



Face masks during Corona

I protect you. You protect me.

A face mask can help protect you and others, and slow down the spread of the CORONA virus. Some people don't have symptoms or know that they have the virus but they can still pass it on to others. The mask reduces the droplets that come out of our nose or mouth when we talk, cough or sneeze.

Our Minister of Health, Dr Zweli Mkhize, says that everybody should wear a cloth face mask when they are in public places. We need to behave as if everybody has the CORONA virus and all wear masks when we leave our homes.

VERY IMPORTANT

You do **NOT** need a **MEDICAL MASK**

Our healthcare workers are on the frontline risking their lives to protect us. They need these masks. Show them that you care. Make your own mask instead.

REMEMBER!

Even if you are wearing a mask you must not touch your mask and face. It is still important to wash your hands often and maintain a physical distance from people around you.

How to use a face mask properly



- Wash your hands with soap and water for 20 seconds.
- Put the mask on using the elastic bands. Don't touch the fabric of the mask.
- Make sure the mask covers your nose and mouth completely and fits comfortably before you leave the house.
- Don't touch the mask or lift it up or down to talk, cough or sneeze
- When you get home carefully lift the mask off using the elastic bands. Try not to touch the fabric part of the mask.
- Wash your hands after removing the mask.
- Wash the mask in warm soapy water, hang it out to dry in the sun. Then hot iron when dry.
- Don't share your face mask with anybody else.

How to make your own cloth face mask

There are many patterns for making masks on the internet but this cloth mask is easy and cheap to make and there is no sewing. Be sure that your face mask has three layers of cloth.

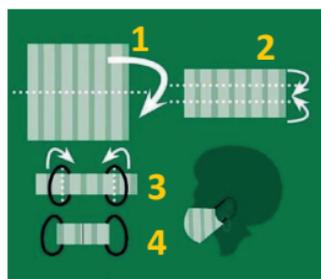
What you will need

- 2 elastic bands
- Tightly woven cotton material. Use an old scarf, sheet, hand towel or T-shirt
- Scissors if you need to cut the material
- Make two face masks so you have one to wear while the other is being washed.

Instructions

The piece of fabric should be wide enough to cover your face and long enough to be folded three times.

1. Fold your piece of fabric in half.
2. Fold the top edge to the middle. Now fold the bottom edge to the middle.
3. Place an elastic band around each end of the folded fabric.
4. Fold the sides to the middle and tuck one side into the other.



OPTIONAL: You can put a piece of paper towel or a coffee filter onto the fabric before stage two. This will act as a filter. Throw it away, each time after you use the mask.

Watch one of these videos to help you:

1. <https://sacoronavirus.co.za/2020/04/11/video-how-to-make-your-own-cloth-mask/>
2. <https://youtu.be/tPx1yqvJgf4>