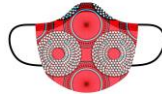


MOUTH MASK



GUIDE TO USE THE MASK

Thanks for your purchase!

- **A cloth mask like the Mouth Mask ZA, if appropriately used, cleaned correctly and ironed, are now recommended by the South African Department of Health**
- **Do not use N95 Respirators and Medical masks unless you are a healthcare worker as there is a global shortage of these masks** so the Department of Health urges all residents to not obtain or use these, so that we can ensure enough supply to the frontline healthcare workers in our hospitals and clinics
- Our Mouth Masks and Buffs are manufactured in the most hygienic conditions - They are easily washable and reusable. Same rules for our Visors.

Instructions for Use

- Only use a mask that has been cleaned & ironed
- Place the mask with the correct side facing your nose and mouth and covering both well
- Tie the strings behind your head, or if you are using elastic bands, make sure these are tight
- Make sure it fits well. Move it around to get the best fit. Never touch the cloth part.
- Once you have put on the mask, **DO NOT TOUCH YOUR FACE** again until you take it off
- When you take it off, undo the ties, and carefully fold the mask inside out, hold it by the strings/elastic and place the mask in a container preserved for washing the cloth mask.
- Wash hands thoroughly and dry before doing anything else
- Re-usable masks or the components used within the masks may need to be replaced if they are damaged or worn out, or if they have exceeded their lifespans or use

Stay Safe!

Firstly, **a mask is not a solve-all solution in the fight of Covid-19 and should never be used in isolation of basic good hygiene considerations.** The most important thing every resident should do is:

- Wash your hands regularly for at least 20 seconds with soap and water
- Do not touch your face with unwashed hands
- Cough or sneeze into a tissue or the corner of your arm, and safely throw away the tissue
- Keep a distance of 1,5m from others
- If you are ill, stay at home, or arrange for clinical assessment
- This should be adhered to at all times, regardless of whether you have a mask or not

Be Even Safer With Kids!

Children should be supervised at all times when using a cloth mask, and they are not recommended for infants who may struggle to breathe with a mask or even choke if they put parts in their mouths.

Wearing a mask does not make you invulnerable and should never be a reason not to follow these basic golden rules.



The Mouth Mask ZA Team