



SIYANDA BAKGATLA PLATINUM MINE

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 infection**. Since some persons with the Coronavirus may not have symptoms or may not know they have it, everyone should wear a face mask.

THE NATIONAL DEPARTMENT OF HEALTH RECOMMENDS THAT



South Africans should wear CLOTH face mask when in public to prevent the spread of COVID-19.

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Everyone should wear **CLOTH face mask** when in public.



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



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

HOW TO USE A CLOTH FACE MASK

- The face mask must cover the nose and mouth completely.
- The face mask should not be lowered when speaking, coughing or sneezing .
- The face mask 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 at least have 2 face masks so that one face mask is available when the other is being washed.