usungahlambulula kuhle ngamanzi.

Mhlawumbe ungazenzela lokhu:

- **Isepa yokugeza:** Thela umlotha ogcwala isandla esisodwa kumbe ezimbili phakathi kwe pan elamafutha (*grease*) atshisayo. Vubanisa konke ndawonye.
- **I alcohol based hand rub:** Hlanganisa kokubili 2 parts isopropyl kumbe i rubbing alcohol 99% alcohol le 1 part yamanzi, le *aloe vera gel* (ngumhluzi) kumbe iglycerol.
- **Ibleach based-hand wash yenziwa kanje:** Hlanganisa izingxenyana ezingamatshumi amathathu lane zamanzi kungxenyana eyodwa eyi 3.5% ye bleach esetshenziswa endlini (kumbe izipunywana ezintathu ze bleach kungxenyene ye litre yamanzi), kumbe njalo izingxenyana ezingamatshumi amahlanu lambili zamanzi kuhlanganiswe kungxenyene eyodwa eyi 5.25% ye bleach.) Mhlawumbe izipunywana ezimbili ze bleach kuhlanganiswe lengxenyene ye litre yamanzi. Kodwa qaphela, ungaze wasebenzisa ibleach okwesikhathi eside ngoba iyalimaza isikhumba. Kumele uhlambulule izandla ungaqeda ukuyisebenzisa.

Ukwenziwa kwesepa.

Isepa elelisingo esiyi 4kg yenziwa kanje:

- 3 litres kumbe 13 cups zamafutha ezithelo (*vegetable oil*). Loba nje kungaba yi 2.75kg yamafutha. Zama ukusebenzisa loba yiwaphi amafutha ongawathola.
- 370 grams ze Lye kumbe i caustic soda/ sodium hydroxide. Konke lokhu kutholakala emakhemisi ngoba kuyalimaza.
- 1.2 litres kumbe amakomitsho amahlanu wamanzi alula awempompini. Nxa kuyikuthi usebenzise amanzi womthombo kumbe awomfula, hlanganisa ingxenya ye Lye ($\frac{1}{4}$ teaspoon of Lye) ku 1 litre yamanzi. Usungagoqoza konke ndawonye. Ungaqeda lokho beka eceleni kucengeke kumbe ngithi kunikame. Uzabona yonke ingcekeza isicengekile yabuthana phansi. Usungacenga lawo manzi (*soft water*) ngoba yiwo okumele uwasebenzise.

Isixwayiso. Lye iyingozi ngoba iyatshisa isikhumba lamehlo njalo ingakulimaza lamaphaphu. Kungakho nxa usenza isepa, iyenzele phandle, kumbe endaweni evulekileyo engena umoya. Kumele ugqoke amangilazi, lamaglove amade, lesigqoko esilemikhono emide engavala ingalo kanye lembala njalo lezicathulo. Nxa sekwenzakele ukuthi utshiswe yi Lye, geza ngamanzi aqandayo, uhlambulule nge vinegar kumbe ngomhluzi wezithelo ezinjengamalemoni. Nxa uthontelwe yi Lye esigqokweni, phangisa uthele ivinegar phezukwethonsana leLye ukuze ingangeni ithintane lesikhumba sakho.

Inengi lezitsha (imiganu kanye lamabhodo) kweziwa ngensimbi zemihlobo etshiyeneyo (*stainless steel, fired clay, cast iron*). I Lye yona iyakwanisa ukubhoboza imbiza loba imiganu eyenziwa nge Aluminum. Kungakho nxa uhlanganisa, qala ngamanzi andubana uzacina ngokuthela iLye. Ungaqeda ukwenza amasepa nge Lye, beka amasepa lawo eceleni okweviki ukuze kuphele ukuluma kweLye.

Ukusebenzisa ingcekeza kumbe amafutha angcolileyo.

Ungenza isepa ngamafutha angcolileyo (*dirty oil or rancid fat*), kodwa kumele uqale uwakhuphe ingcekeza. Ingcekeza ungayikhupha kanje: hlanganisa amafutha lamanzi kulingane. Thela embizeni kuxhwathe okwesikhatshana. Usungakhupha-ke kuphole. Kungaphola, usungawongula (*skim off*) phezulu wonke amafutha. Nxa kulokhe kunuka, phinda njalo upheke ngamanzi kuze kuphele iphunga. Nxa amafutha elezicucu zengcekeza wacenge esatshisa ngelembu.

