

# Cloth Face Masks and Covid-19

## Why have the South African Government made it a rule that you must wear facemasks when you leave your home?

1 The South African government has used scientific research to make people use cloth face masks to slow the spread of the Covid-19, Corona, virus and help prevent people who may have the virus and do not know it, from spreading it to others. The Health Department has said that people must make sure that their nose and mouth are covered when they leave home to go shopping or to the doctor.



## Must you buy a cloth face mask?

2 No. You can make one at home or wear things you may already have, like a scarf, bandana or t-shirt.

## How to Wear a Cloth Face Mask

3 For a cloth face mask to protect you it must be worn properly. Your nose and mouth must be covered with as few gaps around the edge of the mask as possible. The top of the mask must be just below your eyes and the bottom must go down and cover your chin.

### Some important things to watch out for:

- Always wear a clean mask.
- Make sure that you have washed your hands thoroughly with soap and warm water before putting the mask on.
- 4 • Masks must fit well but also be comfortable.
- They should be attached properly with ties or ear loops to make sure they don't fall off.
- A mask should be made of many layers of fabric but still allow you to breathe easily.
- Make sure that the mask you wear can be washed and ironed without damaging it or changing its shape.
- Be sure not to touch your eyes while wearing a cloth face mask.



### Can you wear a surgical mask?

5 Surgical masks and N-95 masks should not be bought or worn by anyone who is not a doctor, nurse or paramedic. If other people buy these masks then there will not be enough for these important supplies.



### Should cloth face masks be washed regularly?

6 Yes. They must be routinely washed, with washing powder, each time after you have used it. It is a good idea to have two masks so that one can be used while the other is in the wash.

### How do you safely take off a cloth face mask?

7 When taking off a cloth face mask you must be careful not to touch your eyes, nose, and mouth. You must wash hands straight away after taking it off and put the mask into the wash straight away.



# Cloth Face Masks and Covid-19 Questions

1. What new rule has the government made?

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2. Why should people wear cloth masks when they leave their homes?

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3. What can you use if you don't have a mask?

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4. Give one tip on how to wear a cloth face mask.

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5. List three people who should be wearing a surgical or N-95 mask?

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6. What should you do with the cloth face mask after you take it off?

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7. If you have to leave the house, should you wear a mask? Give a reason for your answer.

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# Cloth Face Masks and Covid-19 Answers

1. What new rule has the government made?  
**People who leave their homes must wear cloth face masks**
2. Why should people wear cloth masks when they leave their homes?  
**To make sure they don't spread or catch the virus**
3. What can you use if you don't have a mask? **A bandana, a t-shirt or a scarf**
4. Give one tip on how to wear a cloth face mask. **Any suitable from list**
5. List three people who should be wearing a surgical or N-95 mask?  
**Doctors, nurses and paramedics.**
6. What should you do with the cloth face mask after you take it off? **Put it in the wash.**
7. If you have to leave the house, should you wear a mask? Give a reason for your answer.  
**Yes, so that I don't get or spread the virus.**

# Cloth Face Masks and Covid-19

## Why have the South African Government made facemasks compulsory when you leave your home?

The South African government has used information from the World Health Organization (WHO) to make the rule that all people who leave home must wear a simple cloth face mask to slow the spread of the Covid-19, Corona, virus and help prevent people who may have the virus and do not know it, from spreading it to others.



## Must you buy a cloth face mask?

The South African Health Department has said that people must make sure that their nose and mouth are covered when they leave home to go shopping or to the doctor. You can sew a cloth mask or buy one. You can also use things you may already have, like a scarf, bandana or t-shirt to cover your nose and mouth.

## How to Wear a Cloth Face Mask

For a cloth face mask to protect the wearer it must be worn properly. The nose and mouth must be covered with as few gaps around the edge of the mask as possible. The top of the mask must be just below the eyes and the bottom must go down to cover the chin.

