

# 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](http://www.sacoronavirus.co.za) or a registered medical practitioner.*

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