

Udutambara Dupfuka Umunwa n'Amazuru tugenewe Abana

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Mu gufasha kuzibira ikwiragira ry'umugera wa COVID-19, abana bafise imyaka 2 n'abayirenta bategerezwa kwambara agatambara gapfuka umunwa n'amazuru ahantu abantu badashobora kuba kure na kure y'abandi no guhana intambwe zishika ku ntambuko 6 zingana n' imetero zibiri. Turashobora gufasha abana gutahura ingene bikingira kandi bagakingira n'abandi no kugira agatambara gapfuka umunwa n'amazuru kabe umuce w'ibikorwa vya misi yose ku buryo gukina, kwiga, n'ibindi bikorwa biba mumutekano uko bishoboka.

Udutambara dupfuka umunwa n'amazuru duhingurirwa imuhira canke twaguzwe tubereye kwambarwa n'abantu benshi. Ku bana, kuronka utubakwira ni ingirakamaro. Udutambara dupfuka umunwa n'amazuru tuzinze dufise utugozi two ku matwi twiramvura nitwo tubereye kuruta utundi ku bana. Gerageza kuronka agafise ubunini bubereye bungana no mu maso h'umwana wawe kandi ugire ivyo uhindura kugira bihure neza ata nkomanzi.

Ninde Ategerezwa Kwambara Agatambara Gapfuka Umunwa n'Amazuru?



- Abana bakwije imyaka 2 n'abayirenta bashobora kukambara mu buryo bubereye

Udutambara dupfuka umunwa n'amazuru tubereye umwana ashitse ku rugero mu gihe ashobora kukambara mu buryo bubereye, kugakura, no kutagakorako canke kutakanunza.

Ninde Ategerezwa Kwambara Agatambara Gapfuka Umunwa n'Amazuru?



- Abana batarakwiza imyaka 2
- Abana bafise imvo z'amagara canke z'inyifato zituma batokwambara agatambara gapfuka umunwa n'amazuru **ntibategerezwa** gusabwa kukambara.

Udutambara dupfuka umunwa n'amazuru ntubereye umwana niba urugero ashitseko rwotuma kwambara agatambara gapfuka umunwa n'amazuru bitera ingorane.

Abavyeyi n'umuntu wese witaho umwana n'abakozi bo kw'ishure bategerezwa kuyaga ivyo umwana ubwiwe akeneye, no guhanuza umuganga nimba bikenewe (akarorero, abana barwaye asima) kugira bamenye nimba bashobora kwambara agatambara gapfuka umunwa n'amazuru ata nkomanzi mu buryo buhorereza.

Ni Ryari Udutambara Dupfuka Umunwa n'Amazuru Dutegerezwa Kwambarwa?

Udutambara dupfuka umunwa n'amazuru dutegerezwa kwambarwa ahantu abana n'abantu bakuze badashobora kuba kure na kure y'abandi no guhana intambwe zishika ku ntambuko 6 zingana n' imetero zibiri. Aho hantu ni mu bigo bitaho abana abavyeyi bagiye ku kazi, amakambi y'ukwinezereza mu mpeshi mbere no ku mashure. Mu tundi turorero harimwo:

- Kuja gusuma, nk'urugendo ruja kw'iduka
- Kw'ivuriro ugiye kw'isango rya muganga
- Kugendera abagize umuryango bataba mu rugo
- Kwiyunguruzwa mu buryo rusangi canke kugenda mu muduga uri kumwe n'abantu mutabana
- Kugenda mw'ibarabara ririmwo abantu benshi
- Imuhira nihoba hari umuntu arwaye

Kirundi

Kutagira Inkomanzi

- Udutambara dupfuka umunwa n'amazuru NTIdutegerezwa kuba dufise ibindi bifasheko (nk'ibipfungo, icandiko gihometseko, n'ibindi.) bishobora gutera impanuka kuzibira impemu.
- Ntibihanuwe kwambika abana bato udutambara dupfuka umunwa n'amazuru dufise imigozi kuko dushobora gutera impanuka yo kuzibira impemu canke kumuniga.
- Gukura Udutambara dupfuka umunwa n'amazuru mu gihe abana basinziriye, bariko barafungura, canke bariko baroga (canke bagomba kujoba).

Nofasha Gute Abana Kwambara Agatambara Gapfuka Umunwa n'Amazuru?

