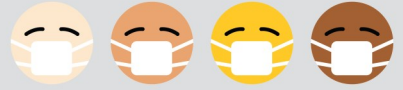




NEWS ALERT

COVID-19 VACCINE UPDATE 11 FEBRUARY 2022



Why—and how—masks protect you from COVID-19

HOT OFF THE PRESS:



The evidence overwhelmingly suggests that wearing a mask reduces transmissions of COVID-19. An international report published in *The Lancet*, which analysed data from 172 studies in 16 countries, found that by wearing a face mask there is just a 3% chance of catching COVID-19.



The virus is primarily spread through the air in respiratory droplets. Infected people exhale these droplets when they cough, sneeze, sing, talk or breathe - and these droplets are then inhaled by somebody else.

Multiple studies show that masks block up to 80% of these droplets from escaping into the air. They may also prevent about 50% of droplets from being inhaled.



There are various types of masks available. In general, the most important things you can do are to choose a mask that fits well, and wear it consistently and properly. The mask must conform to your face without gaps — it is important that most of the air you breathe in and out flows through the mask rather than around the mask through gaps at the sides, top or bottom.



Cloth masks: loosely woven cloth masks protect you the least. The more layered and tightly woven the mask, the more protection it gives you.

Surgical masks: Medical grade masks provide excellent protection due to their filtration and fluid resistance.

N95 masks: These offer a higher level of filtration than other masks. However, they are not necessary to protect people from the virus under normal circumstances.



Masks are a key measure to reduce transmission and save lives. You protect yourself and others when you wear your mask consistently and correctly.

If you are 12 years or older, register and get vaccinated:

vaccine.enroll.gov.za

WhatsApp REGISTER to: 0600 123 456

Free SMS: *134*832#

Call 0860 142 142 weekdays 8AM—8PM

In person at a vaccination site

Until everyone has been fully vaccinated, it is important to protect those around you by adhering strictly to COVID-19 safety protocols:



Wear a mask



Sanitise your hands regularly



Maintain social distancing

CareWorks Contact Centre: 0800 24 36 72

Weekdays: 8AM to 5PM and Weekends: 8AM to 1PM

WhatsApp: 082 735 4472

