

Masks and COVID-19



COVID-19 is spread from person to person by small droplets in the air.

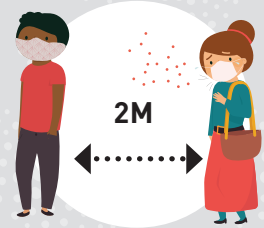


You can also infect yourself with COVID-19 if you touch an infected surface, and then touch your nose, mouth or eyes.



HOMEMADE OR CLOTH MASKS

You should wear a mask to **catch the small droplets** in the air you create when you cough or sneeze. This is the same reason why we ask people to cough or sneeze into a tissue or elbow. This stops them from infecting others.



These masks might help you avoid **touching your nose and mouth.**



Wash your mask with boiling water and soap every day.



Gloves **do not protect you** from COVID-19.

IMPORTANT:

These masks will not completely protect you from the droplets of other people's coughs and sneezes. The best way to do this is to stay **2 meters away from other people at all times!**

N95/ MEDICAL MASKS



The N95 mask can prevent you from getting COVID-19 from others, as well as spreading it to other people. **These masks are in short supply and so we must save them for our doctors, nurses and other people who need to be in close contact with COVID-19 patients.**

iMask ne COVID-19



COVID-19
Sosuleleka ngama
tontsi amathe
aphuma emlonyeni
womtu.

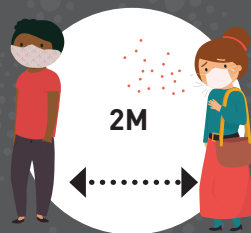


Ungazosulela nawe
ngoCOVID-19 ngokubamba
indawo eyosulelekileyo, uze
ubambe impumlo yakho,
okanye umlomo wakho,
okanye namehlo akho.



IMASK EYENZIWE OKANYE NGELAPHU

Kunfuneka unxibe iMask. iMaski zelaphu
zinganxitywa ukunqanda amathontsi amancinci
othi uwakhohlele okanye uwathimlele emoyeni.
Esi sesona sizathu sibangela ukuba sicele abantu
ukuba bakhohlelele okanye bathimlele kwi
tissue okanye engqinibeni. Oku kuqanda ukuba
bangosuleli abanye abantu.



Koko izakuku nceda
ukuba **ungabambi**
impumlo no mlomo.



Yihlambengamanzi
abilayo nesepha
yonke imihla.

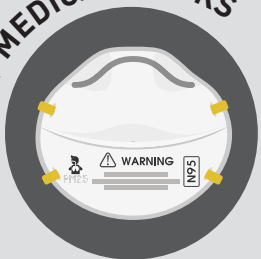


iGloves **azikukhuseli**
kwi COVID-19

OKUBALOLEKILE:

Ayizokukusela
kumatontsi
okukhohlela nokutimla
kwabanye abantu.
Kukungasondeli
ebantwini **songcina**
igep enga ngokuvulela
kwako ingalo zakho
zombini emacaleni.

N95/ MEDICAL MASKS



Le N95 maski ingakukhusela ungosulelwa
ngabanye abantu nge COVID-19 nokukukhusela
ungosuleli abanye abantu. **Ezi maski**
zingqongophele kufuneka sizigcinele ogqirha,
amanesi nabanye abantu ekumele besondelelene
nabaguli abane COVID-19.