### Some important things to watch out for:

- Always wear a clean mask.
- Make sure that you have washed your hands thoroughly with soap and warm water before putting the mask on.
- Masks must fit snugly but also be comfortable.
- They should be attached properly with ties or ear loops to make sure they don't fall off.
- A mask should be made of many layers of fabric but still allow you to breathe easily.
- Make sure that the mask you wear can be washed and ironed without damaging it or changing its shape.
- Be sure not to touch your eyes while wearing a cloth face mask.



### Can you wear a surgical mask?

5 Surgical masks and N-95 masks should not be bought or worn by everyone. These types of masks are important supplies for doctors, nurses and paramedics. If the public buys these then there will not be enough for these important supplies for the people who really need them to do their jobs.

### Should cloth face masks be washed regularly?

6 Yes. Masks should be routinely washed each day after it has been used. It is a good idea to have two masks so that one can be used while the other is in the wash. A wash with washing powder and an iron after drying is recommended.

### How do you safely take off a cloth face mask?

7 When taking off a cloth face mask you must be careful not to touch your eyes, nose, and mouth. You must wash hands straight away after taking it off and put the mask straight into the wash.



# Cloth Face Masks and Covid-19 Questions

1. What does the word compulsory mean?

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2. What virus are people trying to protect themselves from?

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3. List three things that you may have at home that you can use if you don't have a mask?

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4. Why does the Health Department want people to wear cloth Face masks when they leave their houses?

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5. Name two reasons why people may need to leave their houses during the lockdown?

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6. Give two tips on wearing a cloth face mask properly.

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7. Why do you think it is important to wash your hands straight after removing a cloth face mask?

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8. Should you wear a surgical mask when you go out?

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9. What can you do to stay safe during the pandemic? Give **two** suggestions.

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# Cloth Face Masks and Covid-19 Answers

1. What does the word compulsory mean? **You have to do it**
2. What virus are people trying to protect themselves from? **Covid-19 / coronavirus**
3. List three things that you may have at home that you can use if you don't have a mask? **Scarf, bandana, t-shirt**
4. Why does the Health Department want people to wear cloth Face masks when they leave their houses? **To stop people catching and spreading the virus.**
5. Name two reasons why people may need to leave their houses during the lockdown? **To go to the supermarket or to the doctor.**
6. Give two tips on wearing a cloth face mask properly. **Any two from list**
7. Why do you think it is important to wash your hands straight after removing a cloth face mask? **To make sure that you kill the virus that may be on your hands.**
8. Should you wear a surgical mask when you go out?  
**No, the surgical masks must be left for doctors, nurses and paramedics.**
9. What can you do to stay safe during the pandemic? Give **two** suggestions.  
**Stay at home, wash your hands with soap and water, wear a cloth face mask when you go out (any reasonable answer).**

# Cloth Face Masks and Covid-19

## Why have the South African Government made cloth facemasks mandatory in public?

1 The South African government have taken the advice of the World Health Organization (WHO) and Centers for Disease Control and Prevention (CDC) who both advise the use of simple cloth face masks to slow the spread of the Covid-19, Corona, virus and help prevent people who may have the virus, and do not know it, from transmitting it to others.



## Must you buy a cloth face mask?

2 Cloth face marks can be sewn at home from material or by recycling old clothes or can be bought. The South African Health Department has also said that if people are not able to make themselves a mask, they can use a scarf, bandana or t-shirt to ensure that their nose and mouth are covered when they leave home to go shopping or to the doctor.

## How to Wear a Cloth Face Mask

3 For a cloth face mask to be effective it must be worn properly. The nose and mouth must be covered with as few gaps around the edge of the mask as possible. The top of the mask must be positioned just below the eyes and the bottom must extend down to cover the chin.

