

Vaa barakoa ili kuzuia COVID-19 kuenea

Kuvaa barakoa ni lazima katika maeneo ya umma ya Vermont.

Kuanzia Agosti 1, 2020, unahitajika kuvaa barakoa uwapo kwenye maeneo ya umma ya Vermont, wakati wowote ikiwa huwezi kukaa umbali wa futi 6 kutoka kwa wengine wasiokuwa sehemu ya kaya yako. Hii ni pamoja na maeneo ya ndani na nje na mipangilio ya makazi ya makundi (kwa mfano, vituo vya utunzaji wa muda mrefu, nyumba za uuguzi, ghorofa na nyumba kubwa yenye vyumba vingi vidogo vya makazi).

Barakoa inasaidia kuwalinda watu wengine walioko karibu nawe ikiwa umeambukizwa na hufahamu kuwa uko hivyo. Watu wasio na dalili zozote wanaweza kueneza virusi kupitia matone yanayotoka unapopumua, kuongea, au kusafisha koo lako. Barakoa ni tahadhari moja zaidi tunayoweza kuchukua kusaidia kupunguza kuenea kwa COVID-19 - na sio mbadala wa kutotangamana na watu na hatua zingine za kuzuia uenezaji.



Mifano ya wakati barakoa inahitajika:

- Safari za kwenda duka lolote, duka la dawa, kumuona daktari au hospitali
- Kwenye mkusanyiko katika viunga vya kupumzikia ukiwa na marafiki na familia ambao hawaishi nawe kwenye kaya yako
- Katika tukio lolote la umma ndani au nje ya nyumba, kama vile mkusanyiko, maandamano, mnada kwa wakulima, au tukio la kampeni
- Unaposafiri kwenye basi, tekisi, au gari mnalochangia kwa pamoja na watu wengine
- Unapotembea katika barabara yenye shughuli nyingi au watu wengi
- Kabla na baada ya darasa la yoga au mazoezi

Mifano ya wakati barakoa haihitajiki au haifai kuvaliwa:

- Unapoenda matembezi msituni au mtaani kwenu
- Unapofanya shughuli au mazoezi mazito kama vile wakati wa kukimbia, kuendesha baiskeli, au ukiwa katika darasa la yoga
- Watoto wenye umri chini ya miaka 2
- Mtu yeyote aliye na shida ya kupumua
- Mtu yeyote asiyeweza kuivua bila ya msaada
- Mtu yeyote ambaye ana sababu ya kiafya au kitabia ya kutovaa barakoa.

Ikiwa una hali ya kiafya au ya ukuaji, au una shida ya kupumua, hulazimiki kuonyesha ushahidi au nyaraka za hali yako.

Je, vipi kuhusu kuvaa barakoa katika maeneo na mazingira binafsi?

Tunapendekeza kwamba watu wavae barakoa wanapokuwa katika mazingira binafsi au pamoja na watu ambao wanaishi nje ya nyumba yao na haiwezekani kukaa umbali wa futi 6 baina yao.

Kwa mfano, kwenye mkusanyiko wa familia na marafiki uani au unaposafiri kwenye gari kwa pamoja na mtu asiye mkazi wa nyumba yenu. Ikiwa unaumwa, vaa barakoa nyumbani ikiwa kuna watu wengine wanaoishi nyumbani humo.

Jinsi ya kuvaa barakoa:

Barakoa ni lazima ivaliwe vizuri ili kufaa na kuepusha kuenea kwa vijidudu:

- Nawa mikono yako kabla ya kuivaa.
- Hakikisha mdomo wako na pua vimefunikwa.
- Weka vishwara vishikilie kwenye masikio yako au uifunge vizuri.
- Usiiguse au kuivuta chini ukiwa kwenye maeneo ya umma.
- Endelea kuivaa hadi utakapofika nyumbani.
- Ivue bila kugusa macho yako, pua au mdomo, kisha unawe mikono yako papo hapo.

Ikiwa unahisi joto jingi na unapata shida kupumua kwa sababu kuna joto mahali ulipo, unapaswa kuvua barakoa yako, kunywa maji, pumzika na tafuta mahali penye ubaridi. Ni muhimu kudumisha umbali wa futi 6 kutoka kwa watu wengine inapowezekana, hasa unapokuwa hujavaa barakoa.

