GUIDELINES ON THE USE OF CLOTH FACE MASKS

THE GOLDEN RULES OF GOOD HYGIENE

A mask is not a solve-all in the fight against Covid-19 and should be used alongside good hygiene.

It is important to:

- Wash your hands regularly for at least 20 seconds with soap and water.
- Do not touch your face with unwashed hands.
- Cough or sneeze into a tissue or your bent elbow, and safely discard the tissue.
- Keep a distance of 2m from others.
- If you are ill, stay at home or arrange for clinical assessment.

MAINTAINING THE MASK

You must have at least two cloth masks per person, so that one can be washed while the other is in use.

- Wash the mask daily in soap and hot water (water temperature hot enough to tolerate during hand wash).
- Rinse thoroughly and place to dry
- It is advised that the mask be ironed before use as this is the best means of disinfection!

HOW TO PROPERLY USE A CLOTH MASK

It is important to use a cloth mask properly. If you do not, you could risk spreading Covid-19.

Wash your hands **before** applying and **after** removing a mask; **never** touch the cloth; **never** fiddle with it while wearing; refrain from touching your face.

The simple guidelines are:

- Only use a cleaned & ironed mask.
- Place the mask with the correct side facing your nose and mouth, properly covering both.
- Tie the strings behind your head, or if you are using elastic bands, ensure they are tight.
- Make sure it fits well. Move it around to get the best fit. Never touch the cloth part.
- Once you have put on the mask, **DO NOT TOUCH YOUR FACE**.
- When you take it off, undo the ties, and carefully fold the mask inside out, hold it by the strings/elastic and place the mask in a container preserved for washing.
- Wash hands thoroughly and dry before doing anything else.

*This guideline has been developed for educational purposes and is correct at the time of publication. It is not a substitute for professional medical advice. Should you have any questions or concerns refer to the SA corona virus **website www.sacoronavirus.co.za** or a registered medical practitioner.*

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