



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!

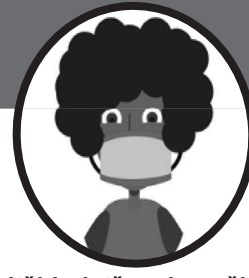
- **Avoid crowded places**
- **Keep your distance from others**
- **Regularly wash your hands with soap and water**
- **Practise good respiratory hygiene**
- **Avoid touching your eyes, nose or mouth with unwashed hands**



We leave nobody behind!



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Tšeo o swanetšego go di tseba mabapi le dimaseke.

Itšhoretšeo o be o šireletše le ba bangwe ka go apara maseke wa sefahlego

Go šišinywa gore badudi ba Afrika Borwa ba swanetše go apara dimaseke tša lešela ge ba tšwela ka ntle le ge ba le mešomong go thibela go phatlalala ga COVID-19.

Ke ka lebaka la eng ke swanetše go šomiša maseke wa sefahlego ge ke tšwela ka ntle bathong?

Palo yeo e bonagalago ya batho ba go ba le COVID-19 ga ba na dika tša bolwetši bjo (ga ba laetše gore ba lwala) ebile bao ba bago le dika tša bolwetši bjo (dika tša pele bolwetši bo thoma) ba ka fetetša ba bangwe pele ba ka laetša dika tša bolwetši. Se se ra gore kokwanatli hoko ye e ka fetela batho bao ba lego kgauswi le kgauswi – go fa mohlala ge ba bolela, ba gohlola goba ba ethimola ešita le ge bona batho bao ba sa laetše dika tša bolwetši bjo.

Ka fao o ka šomišago maseke wa lešela

- Lehlakore la bokagare bja maseke ga la swanela go swarwa ka matsogo.
- Maseke wa lešela o swanetše go khupetša nko le molomo ka botlalo.
- Maseke wa sefahlego ga wa swanela go theošetšwa fase ge o bolela le batho, o gohlola le ge o ethimola.
- O se kgwathe maseke wa gago ge o apere.
- Ge o ka direga gore o sware maseke wa gago e se ka maikemišetšo, hlapa o be o sanithaese matsogo a gago.
- Hlapa matsogo morago ga go apola maseke wa gago.
- Hlatswa dimaseke tša lešela ka meetse a borutho le go di aena ge di gomile.
- Motho mang le mang o swanetše gore a be le bonyenyane bja dimaseke tše pedi tša sefahlego gore maseke wa mathomo o be gona ge a hlatswa wa bobedi.

Gopola!

- **Efoga mafelo a go tlala ka batho**
- **Katoga batho ba bangwe**
- **Hlapa matsogo a gago kgafetšakgafetša ka sesepe le ka meetse**
- **Itlwaetše mokgwa wa go bolokega wa go buša moya**
- **Efoga go swaraswara mahlo a gago, nko goba molomo ka matsogo a ditšhila**



Ga re tlogele motho morago!



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