Amakha.

Amakha kumbe umhlobo wamafutha (*oil*) wenza isepa inukelele kuhle. Isepa ye 4kg, hlanganisa lokhu: Izipunywana ezine ze sassafras oil, lezimbili ze citronella kumbe lavender oil, loba nje isipunywana esisodwa se clove kumbe ilemoni. Nxa njalo ufuna isepa egcina isikhumba sihlanzekile, ungangezelela isipunywana esisodwa kumbe zibembili zamafutha e neem, moringa, jatropha kumbe umkhomo (*baobab*).

Ongakusebenzisa nxa usenza isepa.

- Amabhodo amabili, umganu omkhulu kumbe isitsha, ibhakede lensimbi, hatshi elenziwa nge Aluminum.
- Isitsha kumbe umganu omkhulu ongathwala amafutha.
- Uphini lokugoqoza.
- Ikomitshi yokulinganisa (*measuring cup*).



- Isikali sokulinganisa isisindo (*weighing scale*).
- Ibhokisana (*mold*) leplaka elokuphathela imvubelo yesepa. Ungasebenzisa loba lixolo le coconut.
- Sebenzisa ilembu, iphepha le Wax, kumbe amahlamvu amakhulu ongagoqela ngawo isepa isesemanzi ukuze ixexebuke kuhle nxa isiwomile.

Isiqondiso.

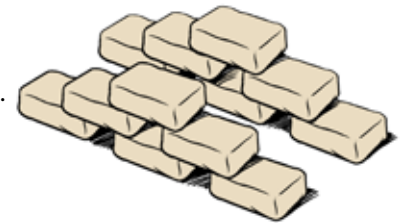
1. Thela iLye kuqala emanzini. Uzezwa imvubelo isitshisa yodwa. Melela kutshise okwesikhatshana. Ungalingi ugxamuze umunwe phakathi ngoba ungatsha. Thinta imbiza yakho phandle ukuthi uzwe kumbe iloku isatshisa.



2. Ncibilikisa amafutha ngokuwakhudumeza.

3. Thatha iLye leyi esihlanganiswe lamanzi uyithele phakathi kwembiza yamafutha asencibilikile. Goqoza okwemizuzo elitshumi lantathu (*30 minutes*) ukuze kujiye.

4. Nxa sekujiyile thela kubhokisana (*mold*), usuyeka lapho okwamalanga amabili. Nxa lokhe kulunama kulamafutha phezulu, yekela kuze kuwome.



5. Nxa isepa isiwomile, usungasika kuhle iziqephu ngengqamu kumbe ngewayila.



6. Usungabuthelela iziqephu uzigcine okwamaviki amane kusiya kwayisithupha (*4 to 6 weeks*). Ungalingi uyisebenzise masinyane isatshisa ngoba ingakusubula isikhumba.

7. Ukuthi uzwe ukuthi isepa isilungele ukusetshenziswa xexebula ucezwana usuluthintisa elimini. Ungezwa kubabela phansi kumbe kutshaqela phansi, isepa iyabe isilungile. Usungayigoqela kuhle ukuze ihlale ilunama.



Inhlupho.

Nxa isepa inambitheka ngokuhaqaza ulimi, imvubelo ye Lye iyabe iyiyo enengi. Kodwa nxa inganambitheki ipholile, iLye iyabe isilela.

Khungakho nxa wenze imboza yesepa, ungaphinda njalo wenze kanje:

- Quma isepa ibezimvuthu ngezandla ezigqoke amaglove. Faka imvuthu lezo embizeni elamanzi ayi 2.8 litres kumbe amakomitsho alitshumi lambili.
- Xhwathisa kancane-kancane okwemizuzo elitshumi (*10 minutes*) njalo ugoqoza.
- Nxa isepa ile Lye elutshwana, ngezelela. Kodwa nxa iLye yeqile ungangezelela ngamafutha njengalokho okwenze ekuqaleni ku step2. Goqoza kuze kujiye kakhulu kubambe isipunu ogoqoza ngaso.
- Thela-ke ebhokisini wenze yonke imininingwane engiyichaze phambilini ku step 4 to 6.