



# COVID-19



## All you need to know about masks

### Protect yourself and others by wearing a face mask

It is recommended that South Africans should wear cloth face masks when in public and at work to prevent the spread of COVID-19.

### Why must I use a cloth face mask when going out in public?

A significant portion of individuals with COVID-19 do not have symptoms (“asymptomatic”) and those who develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity – for example speaking, coughing or sneezing – even if those people are not exhibiting symptoms.

### How to use a cloth face mask

- The inner side of your mask should not be touched by hands.
- The face mask must cover your nose and mouth completely.
- The face mask should not be lowered when speaking, coughing or sneezing.
- Do not touch your mask while wearing it.
- If you accidentally touch your mask, wash or sanitise your hands.
- Wash your hands after removing your face mask.
- Wash cloth face masks with warm soapy water and iron when dry.
- Each person will need to have at least two face masks so that one face mask is available when the other is being washed.

### Remember!

- **Avoid crowded places**
- **Keep your distance from others**
- **Regularly wash your hands with soap and water**
- **Practise good respiratory hygiene**
- **Avoid touching your eyes, nose or mouth with unwashed hands**



**We leave nobody behind!**



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## Alles wat jy moet weet oor maskers

### Beskerm jouself en ander deur 'n gesigmasker te dra

Dit word aanbeveel dat Suid-Afrikaners lappesigmaskers dra in die openbaar en by die werk om die verspreiding van COVID-19 te voorkom.

### Waarom moet ek 'n lappesigmasker gebruik as ek in die openbaar uitgaan?

'n Beduidende gedeelte van individue met COVID-19 het nie simptome nie (“simptoomloos”) en diegene wat simptome ontwikkel (“presimptomaties”), kan die virus aan ander oordra voordat hulle simptome toon. Dit beteken dat die virus kan versprei deur interaksie tussen mense wat naby aan mekaar is – byvoorbeeld deur te praat, hoë of nies – selfs al toon die mense nie simptome nie.

### Hoe om 'n lappesigmasker te gebruik

- Die binnekant van jou masker moet nie deur hande geraak word nie.
- Die gesigmasker moet jou neus en mond heeltemal bedek.
- Die gesigmasker moet nie gesak word as jy praat, hoë of nies nie.
- Moenie aan jou masker raak as jy dit dra nie.
- As jy per ongeluk aan jou masker raak, was jou hande of ontsmet dit.
- Was jou hande nadat jy jou gesigmasker afgehaal het.
- Was lappesigmaskers met warm seepwater en stryk dit as dit droog is.
- Elke persoon moet ten minste twee gesigmaskers hê sodat die een gesigmasker beskikbaar is wanneer die ander gewas word.

### Onthou!

- **Vermy stampvol plekke**
- **Hou jou afstand van ander mense**
- **Was jou hande gereeld met seep en water**
- **Beoefen goeie respiratoriese higiëne**
- **Vermy dit om aan jou oë, neus of mond met ongewaste hande te raak**



**Ons laat niemand agter nie!**