Medical masks for healthcare workers only

Members of the public and businesses to wear cloth masks

Caring for your masks:
- Have two masks so you always 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.

When to use a cloth mask:
- Using public transport.
- Shopping.
- Attending essential services.

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.

When taking off the mask:
- Touch only the straps. NEVER touch the inside.
- Keep it in a container until you wash it.
- Wash your hands with soap and water or hand sanitizer, after taking it off.

While wearing the mask:
- Do not touch your face or fiddle with the mask.
- Remove the mask if it gets wet.

Appropriate use of cloth masks

Cloth masks are an effective way to stop the spread, but never replace the five golden rules of hygiene.

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. 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

A good cloth mask has three layers:
- Outer layer: Made from thick, water resistant material, often cotton and other breathable materials.
- Middle layer: Absorbent material to reduce breath, contains a pocket for additional filtering material.
- Inner layer: Breathable, moisture-wicking material, which is comfortable to wear.