

# MASKS

## What you need to know

- Cloth masks do not replace the **5 Golden Rules of Good Hygiene**.
- They may offer some extra protection and help to reduce the spread of coronavirus if well-made and used correctly.
- Cloth masks must be worn at all times when outside your home.
- Masks should not be used in children younger than 2 years.



Do not use N95 respirators and medical masks. There is a shortage and we must keep them to protect health workers caring for those with COVID-19.

### 5 Golden Rules

1. Wash hands
2. Don't touch face
3. Keep apart
4. Cover your cough
5. Sick? Stay home



## A good cloth mask:

- Has at least 3 layers:
  - Outer two layers are made from thick weave cotton like denim, calico, upholstery fabric or shweshwe.
  - Inner layer made from soft cotton.
  - Avoid T-shirt material.
  - Use fabrics that can be washed in hot water and ironed.
- Is square with 3 pleats to fit well.
- Covers from above the nose to below the chin and up to the ears.

Provincial hotline: 080 928 4102 | WhatsApp: "Hi" to 0600 123 456 | Email: [doh.dismed@westerncape.gov.za](mailto:doh.dismed@westerncape.gov.za)



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# How to use a cloth mask safely

## DO

- Wash hands before use.
- Ensure mask covers mouth and nose.
- Replace mask if wet. Put it in a container until you can wash it.
- Only touch straps to remove it.
- Wash hands immediately after removing it.
- Wash masks with soap and hot water.
- Dry and iron to disinfect mask.
- Have at least 2 masks so that you have a clean one ready.
- Wear a clean mask every day.



If you are sick with coronavirus or caring for someone who has it, speak to your health worker or hotline about what masks and protection to use.

## DON'T

Touch your face or fiddle with the mask.



Ever use someone else's mask. If you don't have a mask, use a scarf or bandana.



Let the mask slip or pull it down so that your nose or mouth is exposed.



Leave used masks lying around.

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