

Mpo na kopekisa bopalangani ya COVID-19, bana oyo bakokisa mibu 2 mpe koleka basengeli kozipa elongi (na masque to cache-nez) na bisika oyo bakoki te kozala mosika ya metele 2 uta na basusu. Tokoki kosalisa bana basosola lolenge nini bakoki komibatela mpe kokomisa ezaleli ya kozipa elongi momeseno ya mokolo na mokolo mpo ete masano, boyekoli, mpe misala mosusu ekoka kozala na securite to bokengi lokola ekoki kozala.

Masque to cache-nez oyo basali na ndako to oyo basombi ezali malamumu mpo ete bato mingi koleka balata. Mpo na bana, ezali likambo ya motuya koleka ete ekoka bango. Masque to cache-nez oyo efinama-finama na ekangeli na matoyi basala na elastiki mpo na kolinga na matoyi malamumu koleka mpo na bana. Meka kozwa oyo ekoki malamumu na elongi ya mwana mpe kokokanisa yango mpo ete ekoka ye na lolenge ya bokengi.

Nani Asengeli Kolata Masque to Cache-nez?



- Bana ya mibu 2 mpe koleka oyo bakoki kolata yango malamumu

Masque to cache-nez ezali malamumu mpo na bokoli ya mwana soki akoki kolata, kolongola, mpe kosimba te to kofiba yango te.

Nani Asengeli te Kolata Masque to Cache-nez?



- Bana oyo bakokisi naino te mibu 2
- Bana oyo bazali te na ntina ya kolata masque to cache-nez na ntina ya masengisi ya minganga to mpe na ezaleli na bango **basengeli te** kolata yango.

Masque to cache-nez ekoki kozala malamumu te mpo na mwana oyo mbula ya kokola na ye ekoki kosala ete ezala mpasi na kolata masque to cache-nez.

Baboti, babateli nyonso ya bana mpe bakambi ya biteyelo basengeli kosolola na ntina ya mposa ya mwana moko moko, mpe koyokana na monganga oyo asalisaka soki esengeli, (ndakisa, mpo na bana oyo bazali kobela mpema asthme) mpo na koyeba soki bakoki na bokengi nyonso mpe ntango nyonso kolata masque to cache-nez.

Masque to Cache-nez Esengeli Kolatama Ntango Nini?

Masque to cache-nez esengeli kolatama na bisika wapi bana mpe mikolo bakoki te kobatela mobeko ya kozala metele 2 mosika na bango moko mpe basusu. Etangami mpe bisika wapi basalisa bana, banganda ya elanga (camps d'été) mpe biteyelo. Kati na bandakisa mosusu ezali:

- Kotambola na kokokisaka makambu, ndakisa kokende na butiki
- Na centre de sante songolo mpo na rendez-vous na monganga
- Kokende kotala bandeko ya libota libanda ya ndako na yo
- Kozwa motuka to bisi ya bato nyonso to kozwa bato ya libanda ya ndako na yo na motuka
- Kotambola na balabala ya bato ebele
- Na ndako soki moto moko ya ndako azali kobela

Lingala

Securite/Bokengi

- Masque to cache-nez esengeli TE kozala ekangisami na eloko mosusu (ndakisa buto, ekangiseli na auto-collant, to bongo na bongo) oyo ekoki komema likama.
- Masque to cache-nez oyo ezali na nsinga epekisami mpo na bana mike mpamba bazali na likama ya kokangisama mpe kofinama.
- Longola bana mike masque to cache-nez ntango bazali kolala, kolia, to koniania na mai (to ntango bakoki kopola na mai).

Lolenge Nini Kosalisa Bana Balata Masque to Cache-Nez?

Bana mike bakoki kozala na mposa ya lialisi mpo na kolata masque to cache-nez. Landa malakisi oyo ntango ozali kosalisa bana mike kolata ezipeli na elongi:

- Sukola maboko liboso ya kolata masque to cache-nez na elongi to nsima ya kolongola yango.
- Lata masque to cache-nez likolo y azolo mpe munoko.
- Teya bana mike baboya kosimba masque to cache-nez ata elongi na bango ntango balati masque to cache-nez.
- Masque to cache-nez ezali ya kokabola na baninga te.
- Longola masque to cache-nez na kosimbaka bobele nsinga to elastiki.
- Tia masque to cache-nez oyo basalela na saki ya peto kino ntango ya kolata yango lisusu; saki na saki esengeli kozala na elembo na yango soki bana bazali mingi na esika wana.
- Sukola masque to cache-nez mikolo nyonso nsima ya kosalela yango.

Makanisi mpo na Kosalisa Bana na Komesana

Salisa bana basosola ete kolata masque to cache-nez ekoki kopekisa bopalangani ya mikroba. Okoki kosalela makanisi, buku, mpe video elandi uta na banganga mayele:

- Mpo na bana ya mibu 3 koleka, limbola ete mikroba ezali ntina mpo na nzoto na bango. Misusu ezali malamumu mpe misusu mabe. Ya mabe ekoki kokomisa biso bato na maladi. Lokola tokoki ntango nyonso koyeba te nini mikroba ezali malamumu nini ezali mabe, kozipa elongi ezali nzela ya koyeba ete obengani mikroba ya mabe mosika na nzoto na yo.
- Soki mwana azali kobanga kolata masque to cache-nez, meka kolatisa mbwa to poupee oyo alingaka mingi, bongisa yango na mwa biloko lokola dessins, mesenisa kolatisa ye yango na ndako, mpe lakisa bilili ya bana mosusu oyo balati yango.
- Talela mikanda misusu na nzela ya internet lokola:
 - [Buku ya Activite mpo na COVID-19](#)
 - [Video PBS mpo na Bana](#)
 - [Makanisi mpo na kolobela bana na ntina ya kolata masque to cache-nez](#)

Lingala

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](#)