

# Indlela yoku sebenzisa kuhle imaski yetjhila

## Kubayini abasebenzi be-ECD kuthogeka bona bambathe imaski?

Boke abantu abadala kuthogeka bona bambathe imaski yetjhila nabasehlelweni le-ECD.

## Kubayini amamaski kuthogeka bona ambathwe ngendlela elungileko?

Nangabe imaski ayikasetjenziwa ngendlela elungileko iphungula ukusizeka begodu ingangezelela nengozi yokusuleleka ngobulwelwe. Lokhu kutjho bona kufanele uyifake bese uyikhupha nangendlela elungileko, begodu ubalekele nokuyithinta namkha ukuyiphathaphatha nasele uyimbethe.

## Ingabe abentwana kuthogeka bona bambathe imaski?

Abentwana beminyaka ehlangana nemi-2 kanye nemi-5 yobudala kufanele bakhuthazwe kodwana bangakatelelwa ukumbatha imaski. (Abentwana beminyaka engaphasi kwemi-2 akuthogeki bona bambathe imaski.) Nangabe umntwana ufika ehlelweni lakho ngaphandle kwemaski kufanele uminikele yinye azoyimbatha. Kuzokuthogeka bona unikele abentwana isekelo elinobuntu kobana ubasize bambathe imaski yabo ngendlela elungileko.

## Ngingasebenzisa imihlobo enjani yemaski?

Kulungile ukusebenzisa imaski yetjhila. Akuthogeki bona usebenzise imaski ekhethekileko yezokwelatjiswa. Amamaski kufanele ahlanzwe ngemva kokusetjenziwa.

## Indlela yokwenza imaski



## Ngiyisebenzisa njani imaski ngendlela elungileko?

### Landela elinye nelinye lamagadango alandelako:

- 1 Hlamba izandla zakho ngaphambi kokufaka imaski namkha ngaphambi kokusiza umntwana ngemaski.
- 2 Beka imaski ehlanzekileko phezu kwepumulwakho nomlomakho bese wenza isiqiniseko sokobana kokubili kuvaleke kuhle.
- 3 Bopha iintambo ngemva kwehlokwakho namkha nangabe ineregere, yenza isiqiniseko sokobana iqinile.
- 4 Ijikajikise kobana uthole lapho ehlala khona kuhle ngaphandle kokuthinta ingcenywe yetjhila. Nasele uyimbethe imaski, ungathinti ubuso bakho namkha imaski bekube lapho uyikhupha khona.
- 5 Khupha imaski nawudlako namkha nawuselako. Beka imaski ngayinye esikhwameni namkha ngesimumathini esihlukileko bese wenza isiqiniseko sokobana ayithintani namanye amamaski.
- 6 Khupha imaski ngokubophulula iintambo bese uyibhinca ngokuyihlanakela. Ngokuyibamba ngeentambo, yifake esimumathini
- 7 Hlamba izandla zakho kuhle ngemva kokuhlubula imaski.
- 8 Hlanza imaski ngamanzi afuthumeleko anesibha bese uyomisa kuhle ngaphambi kobana uyisebenzise godu.

Khumbula bona imaski AYISISO isijamiselelo sezinye iindlela zokuvimbela. Kusathogeka bona ningatjhidelani begodu nihlambe nezandla zenu kanengi.