



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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Hinkwaswo leswi u faneleke ku swi tiva mayelana na timasiki ta xikandza

Tisirheleli na ku sirhelela van'wana hi ku ambala masiki ya xikandza

Ku bumabumeriwa leswaku Mafrika-Dzonga ya fanele ku ambala timasiki ta xikandza ta lapi loko va ri evanhwini na le ntirhweni ku sivela ku hangalaka ka COVID-19.

Xana hikokwalaho ka yina ndzi fanele ku ambala masiki ya xikandza ya lapi loko ndzi huma ku ya evanhwini?

Xiphemu xikulu xa vanhu lava nga na COVID-19 va hava swikombiso (“pfumalaswikombiso”) naswona volavo va va ka na swikombiso (“ku va na-swikombiso”) va nga ha hangalasa xitsongwat-songwana eka van'wana loko va nga si kombisa swikombiso. Leswi swi vula leswaku xitsongwat-songwana xi nga hangalaka exikarhi ka vanhu lava hlenganaka va va ekusuhi swinene – xikombiso ku vulavula, ku khohlola kumbe ku entshemula – hambi loko vanhu volavo va nga kombisi swikom-biso.

Xana u tirhisa njhani masiki ya xikandza ya lapi

- A wu fanelangi u khoma endzeni ka masiki ya wena ya xikandza hi mavoko ya wena.
- Masiki ya xikandza yi fanele yi funengeta nhompfu na nomo wa wena hi ku hetiseka.
- Masiki ya xikandza a yi fanelangi ku yisiwa ehansi loko u vulavula, khohlola kumbe u entshemula.
- U nga khomi masiki ya wena loko u yi ambarile
- Loko wo tshuka u khomile masiki ya wena hi xihoxo, hlamba kumbe u sanithayiza mavoko ya wena.
- Hlamba mavoko ya wena endzhaku ko susa masiki ya wena ya xikandza
- Hlantswa timasiki ta xikandza ta lapi hi mati yo kufumela ya xisibi na ku tiayina loko ti omile.
- Munhu un'wana na un'wana u ta fanele ku va na kwalomu ka timasiki ta xikandza timbirhi leswaku yin'wana yi va kona loko leyin'wana yi hlantswiwile.

Tsundzuka!

- Papalata tindhawu ta ntshungu
- Siya mpfuka exikarhi ka wena na van'wana
- Hlamba mavoko ya wena hi mati na xisibi nkarhi na nkarhi.
- Titoloveti mahefemulelo ya kahle
- Papalata ku khoma mahlo, nhompfu na nomo wa wena hi mavoko lama nga hlambiwangiki



A hi siyi munhu ehandle!