

# Kuna ushahidi wazi wa kisayansi kwamba kuvaa barakoa kunazuia kuenea kwa COVID-19.

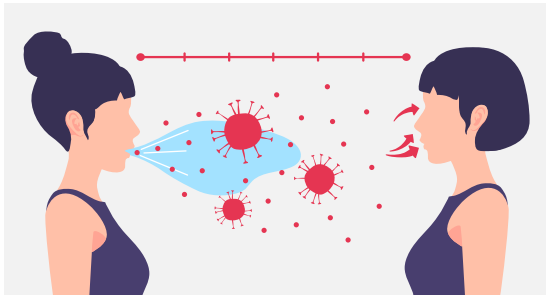


Mojawapo ya njia rahisi zaidi za kulinda maisha na riziki wakati wa janga hili ni kwa kuvaa barakoa.<sup>1,2</sup>

Takriban mashirika yote mashuhuri ya matibabu na kisayansi yanakubali kwamba barakoa ni njia mwafaka ya kusaidia kukomesha kuenea kwa COVID-19.<sup>2,3,4,5,6,7</sup>

Utafiti uliofanywa na Vituo vya Kudhibiti na Kuzuia Magonjwa ulionyesha sio tu kwamba barakoa hulinda watu wengine dhidi ya kuambukizwa na virusi v inavyosababisha COVID-19, lakini kwamba barakoa pia zinaweza kuwa kinga kwa mtu anayevaa barakoa.<sup>8</sup> Tunajua kwamba COVID-19 mara nyingi huenezwa kupitia matone na chembe za erosoli kutoka puani na mdomoni mwetu.<sup>9,10</sup> Kuvaa barakoa hupunguza sana uwezekano wa mtu kusambaza virusi kwa watu wengine au kuambukizwa na virusi.<sup>11</sup>

## Barakoa hupunguza maambukizi ya hewa



Mgonjwa asiyeonyesha na dalili

Mwenye Afya

**DHIDI YA**



Mgonjwa asiyeonyesha na dalili

Mwenye Afya

## Kuvaa barakoa na kupata chanjo kunapunguza kuenea kwa COVID-19 shuleni na idadi ya wanafunzi na walimu wanaowekwa karantini.

Mwongozo wa karantini ya shule kwa mwaka wa shule wa 2021-2022 unaruhusu wanafunzi zaidi kushiriki katika masomo ya ana kwa ana wakati wanafunzi wamechanjwa au kuvaa barakoa. Wanafunzi wanaweza kuendelea kujifunza ana kwa ana baada ya kuwa hatari mwa kuambukizwa ikiwa:

- Umepata chanjo kamili.
- Wewe na mtu aliyepatikana kwamba ana ugonjwa mlikuwa mmevaa barakoa.
- Ulikuwa umevaa barakoa ya N95 au KN95 ulipokuwa hatari mwa kuambukizwa, hata kama mtu aliyepatikana na ugonjwa hakuwa amevaa barakoa.



1. <https://s3-us-west-2.amazonaws.com/marriner-wpmedia/wp-content/uploads/2020/11/SeegertGaulinYangNavarroSanchez2020-web.pdf>  
 2. <https://www.idsociety.org/covid-19-real-time-learning-network/infection-prevention/masks-and-face-coverings-for-the-public/>  
 3. <https://pws.byu.edu/covid-19-and-masks>  
 4. [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)31142-9/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31142-9/fulltext)  
 5. <https://msphere.asm.org/content/5/5/e00637-20/article-info>  
 6. [https://www.cdc.gov/mmwr/volumes/69/wr/mm6928e2.htm?cid=mm6928e2\\_w](https://www.cdc.gov/mmwr/volumes/69/wr/mm6928e2.htm?cid=mm6928e2_w)

7. <https://jamanetwork.com/journals/jama/fullarticle/2768532>  
 8. <https://www.cdc.gov/coronavirus/2019-ncov/more/masking-science-sars-cov2.html>  
 9. <https://science.sciencemag.org/content/368/6498/1422>  
 10. <https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/scientific-brief-sars-cov-2.html>  
 11. [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)31142-9/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31142-9/fulltext)