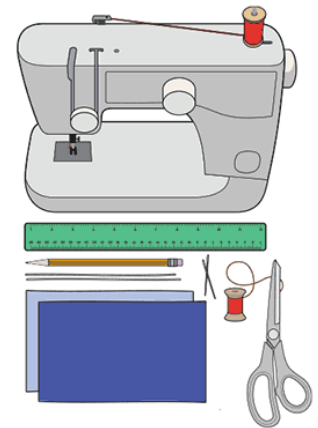
Osha barakoa kila siku, kwa mkono au mashine, ukitumia sabuni ya unga/maji.

Mashine ya kuoshea nguo inatosha kuosha barakoa zako ipasavyo. Hakikisha kwamba ni kavu kabisa kabla ya kuitumia. Unapaswa kuwa na barakoa kadhaa ili uweze kubadilisha unapozifua.

Tengeneza yako.

Vituo vya Kudhibiti na Kuzuia Magonjwa (CDC) vimetoa [maelekezo ya namna ya kutengeneza barakoa zako mwenyewe](#) kwa njia kadhaa tofauti, ikiwa ni pamoja na kutumia mashine au kushona kwa mkono, njia isiyo ya kushona ukitumia tisheti na mkasi, na njia ya kutoshona ukitumia lesa kubwa.

Kwa maelezo zaidi, tembelea www.healthvermont.gov/COVID-19.



Wear a Face Mask to Keep COVID-19 from Spreading

Face masks are required in Vermont public spaces.

Effective August 1, 2020, in Vermont, you are required to wear a face mask in public spaces, any time it is not possible to keep a 6-foot distance from others who are not part of your household. This includes both indoor and outdoor spaces and group living settings (for example, long-term care facilities, nursing homes, apartment and condo complexes).

A mask helps protect others around you if you are infected and don't know it. People without any symptoms may be able to spread the virus through droplets produced when breathing, speaking, or clearing your throat. A face mask is one more precaution we can take to help slow the spread of COVID-19 – and is not a substitute for physical distancing and other prevention measures.



Examples of when a face mask is required:

- Trips to any store, pharmacy, doctor, or hospital
- At a gathering in the park with friends and family who do not live in your household
- At any indoor or outdoor public event, such as a rally, protest, farmer's market, or campaign event
- Riding the bus, taxi, or ride share
- Walking on a busy and crowded street
- Before and after a yoga or exercise class

Examples of when face mask is not required or should not be worn:

- Going for a walk in the woods or in your neighborhood
- Doing strenuous exercise or activities, such as during a run, bike ride, or yoga class
- Children under the age of 2
- Anyone who has trouble breathing
- Anyone who can't remove it without assistance
- Anyone who has a medical or behavioral reason for not wearing a mask.

If you have a medical or developmental condition, or have trouble breathing, you do not have to show evidence or documentation of your condition.

What about wearing a mask in private spaces and settings?

We recommend that people wear masks when they are in a private setting or space with people who live outside of their home and it is not possible to stay 6 feet apart. For example, at a gathering with family and friends in your backyard or riding in the car with someone outside of your home.

If you are sick, wear a mask at home if you have other people living in the home.

How to wear a face mask:

A face mask or covering must be worn properly to be effective and avoid the spread of germs:

- Wash your hands before putting it on.
- Be sure your mouth and nose are covered.
- Hook loops around your ears or tie it snugly.
- Do not touch it or pull it down while in public.
- Keep it on until you get home.
- Remove it without touching your eyes, nose or mouth, then wash your hands immediately.

If you feel like you are overheating and are having trouble breathing because it is hot where you are, you should take off your mask, drink water, rest and seek a cool place. It is important that you keep a 6-foot distance from others whenever possible, especially when you are not wearing a mask.

Clean face masks daily, by hand or machine, using detergent.

A washing machine should suffice to properly wash your face masks. Make sure it's completely dry before using. You should have a few on hand so you can rotate for washing.

Make your own.

CDC has [instructions on making your own coverings](#) in several different methods, including machine or hand-sewn, a no-sew method with a t-shirt and scissors, and a no-sew method with a bandana.

For more information, visit www.healthvermont.gov/COVID-19.

