



CAPRISA

CENTRE FOR THE AIDS PROGRAMME OF RESEARCH IN SOUTH AFRICA

Infection Prevention & Control and Cloth Facemask use for COVID-19

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Standard Precautions for COVID-19 Prevention

Frequent hand washing and sanitizing

Cough etiquette;

Social distancing, at least 1 metre – 2metre;

Appropriate use of personal protection

Safe handling of all PPE;

Appropriate waste disposal;

Frequent cleaning of workspace environment.



Why use a Cloth Facemask?

- Use of cloth mask recommended to help slow the spread of COVID- 19
- **I protect you and you protect me**
- Many people with coronavirus have no symptoms and may transmit the virus to others before showing symptoms
- **Prevents transmission through sprays and splashes when an infected person coughs or sneezes**



When do you need to wear a cloth facemask?

- A cloth face covering should be worn whenever people are in a community setting, especially in situations where you may be near people.

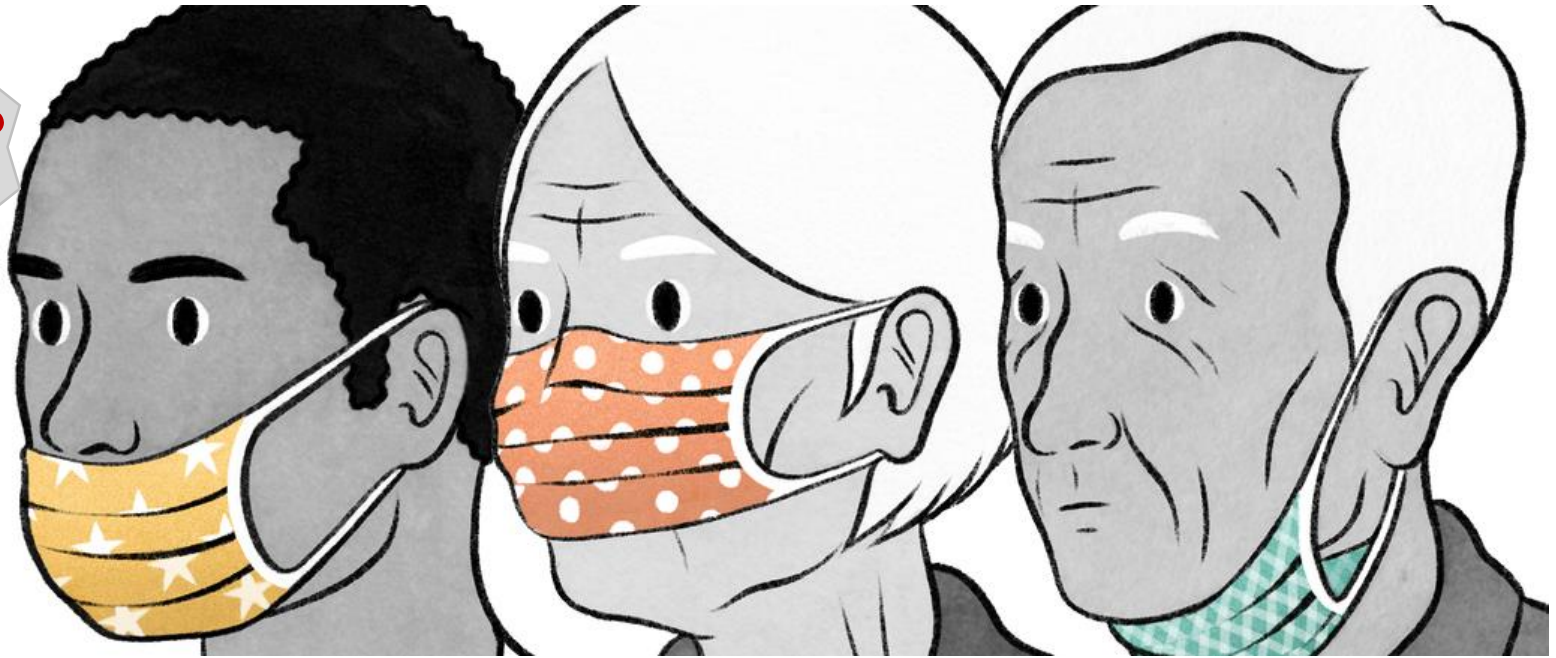
Cloth Facemasks should:

- fit snugly but comfortably against the face
- Should cover 50% of the length of the nose
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- Should be easy to clean and disinfect



Do's and Dont's of wearing cloth masks

DONT'S



DO'S

1. Wear cloth masks properly, if not in use it store it away
1. Do not wear masks below the chin, on the forehead or left dangling by earlobe or arm
2. Never touch the outside of the mask – this is considered dirty
3. Always wash your hands before and after handling a mask

How to put on a cloth facemask?

- Wash your hands with soap and water or alcohol-based hand sanitizer, for at least 20 seconds. Ensure your hands are completely dry before moving on to the next step

- Identify the side of the mask that will face outside. Hold mask by the ear loops and cover mouth and nose with make sure that about 50% of the nose is covered

- Pull mask over the chin to adjust to face, mold and secure at the nasal bridge. so that the nostrils are completely covered. Make sure there are no gaps between your face and the mask

- Avoid touching the front of the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water

How to take off a cloth facemask?

- Wash your hands with soap and water or alcohol-based hand sanitizer, for at least 20 seconds. Ensure your hands are completely dry before moving on to the next step

- Hold the facemask by the ear/elastic loop. Remove mask by holding the ear loops

- To remove the mask: remove it from behind (do not touch the front of mask); and insert into a paper bag until washed; clean hands with alcohol-based hand rub or soap and water after touching mask

Care and cleaning of the Cloth Facemask

- You must have at least two cloth masks per person so you will be able to wash one and have a clean one ready for us
- Masks should not be shared between people
- Only use a mask that has been washed and ironed
- Masks should be washed with soap and hot water, rinsed thoroughly and ironed

Summary: Protect yourself and others from Covid-19

Frequent hand washing and sanitizing

Cough etiquette;

Social distancing, at least 1 metre – 2metre;

Appropriate use of personal protective equipment;

Safe handling of all PPE;

Appropriate waste disposal;

Frequent cleaning of workspace environment.



References

- Recommended Guidelines Fabric Face Masks, NDOH 9 April 2020