

APPENDIX 3

HOW TO PUT ON, USE AND TAKE OFF OF A MASK

Note: Masks are only effective when used in combination with the other Golden Rules of prevention.

Cloth masks need to be washed with warm soapy water and dried in the sunlight and ironed daily. Communication should be distributed to parents, learners, educators and all staff on taking care of the cloth masks.

Steps to follow

1. Before touching the mask, clean hands with an alcohol-based hand rub or soap and water.
2. Take the mask and inspect it for tears or holes.
3. Orient which side is the top side for the nose.
4. Ensure the proper side of the mask faces outwards (the coloured side).
5. Place the mask to your face.
6. Pull down the mask's bottom so it covers your mouth and your chin.
8. Place the elastic loops behind the ears or tie at the back of the head so the mask is snug. Adjust as necessary so that the mask covers the nose and chin comfortably.
7. After use, take off the mask by removing the elastic loops from behind the ears or untie the mask while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask.
8. Place the mask in a safe area immediately after use.
9. Perform hand hygiene after touching or discarding the mask – Use alcohol-based hand rub or wash your hands with soap and water.
10. Wash the mask with soapy warm water and dry in sunlight. Iron before use.