



# 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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## Tsothle tse o tshwanetseng go di itse ka ga dimmaseke

### Itshireletse le go sireletsa ba bangwe ka go apara mmaseke

Go dirilwe katlanegiso go Maaforikaborwa go apara mmaseke fa ba le mo go leng batho le kwa tironng go tila go anamisa COVID-19.

### Goreng ke tshwanetse go dirisa mmaseke fa ke ya kwa bathong?

Go batho ba ba ntsi ba ba tshelang ka bolwetse ba COVID-19 mme ba se na matshwao ape le bao ba nnang le matshwao a bolwetse mme ba ba se nang matshwao ape ba ka anamisa bolwetse mo bathong ba ba nnang gaufi le bona – sekai, fa ba bua, gotihola kgotsa go ethimola – le fa go se letshwao lepe la bolwetse le le bonagalang mo mothong yoo.

### Mmaseke o dirisiwa jang

- Bokafateng ba mmaseke ga ba tshwanelwa go kgongwa ka mabogo.
- Mmaseke o tshwanetse go tswala nako le molomo gotiholele.
- Mmaseke ga wa tshwanelwa go gogelwa kwa tlase fa o bua, gotihola kgotsa go ethimola.
- O se ke wa kgoma mmaseke o o rwele.
- Fa o ka o kgoma ka phoso, tlhapa kgotsa sanetaisa mabogo.
- Tlhapa mabogo fa o fetsa go rola mmaseke.
- Tlhatswa mmaseke wa lesela ka metsi a a boritho a sesepa mme fa o omile o o aene.
- Mongwe le mongwe o tshwanetse bonnye go nna le dimmaseke di le pedi gore a kgone go dirisa o mongwe fa o mongwe o tlhatsiwa.

### Gakologelwa!

- Tila go nna fa go kgobokaneng batho
- Katoga batho ba bangwe
- Tlhapa mabogo a gago kgapetsa ka sesepa
- Goga obe o ntshe mowa go thusa mafatlha ka khemo e e matshwanedi
- O se kgome matlho, nko kgotsa molomo ka mabogo a a sa tlhapiwang



**Ga re tlogele ope kwa morago!**



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