

# COVID-19 WEARING A MASK

## ALL YOU NEED TO KNOW



As a part of COVID-19 preventative interventions, wearing a mask when in public places is highly recommended to help slow the spread of the virus. Even though you have your face mask on, it is important to continue social distancing and sanitising your hands with alcohol-based hand rub or washing your hands with soap and water.

### **Cloth masks:**

Cloth masks are easy and inexpensive to make. They are also reusable and can help reduce the transmission of the virus by acting as a shield to contain the respiratory droplets (from the wearer) through which the virus spreads.

### **Dos of cloth face masks:**

- Sanitise your hands with alcohol-based hand rub or wash your hands with soap and water before putting your mask on and immediately after removing it.
- Make sure that it fits tightly, but comfortably, against the side of your face.
- Your face mask must be secured with ties or ear loops.
- It must cover the nose and mouth completely.
- It must include multiple layers of fabric and allow for breathing without restriction.
- Wash your cloth mask regularly, depending on the frequency of use. Also iron it, once it is dry.
- Do not share your mask with anyone. It is better to have two masks so they can be interchanged during washes.
- Make sure that the cloth mask is machine washable and dryable without losing its shape or fit.

### **Don'ts of cloth face masks:**

- Do not lower your face mask when speaking, coughing or sneezing.
- Fidgeting with your mask is strongly discouraged. Avoid constantly touching your face, eyes, nose, and mouth.
- Do not touch the inner cloth of your mask. If it is unavoidable – make sure you sanitise or wash your hands properly before touching anything else.
- The mask should act as a barrier to small droplets. Ensure that there are no holes in your mask. If you make your own mask, make sure you use multiple layers of closely woven fabric.

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For more information visit [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)

***It is important to note that a cloth mask will not prevent you from getting COVID-19. It will, however, protect other people. Wearing a cloth mask will help to contain your germs should you cough or sneeze in a public place. It will help to prevent you from giving COVID-19 to other people.***

***Wearing a mask doesn't mean you should neglect the other measures and precautions to prevent getting COVID-19. It is important to continue the practices that will keep you safe, such as washing your hands with soap for 20 seconds or using an alcohol-based hand rub.***

**Keep a safe social distance of at least two metres from other people if you need to leave your home or even when you are working in your place of work, where possible.**