

Ili kusaidia kuzuia kuenea kwa COVID-19, watoto wenye umri wa miaka 2 na zaidi wanapaswa kuvaa barakoa wakiwa katika mazingira ambayo hawawezi kukaa umbali wa futi 6 kutoka kwa wengine. Tunaweza kusaidia watoto kuelewa jinsi ya kulindana na kufanya barakoa kuwa sehemu ya utaratibu wetu wa kila siku ili kucheza, kujifunza, na shughuli zingine ziwe salama iwezekanavyo.

Barakoa za kujitengenezea au kununua zinafaa kwa watu wengi kuvaa. Kwa watoto, barakoa zinazowatosha barabara ni muhimu. Barakoa zenye marinda na zenye kamba za sikio zinazovutika ni bora kabisa kwa watoto. Jaribu kupata saizi inayofaa kwa uso wa mtoto wako na rekebishe ili kumtoshia vyema.

Nani Anapaswa Kuvaa Barakoa?



- Watoto wenye umri wa miaka 2 na zaidi ambao wanaweza kuivaa vizuri

Barakoa ni sahihi kwa hatua ya makuzi ya watoto pale wanapoweza kuivaa vizuri, kuivua, na kutoigusa au kuinyonya barakoa yenyewe.

Nani Hapaswi Kuvaa Barakoa?



- Watoto chini ya umri wa miaka 2
- Watoto ambao wana matatizo ya kiafya au sababu za kihulka za kutovaa barakoa **hawapaswi** kulazimishwa kuvaa.

Barakoa zinaweza kuwa hazifai ikiwa hatua ya ukuaji wa mtoto itafanya kuivaa kuwa vigumu.

Wazazi na walezi wowote wa watoto na wafanyakazi wa shule wanapaswa kujadili mahitaji ya mtoto binafsi, na washauriane na mtoa huduma ya afya ikiwa ni lazima (kwa mfano, kwa watoto walio na matatizo kama vile pumu) kuamua ikiwa wanaweza kuvaa barakoa bila tatizo na mara kwa mara.

Ni Wakati Gani Barakoa Zinafaa Kuvaliwa?

Barakoa zinapaswa kuvaliwa katika mazingira ambayo watoto na watu wazima hawawezi kukaa umbali wa futi 6 kati yao na wengine. Hii ni pamoja na mazingira ya utunzaji watoto, kambi za majira ya joto na shuleni. Mifano mingine ni pamoja na:

- Shughuli za kawaida, kama vile safari za dukani
- Katika mazingira ya miadi ya matibabu
- Kutembelea ndugu wa familia nje ya kaya yako
- Kutumia usafiri wa umma au kuchangia usafiri na watu walio nje ya kaya yako
- Kutembea kwenye barabara yenye pilikapilika au iliyojaa watu
- Nyumbani ikiwa mmojawapo katika kaya hiyo ni mgonjwa

Swahili

Usalama

- Barakoa hazipaswi kuwa na viambatisho (kama vile vifungo, stika, na kadhalika) ambavyo vinaweza kukwaza kupumua.
- Barakoa zenye kamba hazipendekezwi kwa watoto wadogo kwani zina hatari ya kukaba au kunyonga.
- Ondoa barakoa za watoto wakiwa wamelala, wanapokula, au kuogelea (au wakati wanaweza kushika maji).

Ninawezaje kuwasaidia watoto Kuvaa Barakoa?

Watoto wadogo wanaweza kuhitaji msaada wakati wa kuvaa barakoa. Fuata miongozo hii wakati unawasaidia watoto kuvaa na kuvua barakoa:

- Osha mikono kabla ya kuvaa barakoa na baada ya kuivua.
- Vaa barakoa izibe juu ya pua na mdomo.
- Wafundishe watoto wasiguse barakoa au uso wao wakati wamevaa barakoa.
- Barakoa hazipaswi kuchangia na marafiki.
- Vua barakoa kwa kushika kamba tu.
- Weka barakoa iliyotumika kwenye mfuko wa karatasi safi hadi itakapohitajika kuvaliwa tena; mfuko ni budi uwekwe alama endapo kuna watoto wengi katika mazingira hayo.
- Fua barakoa baada ya matumizi ya kila siku.

Vidokezo vya kusaidia watoto Kubadilika

Saidia watoto kuelewa kwamba kuvaa barakoa kunaweza kuzuia kuenea kwa vimelea. Unaweza kutumia vidokezo vya mtaalam vifuatavyo, vitabu, na video:

- Kwa watoto zaidi ya miaka 3, elezea kwamba vimelea ni kitu mahususi kwa miili yao. Vimelea vingine ni vizuri na vingine vibaya. Vibaya hutufanya kuumwa. Kwa kuwa hatuwezi kujua kila wakati vipi ni vizuri au vibaya, barakoa husaidia kuhakikisha unaviweka vimelea vibaya mbali na mwili wako.
- Ikiwa mtoto anaogopa kuvaa barakoa, jaribu kuweka moja juu ya mwanasesere, kuipamba kwa michoro, uwe unaivaa ukiwa nyumbani, na uwaonyeshe picha za watoto wengine waliovaa barakoa.
- Rejea nyenzo za mtandaoni kama vile:
 - [Kitabu cha Shughuli za COVID-19](#)
 - [Video ya PBS kwa watoto](#)
 - [Vidokezo vya kuzungumza na watoto wachanga kuhusiana na barakoa](#)

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](#)