



CORONAVIRUS DISEASE (COVID-19): WHEN AND HOW TO USE A FACE MASK

“Critical to prioritize medical masks and respirators for healthcare workers”
World Health Organization (WHO)

HOW DO I PREVENT INFECTION?



Cover your mouth with a tissue paper when coughing or sneezing and dispose correctly of all tissue paper immediately.



Avoid touching your eyes nose and mouth with your hands, especially if unwashed



Avoid close contact with people who are sick. Always maintain social distancing (a minimum of 1 meter)



Wash your hands frequently with soap for 20-40 seconds or use an alcohol-based hand sanitizer (>60% alcohol content)

WHEN SHOULD I WEAR A MASK?

- If you have any of flu-like symptoms
 - Fever
 - Persistent dry cough
 - Body aches and pains
 - Sore throat
- If you are a healthcare worker exposed to infected and potentially infected patients
- If you are taking care of or in close contact with someone with a respiratory infection or confirmed Coronavirus infection (COVID-19)
- Surgical grade masks and N95 respirators should only be used by Healthcare Professionals
- Cloth masks (homemade/reusable) can be used in public settings where social distancing measures are difficult to maintain.

HOW DO I USE A MASK CORRECTLY?

- Masks should be changed once it becomes wet from spit or mucus as it may be damaged
- Never wash or disinfect mask unless reusable cloth mask
- Never share masks with others

HOW TO CORRECTLY USE AND DISPOSE OF MASKS



Sources:

1. World Health Organization. **Advice on the use of masks in the context of COVID-19: interim guidance.** 6 April 2020. <https://apps.who.int/iris/handle/10665/331693>
2. South African National Department of Health. **Dr Zweli Mkhize recommends the wide spread use of cloth masks.** <https://sacoronavirus.co.za/2020/04/10/dr-zweli-mkhize-recommends-the-widespread-use-of-cloth-masks/>