



# Community use of **FACE MASKS** Protect yourself and stop the spread of **CORONAVIRUS** in South Sudan



The Ministry of Health advises **EVERYONE** should wear a **face mask** those with symptoms and those without symptoms

## Common type of Re-useable masks



**Re-useable masks** are made of cloth.  
They can be washed



## How to use the face mask



Wash your hands with soap and water before putting on a face mask



Check that the mask is clean, not torn and dry, before use and tie securely behind head or place elastic ear loops to minimize any gaps



Place the mask on, ensuring it fully covers the mouth and nose, and tie securely/place elastic ear loops to minimize any gaps.



**DO NOT** wear the face mask on your neck



**DO NOT** wear the face mask under your nose



**DO NOT** let children under 2 years old wear masks, It will make their breathing difficult



Avoid touching the front of the mask while wearing it. If you accidentally touch it, wash your hands with soap and water or use alcohol-based hand sanitizer.

## How to remove the mask



Remove the mask by untying the strap from behind or taking off the elastic ear loops. Do not touch the front of the mask



Wash your cloth mask with clean water and soap



After removal please **wash your hands** with soap and water

## Remember

**DO** use a mask every time you are in public places

**DO** replace your mask when it is damp and wet

## In addition to using the face masks, continue:

- Washing your hands frequently with soap and water
- Avoid hand shakes
- Maintain physical distance to other people
- Avoid group eating and gatherings
- Cover your mouth and nose with tissue or cough and sneeze into your flexed elbow
- Stay home and avoid using public transportation or traveling when you have flu like symptoms.

For more information: Call Ministry of Health, South Sudan  
**TOLL FREE NUMBER 6666**



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