

MASKS

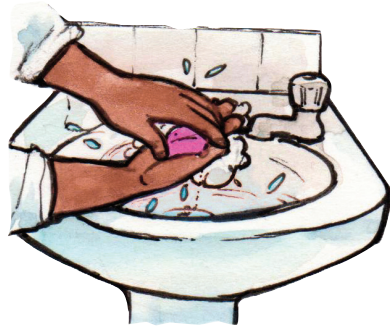
What you need to know

Well made cloth masks do not replace the **5 Golden Rules** of Good Hygiene. They may offer some extra protection if well made and used correctly.

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.

Follow the **5 Golden Rules of Good Hygiene** to stop the spread of coronavirus:

1



Wash your hands often for at least 20 seconds with soap and water.

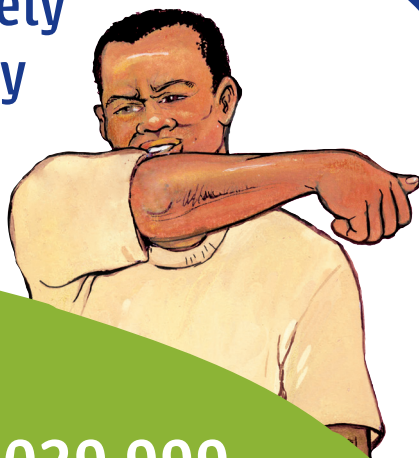
2



Do not touch your face with unwashed hands.

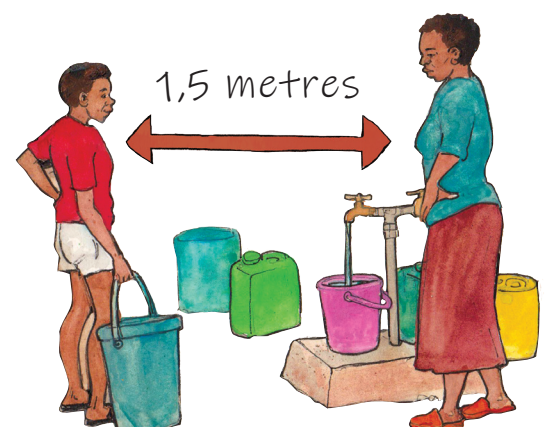
3

Cough or sneeze into a tissue or your elbow. Safely throw away the tissue.



4

Keep 1,5 metres apart from others.



5

Stay home if unwell. Contact a hotline or your health worker.



National Hotline : 0800 029 999



Provincial Hotline : 021 928 4102



National WhatsApp : 0600 123 456



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FOR MORE INFORMATION:
www.westerncape.gov.za

Use a cloth mask safely:

- Remember cloth masks do not replace the **5 Golden Rules** of Golden Hygiene.
- Well made cloth masks used correctly may offer some extra protection.

1 When putting on the mask:

- Wash your hands first.
- Place the inside of a clean mask against your face.
- Cover your nose and mouth.
- Make sure it fits well, don't touch the cloth part.



2 While wearing the mask:

- Do **NOT TOUCH YOUR FACE** or fiddle with the mask.
- Remove the mask if it is wet.



3 When taking off the mask:

- Touch only the straps.
- Keep it in a container until you wash it.
- Wash your hands after taking it off.



4 Caring for your masks:

- Have 2 masks so that you have a clean one ready.
- Do not share masks with other people.
- Wash the mask with soap and hot water.
- Dry the mask in the sun and iron it to disinfect it.



Use a cloth mask if you come into contact with people

- Using public transport
- Shopping
- Attending essential services



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.
- Has straps that tie behind the head.

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.



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