### Some important things to watch out for:

- Always wear a clean mask.
- Make sure that you have washed your hands thoroughly with soap and warm water before putting the mask on.
- Masks must fit snugly but comfortably against the side of the face.
- They should be secured properly with ties or ear loops to make sure they don't fall off.
- A mask should be made of multiple layers of fabric to make sure that they provide enough protection while still allowing you to breathe easily.
- Make sure that the mask you wear can be washed and ironed without damaging it or changing its shape.
- Be sure not to touch your eyes while wearing a cloth face mask.



### Can you wear a surgical mask?

5 Surgical masks and N-95 respirators should not be bought or worn. These types of masks are critical supplies for healthcare workers and other medical first responders. If the public buys these then there will not be enough of this personal protective equipment for healthcare workers who are in contact with many different viruses and bacteria each day.

### Should cloth face masks be washed regularly?

6 Yes. Masks should be routinely washed each day after they have been used. It is recommended that you have two masks so that one can be used while the other is in the wash. A wash with washing powder and an iron after drying is recommended. It is important that soap is used in the wash as it breaks down the membrane around the virus.

### How do you safely take off a cloth face mask?

7 When taking off a cloth face mask you must be careful not to touch your eyes, nose, and mouth. You must wash hands immediately after taking it off and place the mask directly into the wash.



# Cloth Face Masks and Covid-19 Questions

1. A coronavirus is actually a group of viruses.  
What is the name of the virus that is causing the current pandemic? \_\_\_\_\_
2. What does the word 'transmitting' in paragraph 1 mean? \_\_\_\_\_  
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3. What does the word **mandatory** mean? \_\_\_\_\_  
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4. What does WHO stand for? \_\_\_\_\_
5. Give any two tips on how to wear a cloth face mask correctly. \_\_\_\_\_  
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6. Why should soap be used when washing your cloth face mask?  
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7. The Health Department has given some idea for people who ant make or buy a cloth mask. List three different things people could use to cover their noses and mouths.  
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8. Your brother wants to wear a Batman mask before going out to protect himself against Covid-19. Give **two** reasons, based on the passage, why this would not protect him from potentially catching Covid-19.  
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9. Will you wear a mask when you are allowed out in public again?  
Give **two** reasons to support your answer.  
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10. Many people have been advertising surgical masks for sale online. Would you suggest that your parents buy them? Give a good reason to support your answer.

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11. Do you think that President Ramapohsa wearing a mask when he appears on TV is a good idea? Give a good reason to support your answer.

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# Cloth Face Masks and Covid-19 Answers

1. A coronavirus is actually a group of viruses. What is the name of the virus that is causing the current pandemic? **Covid-19**
2. What does the word 'transmitting' in paragraph 1 mean?  
**Sharing it, spreading it, infecting others, giving it to others**
3. What does the word mandatory mean? **You have to do it.**
4. What does WHO stand for? **World Health Organisation**
5. Give any two tips on how to wear a cloth face mask correctly. **Any from list**
6. Why should soap be used when washing your cloth face mask?  
**Soap breaks down the membrane of the virus.**
7. The Health Department has given some idea for people who can't make or buy a cloth mask. List three different things people could use to cover their noses and mouths.  
**Scarves, t-shirts, bandanas**
8. Your brother wants to wear a Batman mask before going out to protect himself against Covid-19. Give two reasons, based on the passage, why this would not protect him from potentially catching Covid-19.  
**It would not cover his mouth and nose, it would not cover the whole area from over his nose to under his chin.**
9. Will you wear a mask when you are allowed out in public again? Give two reasons to support your answer.  
**Yes, I do not want to transmit or catch Covid-19 and it is one of the rules given by the government to protect the nation.**
10. Many people have been advertising surgical masks for sale online. Would you suggest that your parents buy them? Give a good reason to support your answer.  
**No, they are needed by health professionals and first responders.**
11. Do you think that President Ramaphosa wearing a mask when he appears on TV is a good idea? Give a good reason to support your answer.  
**Yes, it sets a good example of how people are supposed to behave in public and it shows that he is not above the rules of our country.**