

## HOW TO USE YOUR CLOTH

# MAKANA MASK

HANDMADE, REUSABLE, CLOTH MASKS MADE BY A HOME SEWING COMMUNITY

These cloth masks do not in any way guarantee protection. Wearers do so at their own risk.



## PREVENT THE SPREAD STAY AT HOME!

- 01** Wash your hands frequently with soap and water.  
Hlamba izandla zakho ngamanzi nesepha ngalo lonke ixesha.  
Was jou hande gereeld met seep en water.
- 02** Cover your cough using the bend of your elbow or a tissue.  
Khohlelela kumphakathi wengqiniba orkanye usebenzise i-tissue (uze uyilahle wakuqgiba).  
Bedek jou hoes met n tissue of n gebuigde elmboog.
- 03** Avoid crowded places and close contact with anyone that has fever or cough.  
Sukuzayamanisa nabantu abagulayo yi-fever, yingqele nokhohlokhohlo.  
Vermij besige plekke en noue kontak met enigeen wat koors het of hoes.
- 04** Avoid touching your eyes, nose and mouth.  
Sukubamba amehlo, impumlo kwakunye nomlomo wakho.  
Vermij die aanraking van jou oe, neus en mond.
- 05** If you have a fever, cough and difficulty breathing seek medical care early - but call first.  
Xa usonganyelwa yi-fever, lukhohlokhohlo, kukuthimla nokunzinyelwa kukuphefumla, tsalela unxeba uGqirha wakho phambi kokuba ufike.  
As jy koors het, hoes of moeilikheid het met asemhaling, soek vroegtydig mediese hulp - maar bel eers.
- 06** Stay at home if you feel unwell.  
Hlala endlini xa uziva ungaphilanga.  
Bly by die huis as jy siek voel.



IF YOU HAVE TO LEAVE YOUR HOUSE FOR ESSENTIALS (SHOPPING, MEDICAL ASSISTANCE, ESSENTIAL WORK), PRACTICE SOCIAL DISTANCING OF 2M.

**THIS MASK CAN HELP TO PROTECT YOU AND OTHERS FROM SPREADING THE CORONA VIRUS.**

1. NEVER SHARE MASKS.
2. If you do not clean your mask every time you use it, or if you share your mask with other people, you can catch and spread the Corona Virus.
3. This cloth mask is reusable, other masks, such as surgical masks, are not. Always dispose of single use masks in a closed bin.



STORE YOUR CLEAN, DRY MASK IN A PLASTIC BAG, THAT HAS BEEN WASHED AND DRIED INSIDE AND OUT.

**WASH YOUR HANDS BEFORE PUTTING THE MASK ON.**



**NEVER TOUCH THE FRONT OF YOUR MASK.** AS SOON AS YOU GET HOME, WASH YOUR HANDS. **REMOVE** YOUR MASK **CAREFULLY FROM BEHIND**, AND REMOVE AND THROW AWAY ANY INSERTED LAYERS IN A CLOSED BIN. WASH OR BOIL YOUR MASK. WASH YOUR HANDS - AGAIN.

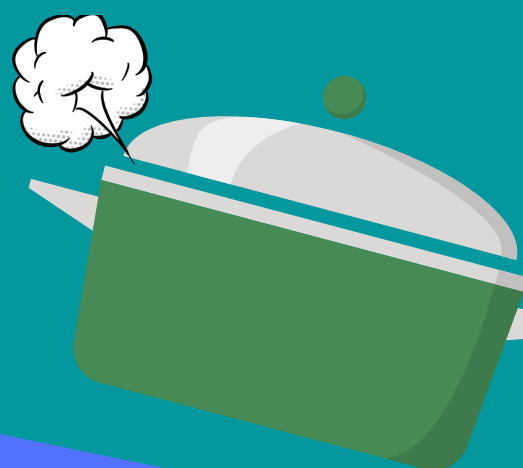


WEAR YOUR MASK SO THAT IT **COVERS YOUR FACE** FROM THE TOP OF YOUR NOSE TO UNDER YOUR CHIN.