Abana bato bagomba gufashwa igihe bariko barambara agatambara gapfuka umunwa n'amazuru . Kurikiza izinyifato mu gihe uriko urafasha abana kwambara no gukura agatambara gapfuka umunwa n'amazuru:

- Karaba intoke mbere yo kumwambika agatambara gapfuka umunwa n'amazuru no mu nyuma uhejeje kukamukura.
- Gushira agatambara gapfuka umunwa hejuru y'amazuru no ku munwa.
- Kwigisha abana kwirinda gukora ku gatambara gapfuka umunwa n'amazuru canke kwikora mu maso mu gihe bambaye agatambara gapfuka amazuru n'umunwa.
- Abagenzi ntibategerezwa gusabikanya agatambara gapfuka umunwa n'amazuru.
- Gukura agatambara gapfuka umunwa n'amazuru ukoze gusa ku migozi.
- Bika agatambara gapfuka umunwa n'amazuru wakoresheje mu gasaho gakoze mu rupapuro gafise isuku gushika bikenewe ko usubira kukambara; agasaho gategerezwa kuba kanditsweko nimba aho hantu hari abana benshi.
- Kumesura agatambara gapfuka umunwa n'amazuru umusi uheze.

Impanuro zo Gufasha Abana Kumenyera

Gufasha abana gutegera ko kwambara agatambara gapfuka umunwa n'amazuru bishobora gukingira ikwiragira ry'imigera. Urashobora gukurikiza impanuro z'abahinga, ibitabu na videwo bikurikira:

- Abana barengeje imyaka 3, basigurire ko imigera ari ibintu bidasanze ku mubiri wabo. Imigera imwimwe ni myiza iyindi ni mibi. Imigera mibi ituma turwara. Kubera tudashobora kwama tumenya gutandukanya imigera mibi na myiza, udutambara dupfuka umunwa n'amazuru dufasha kuzibira imigera mibi kugira ntiyinjire mu mubiri.
- Nimba umwana afise ubwoba bwo kwambara agatambara gapfuka umunwa n'amazuru, gerageza kukambika agakinisho kiwe canke agapupe, ugasharize n'amashusho, umumenyereze kukambara ari imuhira, mbere umwereke amafoto y'abandi bana batwambaye.
- Rondera amakuru kuri internet nko kuri:
 - [Igitabu c'Igikorwa Kiraba COVID-19](#)
 - [Videwo zigenewe abana za PBS](#)
 - [Impanuro zifasha kuyaga n'abana bato ibijanye n'agatambara gapfuka umunwa n'amazuru](#)

To help prevent the spread of COVID-19, children ages 2 and older should wear a face covering in settings where they cannot keep a distance of 6 feet away from others. We can help children understand how to protect one another and make face coverings part of our daily routine so that play, learning, and other activities can be as safe as possible.

Homemade or purchased face coverings are fine for most people to wear. For children, the right fit is important. Pleated face coverings with elastic ear loops are best for kids. Try to find the right size for your child's face and adjust it for a secure fit.

Who Should Wear a Face Covering?



- Children age 2 and older who can wear it properly

Face coverings are appropriate for a child's stage of development when they can properly put on, take off, and not touch or suck on the covering.

Who Should Not Wear a Face Covering?



- Children under age 2
- Children who have a medical or behavioral reason for not wearing a face covering **should not** be required to wear one.

Face coverings may not be appropriate if a child's stage of development would make wearing a face covering difficult.

Parents and any child care and school staff should discuss the needs of the individual child, and consult with a health care provider if necessary (for example, for children with conditions such as asthma) to determine if they can safely and consistently wear a face covering.

When Should Face Coverings Be Worn?

Face coverings should be worn in settings where children and adults cannot keep a distance of 6 feet between themselves and others. This includes childcare settings, summer camps and schools. Other examples include:

- Running errands, such as trips to the store
- In a health care setting for an appointment
- Visiting family members outside your household
- Riding public transportation or sharing a ride with people outside your household
- Walking on a busy or crowded street
- At home if someone in the household is sick

Safety

- Face coverings should NOT have any attachments (such as buttons, stickers, etc.) that may be a choking hazard.
- Face coverings with strings are not recommended for young children as they pose a risk of choking or strangulation.
- Remove face coverings while children are sleeping, eating, or swimming (or when they would get wet).

How Can I Help Children Wear a Face Covering?

Younger children may need help while wearing a face covering. Follow these guidelines when helping children to put on and remove a face covering:

- Wash hands before putting on a face covering and after removing it.
- Place the face covering over the nose and mouth.
- Teach children to avoid touching the face covering or their face while wearing a face covering.
- Face coverings are not to be shared with friends.
- Remove the face covering by touching only the straps.
- Place the used face covering in a clean paper bag until it needs to be put on again; the bag should be labeled if there are multiple children in the setting.
- Wash the face covering after daily use.

Tips to Help Children Adapt

Help children understand that wearing face coverings can prevent the spread of germs. You can use the following expert tips, books, and videos:

- For children over age 3, explain that germs are special to their body. Some germs are good and some are bad. The bad ones can make us sick. Since we cannot always tell which are good or bad, the face coverings help make sure you keep bad germs away from your body.
- If a child is afraid of wearing a face covering, try putting one on a favorite stuffed animal or doll, decorate it with drawings, practice wearing it at home, and show the child pictures of other children wearing them.
- Refer to online resources such as:
 - [COVID-19 Activity Book](#)
 - [PBS Kids video](#)
 - [Tips for talking to toddlers about face covering](#)