



COACHING
CONSERVATION

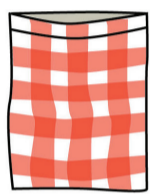
FACE MASKS – ITSHIRELETSE, SIRELETSA BABANGWE

GO ITSHIRELETSA BOTOKA, NNA KO LWAPENG, KATOGA BATHO BA BANGWE (MMITHARA TSE PEDI), TLHAPA DIATLA KGEPETSA KGAPETSA, SE ITSHWARE SEFATLHEGO.

Fa o ya mabenkeleng, kana o lwala (le fa o tlhokometse molwetsei). Mask o tshwanetse go dirisiwa. Mask fa o dirisiwa sentle o kgona go fokotsa kanamo ya mogare wa Corona.

ITIRELE MASK

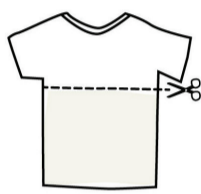
DIRISA, LETSELA, RUBBER BAND
TSE PEDI, TISSUE



SELOPO



TUKWI



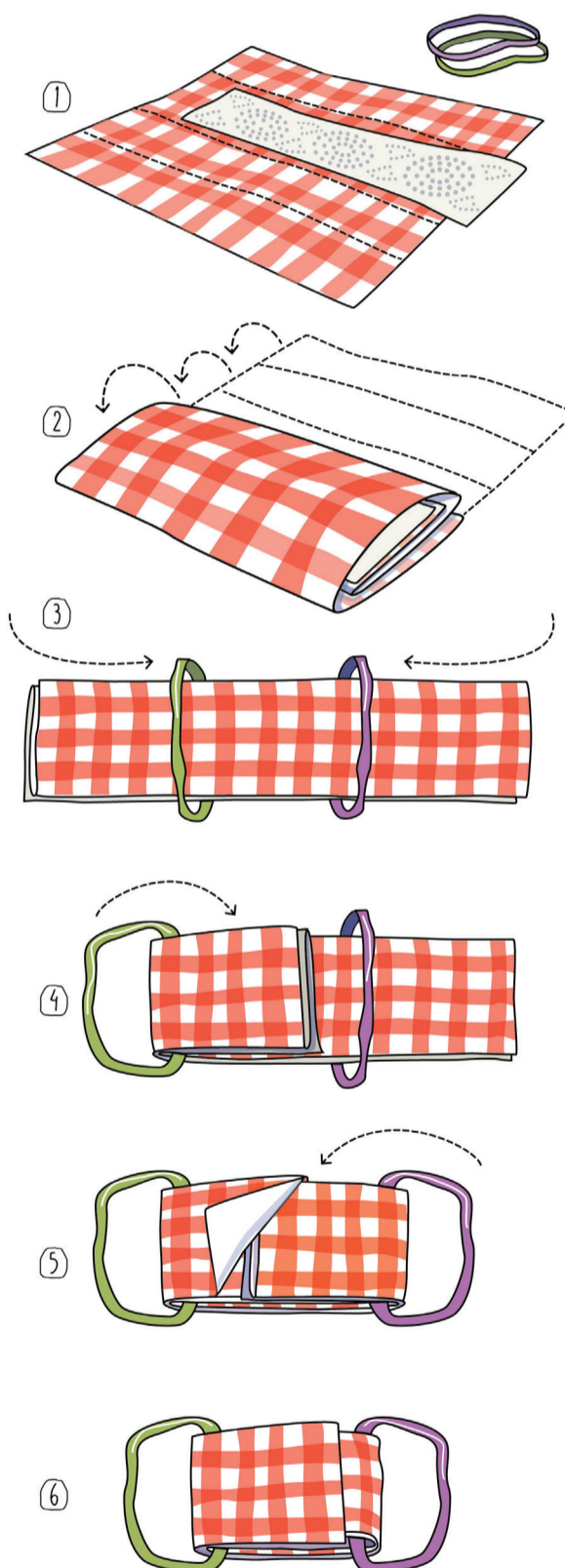
SIKIPA

Dikgato

- Menaganya letsela la gago (selopo, tukwi, kana sikipara) gantsinyana, o tsentse tissue fa gare
- o farologanye moteng le kontle ga mask wa gago, gore o sika wa tsietsega
- tsenya di rubber band ko dintlheng tsa letsela la gago. O bo o menela moteng pe;e ga o gokelela di rubber band mo ditsebeng tsa gago go khurumetsa dinko le molomo.

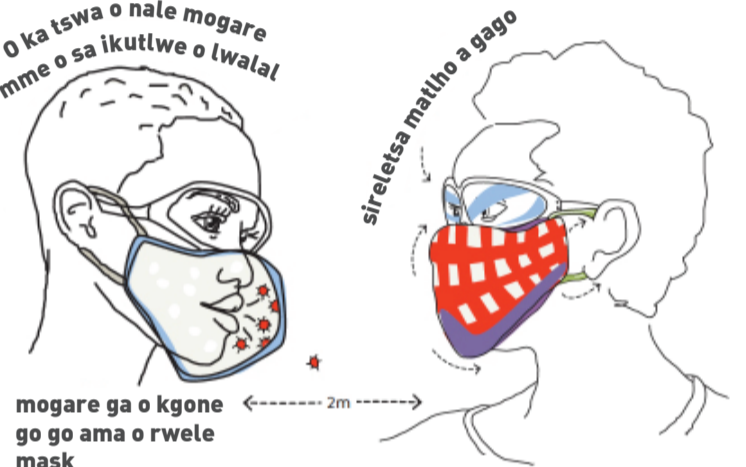


tlhatswa o bo o gatisa morago
ga tiriso



DIRISA MASK JAANA

O ka tswa o nale mogare
mme o sa ikutlwe o lwala!



1. tlhapa diatla ka molors pele ga o rwala face mask
2. rwala face mask sentle o ele tlhoko gore kontle le moteng ga mask ke gofe. Tlhomamisa gore o khurumetsa nko le molomo sentle.
3. Fa o setse o o rwele mask o seka wa o tshwara ka diatla tse di leswe go fitlhele o boela lwapeng, o o rola.
4. Fa o rola mask, o o tlhanolole o bo o o tlhatswa ka metsi a buthitho le molora
5. Tlhapa diatla gape, pele ga o tshwara sepe
6. Nako le nako fa o sena go dirisa mask wa gago, o o tlhatswe ka molora le metsi a buthitho, o bo o o anega mo letsatsing go bolaya mogare
7. Dira di face mask di le pedi gore o kgone go dihapanya