Do not use Respirator masks (N95) and Surgical masks

One of the top priorities is to ensure that our front-line healthcare workers, who are caring for those with COVID-19, have the required N95 respirators and/or surgical masks so that they are protected when undertaking their duties and helping us save lives.

LET'S STOP THE SPREAD

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Provincial Hotline: 021 928 4102
National WhatsApp: 0600 123 456
**Let's STOP the spread**

**Cloth masks:**
A cloth mask, if appropriately used, and cleaned, can offer the following protection for residents:
- The mask will reduce the transmission of droplets from the source (any person coughing or sneezing)
- It will reduce inhaling a large number of droplets
- It may stop people touching their face, mucous membranes and mouth (if used appropriately)
- Will reduce exposure in overcrowded areas such as taxis, shops of government buildings
- Will create awareness around COVID-19
- Inexpensive and can be produced in large under clear specifications
- Usage guidelines applied

**When could a mask be used:**
Cloth masks can be used by both the community and non-healthcare workers and where there is no physical contact. This includes:
- Travel to and from work in public transport
- When stepping outside the house to go shopping or seeking healthcare
- In self isolation when contact with others is necessary (remember distancing)
- When stopping and talking to members of the public (for example, traffic police)
- When conducting interviews during house to house visits (for example, Community workers)
- When cleaning the streets/ disposing of domestic rubbish

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How to properly use a cloth mask:

The usage of any type of mask should be accompanied by strictly adhering to safe use guidelines.

- Only use a mask that has been cleaned & ironed
- Place the mask with the correct side facing your nose and mouth and covering both well
- Tie the strings behind your head, or if you are using elastic bands, make sure these 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 again until you take it off
- 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 the cloth mask.
- Wash hands thoroughly and dry before doing anything else

Maintaining the mask:

You must have at least two cloth masks per person so you will be able to wash one and have a clean one ready for use.

1. Wash the mask daily in soap and hot water (tolerated during hand wash).
2. Rinse thoroughly and dry
3. IRON THE MASK- this is the best means of disinfection!

Wash your hands before applying and after removing a mask, never touch the cloth part, never fiddle with it whilst wearing, refrain from touching your face. Discard disposable masks. Wash cloth masks with warm soapy water and iron when dry.
How to make a mask:
A cloth mask typically comprises square pieces of cloth with three pleats that can cover the face from ABOVE the nose to BELOW the chin and almost up to the ears.

Materials

The following is the Western Cape Government approved cloth mask standard:

1. Outer layers:
   Two layers, an inner and outer surface of the mask:
   • Made from thick weave cotton like denim, calico or upholstery cotton fabric that can be easily washed
   • Comprising two different patterns on the cloth - if possible - to distinguish between inside and outside of the cloth mask

2. Inner layers:
   • Two layers of ordinary cotton typically used for linen;
   • If possible – between the two inner cotton layers - a laminate breathable layer of non-woven fabric which is washable at high temperatures such as WE NEED A COMMON/TYPICAL EXAMPLE HERE

3. Strings or straps which can be tied behind the head
   DO NOT USE STRETCHY MATERIAL WITH A LOOSE WEAVE such as T-shirt material. These offer no protection at all

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