MEDICAL MASKS FOR HEALTH CARE WORKERS ONLY





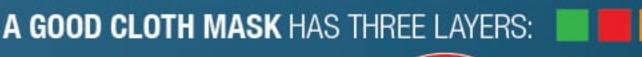


MEMBERS OF THE PUBLIC AND BUSINESSES TO WEAR CLOTH MASKS

When to use a cloth mask: . Using public transport. · Shopping. · Attending essential services. Caring for your masks: · Have two masks so you always have a When putting on the mask: clean one ready. · Wash your hands first. . DO NOT share masks with other people. · Place the inside of a clean mask 5 · Wash the mask with against your face. soap and hot water. Cover your nose and mouth. **APPROPRIATE** . Dry the mask in the . Make sure it fits well, don't touch sun and iron it to the cloth part. disinfect it. **USE OF CLOTH MASKS** When taking off the mask: While wearing the mask: Touch only the straps. NEVER touch the inside. . Do NOT TOUCH YOUR FACE or fiddle with the mask. Keep it in a container until · Remove the mask if it is wet. Wash your hands, with soap and water or hand sanitiser, after taking it off.



Please note that medical-grade masks, including N95 respirators and surgical masks, SHOULD ONLY be used by frontline doctors, nurses and community health care workers. Everyone else should use well-made cloth masks.







Made from thick weave cotton like Must be water repellent easy to clean and be quick drying.



- Avoid T-shirt material.
- Use fabrics that can be washed in hot water and ironed.
- Use fabrics that DO NOT inhibit breathing.
- Is square with 3 pleats to fit well. Covers from above the nose to below the chin and up to the ears
 - Must fasten tightly around the head.



CLOTH MASKS ARE AN EFFECTIVE WAY TO STOP THE SPREAD, BUT NEVER REPLACE THE FIVE GOLDEN RULES OF HYGIENE.



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



2. Do not touch your face with unwashed hands.



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



4. Observe physical distancing - keep 1,5 metres apart from others.



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

ADVICE FOR PARENTS:

When toddlers and children wear masks

- Adults must always assist toddlers and children to put on a mask.
- Follow the rule of always washing hands when touching masks.
- Ensure that toddlers and children are under adult supervision when wearing a cloth mask.
- Ensure that children and teenagers are informed on care, use, and precautions of using a cloth mask.

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.

National Hotline: 0800 029 999 National WhatsApp: 0600 123 456 National Institute for Communicable

Diseases website: http://www.nicd.ac.za

COVID-19 information website: https://sacoronavirus.co.za