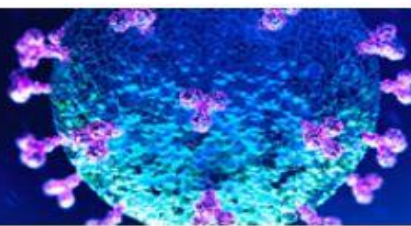




COVID-19



May 2020

Dear Owner / Resident,

Across the world, face masks are becoming highly advisable. To help contain the spread of the Coronavirus Disease 2019 (COVID-19), the National Department of Health has issued new recommendations on wearing face masks. South Africans are now advised to wear a cloth face mask – **not a medical mask grade N95 mask** – when out in public.

Please be sure to wear a face mask at all times when leaving your home. Hereby we would like to encourage all residents to wear your masks when leaving your home, for your safety as well as your fellow residents.

General Measures to contain the spread, released in the Government Gazette issued on 29 April 2020

General measures to contain the spread of COVID-19

5. (1) A person must wear a cloth face mask or a homemade item that covers the nose and mouth when in a public place, or another appropriate item to cover the nose and mouth
- (2) No person will be allowed to use any form of public transport, or enter a building, place or premises, if they do not wear a cloth face mask or a homemade item that covers the nose and mouth when in a public place, or another appropriate item to cover the nose and mouth.
- (3) An employer must provide every employee who may come into direct contact with members of the public as part of their duties with a cloth face mask to cover his or her nose and mouth or a homemade item that covers the nose and mouth when in a public place, or another appropriate item to cover the nose and mouth.

Why wearing a face mask is important

When someone sneezes, coughs, or talk they can release germs into the air that may infect you- even if those people are not exhibiting symptoms. Thus, when wearing a face mask, it will help prevent the spread of infection.

How should your face mask be worn ?

1. Always wash your hands with soap and water before touching the face mask.
2. Remove mask from the dispenser or box and make sure the masks do not have any holes or tears.
3. Make sure you determine which side is the top and which is the front of the mask, so you can properly wear the mask.
4. Face masks with ear loops: hold by the ear loops and put the loops around each ear.
5. Face masks with ties: bring mask to your nose and place the ties over your head to secure with a tie.
6. Face masks with bands: hold mask to your nose and pull the top strap over the crown of your head and pull the bottom strap over your head so its at the nape of your neck.
7. Pull the mask over your mouth and chin

Do not use Medical Masks

South Africans have been asked to not use medical-grade masks, especially N95 masks. The medical masks are intended for health care workers. The Minister of Health is not advising us to use surgical masks. According to WHO, only healthcare professionals, COVID-19 patients with respiratory symptoms, and caregivers who have close contact with COVID-19 patients should wear medical face masks.





The National Department of Health recommends that:

Everyone should wear
CLOTH face masks
when in public.



Members of the public should not
use N-95 and surgical masks;
**medical masks remain reserved
only for healthcare workers.**



**Handwashing and
social distancing** still remain
the most important prevention
strategies for COVID-19



Why must I use a cloth face mask when going out in public?



The main benefit of everyone wearing a
face mask is to **reduce the amount of
Coronavirus or Influenza virus droplets
being coughed up by those with the in-
fection.** Since some persons with the
Coronavirus may not have symptoms or
may not know they have it, everyone
should wear a face mask.



How to use a cloth face mask:

- The face mask must cover the nose and mouth completely.
- Face masks should not be lowered when speaking, coughing or sneezing.
- Face masks should not be repeatedly touched – fidgeting with the mask repeatedly is strongly discouraged.
- The inner side of the mask should not be touched by hands.
- Wash hands after removing the face mask.
- Wash cloth face masks with warm soapy water and iron when dry.
- Each person will need to have at least 2 face masks so that one face mask is available when the other is being washed.





World Health
Organization

When to use a mask

1



If you are healthy, you only need to wear a mask if you are taking care of a person with suspected 2019-nCoV infection

2



Wear a mask if you are coughing or sneezing

3



Masks are effective only when used in combination with frequent hand-washing with alcohol-based hand rub or soap and water

4



If you wear a mask then you must know how to use it and dispose of it properly



RIGHT WAY TO WEAR FABRIC MASKS



The mask must be well-fitted, covers both your mouth and nose and still lets you breathe

When wearing a mask, do not touch the mask or pull it off then pull it on again



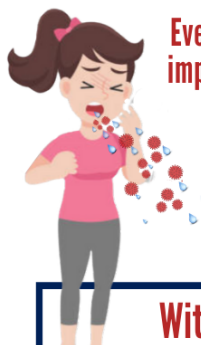
When taking off the mask, use two fingers to lift it off your face, do not touch the fabric

Put your used masks in a sealed bag, wash them daily using soap for later use



Wash your hands regularly to prevent contact with viruses

My Mask Protects You. Your Mask Protects Me.



Even if you don't have symptoms, masks are important to reduce the spread of COVID-19.

Please wear fabric masks in public.
Always wash masks between use.



Without a Mask

- Your cough or sneeze travels farther
- More germs are released in the air and onto surfaces
- More people can get sick from your germs

With a Fabric Mask

- Your cough or sneeze is more contained
- Fewer germs are released
- More people are protected from your germs





Where to buy face masks?

There are a few street vendors selling masks, purchase a mask from them and wash it properly before use. It is recommended to wash with warm water and soap and to iron thereafter. Various pharmacies and supermarkets sell disposable paper or cloth masks. There are a few online shops where you can purchase your mask, from the safety of your own home.

Why not support a local charitable organization, here are two such organisations:

Matsidiso will donate 10 % of every face mask purchase to #masks4all to aid in the distribution and creation of masks for those in need all around the country. Below is a link:

<https://za.matsidiso.com/collections/fabric-face-masks>

Graydawn Donate a fabric face mask to someone in need. We will donate a 3 pack of fabric face masks on your behalf to charities and essential workers in and around the Cape Town area. *Thus far we have donated 60 fabric face masks with the #10millionmasks & Donatenation initiative. With your help we can continue to donate more whilst providing work to our seamstresses.* Our fabric face masks are handmade in Cape Town, South Africa. <https://graydawn.co.za/products/donate-a-mask>

How can you help?

Check out the Donatenation website – they are doing amazing work -

<https://www.donatenation.co.za/campaigns/83/10-million-masks>

Proudly South African?

Visit the Proudly South African website for locally made masks – www.proudlysa.co.za

Together, we can save South Africa!