## MASK CARE

**WASH, OR BOIL (5 MINUTES), YOUR MASK IN SOAPY WATER AND LEAVE IT TO DRY IN THE SUN, OR IRON FOR 5 MINUTES. DO NOT MICROWAVE. NEVER WEAR A WET MASK.**



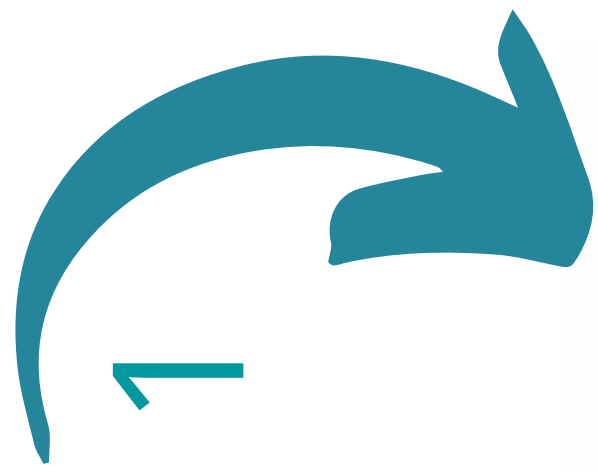
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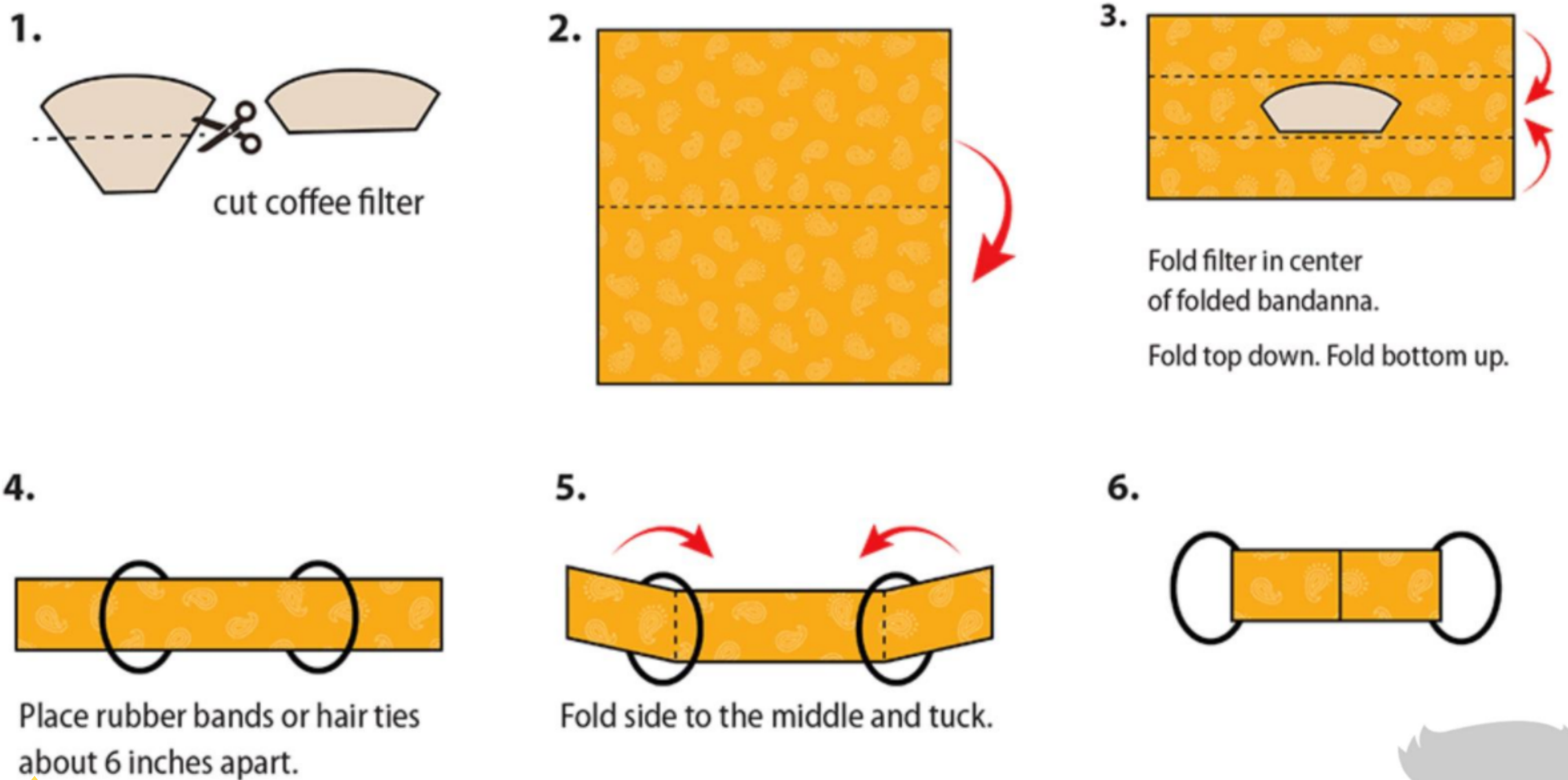
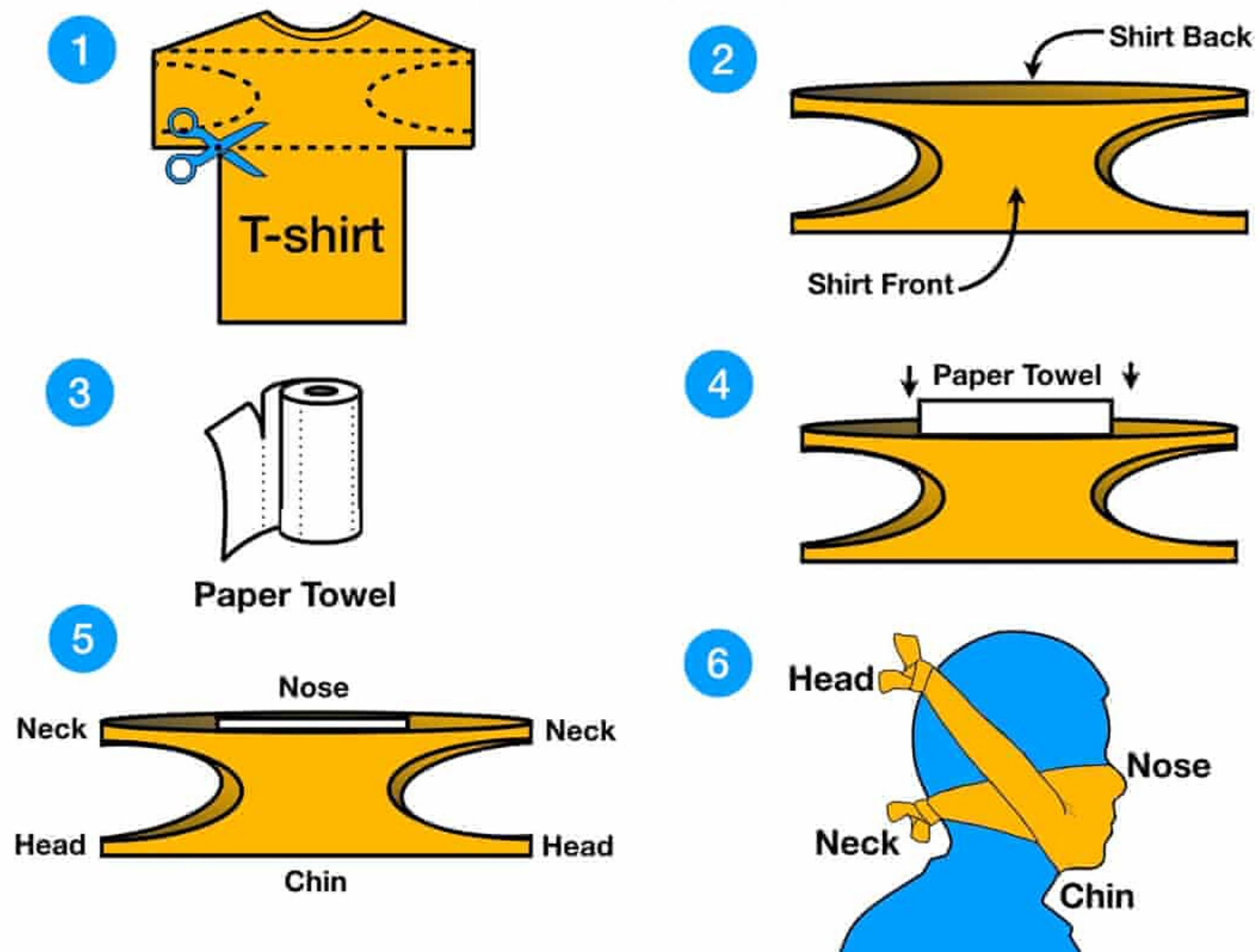
MY MASK PROTECTS YOU - YOUR MASK PROTECTS ME.



# HOW TO MAKE A NO-SEW MASK AT HOME



VERSION 1



Get information from trusted sources.  
Qinisekisa ukuba ufumana ulwazi kwiindawo ezithembekileyo.  
Kry jou inligting van betroubare bronne.



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WhatsApp: 0600 123 456

Type *Hi* in the message line and send to receive the Menu. Type in the menu item to receive information.

Department of Health website (data free): <https://coronavirus.datafree.co.za> is the data free DoH website

CORONA VIRUS (COVID-19) 24-HOUR HOTLINE NUMBER: [0800 029 999](tel:0800029999)

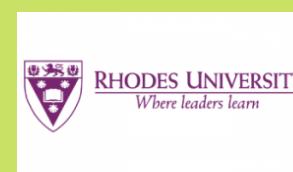
VERSION 2  
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