



Announcements

NATIONAL COUNCIL FOR MOZAMBIQUE

April 9th, 2020

HEALTH PORTFOLIO

According to the recent Centers of Disease Control and Prevention (CDC) and the World Health Organization (WHO) guidelines, it is highly recommended to use a mask in places where maintaining a 1 meter physical distance is difficult.

On the 8th of April, the Council of Ministers approved the implementation of the use of masks in public transports and in places with high concentrations of people such as markets.

The Jamat is advised to use a normal surgical or cloth mask when leaving the house.

Below please find some recommendations for the use of masks. In case of any questions please contact your Health Member or Regional Chariman.

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Before putting on a mask, clean hands with alcohol-based hand rub or soap and water



HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

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



HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water



HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Cover mouth and nose with mask and make sure there are no gaps between your face and the mask



HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Replace the mask with a new one as soon as it is damp and do not re-use single-use masks



HOW TO WEAR CLOTH FACE COVERINGS

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape



CDC ON HOMEMADE CLOTH FACE COVERINGS

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

SHOULD CLOTH FACE COVERINGS BE WASHED OR OTHERWISE CLEANED REGULARLY? HOW REGULARLY?

Yes. They should be routinely washed depending on the frequency of use.

HOW DOES ONE SAFELY STERILIZE/CLEAN A CLOTH FACE COVERING?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.

