



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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Koke Okufanele Ukwazi Ngemaski

Zivikele wena nabanye ngokwembatha imaski

Kukhuthazwa amaSewula Afrika bonyana ambathe amamaski nabaseendaweni ezisemphakathini nemisebenzini ukukhandela ukurhatjheka kwe-COVID-19.

Kubayini kufanele sembathe amamaski nasiya emphakathini?

Ingcenyane ekulu yabantu abane-COVID-19 abanawo amatshwayo atjengisa ukwakheka kwengogwana nalabo abangakhombisi amatshwayo wangaphambi kokuvela kwengogwana bangayithutha bayise kwabanye abantu ngaphandle kokukhombisa amatshwayo. Lokhu kutjho bonyana ingogwana ingarhatjheka hlangana kwabantu abasendaweni evalekileko, ebantwini abanengi nofana ebantwini abatjhideleneko – ngokwesibonelo, ngokukhohlela, ukukhuluma nofana ukuthimula – begodu nebantwini abangakhombisi amatshwayo wokuba nayo.

Ungayisebenzisa njani imaski

- Ingaphakathi lemaski akukafaneli lithintwe ngezandla.
- Imaski kufanele igubuzese ipumulo nomlomakho ngokupheleleko.
- Imaski akukafaneli yehliswe nawukhulumako, ukhohlelako nofana nawuthimulako.
- Ungathinti imaski yakho nawuyembetheko.
- Nangabe uthinta imaski yakho ngephoso, hlamba nofana uhlanzekalise izandla zakho.
- Hlamba izandla zakho ngemva kokususa imaski yakho.
- Hlanza imaski yakho ngamanzi afuthumeleko anesibha bese uyayi-ayina nayomako.
- Omunye nomunye umuntu kufanele abe namamaski amabili okungasenani ukuze nakuhlazwa enye kube nenye engambathwako.

Khumbula!

- **Balekela iindawo ezinabantu abanengi**
- **Ungatjhidelani nabantu**
- **Hlamba izandla zakho ngesibha namanzi qobe**
- **Zifundise ukuphefumulela endaweni ehlanzekileko**
- **Balekela ukuthinta amahlo, ipumulo nofana umlomo wakho ngezandla ezingakahlanjwa.**



Akekho umuntu esimtjhiya ngemuva!



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