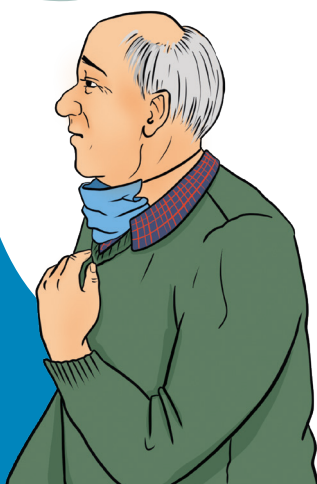


MASKS

What you need to know

- COVID-19 spreads mainly when we breathe in small droplets produced when someone with COVID-19 breathes, coughs, sneezes, sings, talks or shouts.
- Cloth masks reduce the amount of virus in the air between people.
- Masks should not be used in children younger than 2 years.

"I am wearing my mask to protect you. Please wear yours to protect me."



MAKE SAFER CHOICES

1. Sick? Stay home & arrange a test
2. Keep physical distance
3. Wear a mask
4. Cover your cough
5. Open doors & windows
6. Avoid crowds, close-contact & confined spaces
7. Wash/sanitise hands often



A good cloth mask:

- Has at least 3 layers of fabric (avoid T-shirt material).
- Can be washed in hot water.
- Is square with 3 pleats to fit well.
- Covers from above the nose to below the chin and up to the ears.



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STAY SAFE

**MOVE
FORWARD**

Use a cloth mask safely

DO

- Wash hands before use.
- Ensure mask covers mouth and nose.
- Replace mask if wet.
- Only touch straps to remove it.
- Wash hands immediately after removing it.
- Wash masks with soap and very hot water (60°C). If the water is not very hot, boil the mask for 1 minute to disinfect it.
- Have at least 2 masks so that you have a clean one ready.
- Wear a clean mask every day.



If you have COVID-19 or caring for someone with COVID-19, speak to your health worker or the Western Cape call centre about what masks and protection to use.

DON'T

Don't remove your mask to speak.



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



Don't let the mask slip or pull it down so that your nose or mouth is exposed.



Don't leave used masks lying around.



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STAY SAFE

MOVE
FORWARD