

PLATINUM BUSHVELDER SPORT LOCKDOWN RUGBY



sports



Suid Africa – COVID-19 is nog steeds in beheer van alle sport op die planeet aarde soos met duisende ander leefwyses.

Die gevreesde en gehate COVID-19 virus keer egter nie die bewegings van die veld af nie. Fluitjies en rooikaarte word nou wel nie gehoor en gesien nie, maar positiewe en negatiewe fakse vlieg hoog in die ruggas gange en geleedere.

Bill Beaumont wen sy stryd teen Agustin Pichot om as die groot indoe-na

van Wêreld Rugby aan te bly vir die volgende vyf jaar. 28 stemme vir hom en 23 teen hom.

Sanzaar het intussen alle gerugte die nek ingeslaan vir die *rumours* dat die Bokke en Pumas uit die Super Rugby verwyder gaan word. Dit is nou weer die *Aussies* wat dit voorstel.

Pieter-Steph du Toit wat gekroon was as die Speler van 2019 het 'n positiewe faksie ontvang ou grote. Die Franse klub Montpellier bied hom net R75 miljoen aan vir drie jaar se dienste. *Not*

to shabby mate...not to shabby at all.

Die R23 miljoen wat Handré Pollard gaan ontvang, lyk skielik soos kleingeld. Op die tuisveld veral in Blou Bul land kook die pot maat. Na die aanstelling van Jake White is daar gewys dat die gesegde “'n nuwe besem vee skoon” mooi bewys. Eers bedank die *CEO*, Alfons Meyer uit die bloute uit en toe volg die ‘bedanking’ van Pote Human. Johny Kotze het ook besluit om die Bulle vaarwel te groet en gaan nou in Japan jol en Manie Libbok sluit aan

by die Haaie. Die eerste kopie op Jake se lys is die voorry Marcel Van Der Merwe wat blykbaar in Junie in die Blou Bul kamp gaan wei.

Frans Steyn het ‘n kontrak van twee jaar met die Cheetahs gesluit en blykbaar was Ruan Pienaar die invloed vir Steyn se besluit.

Wees veilig. Bly tuis as jy moet. Dra ‘n masker en bly so ver weg van mense af soos Naas Botha van ‘n los gemaal.

Nag ou grote....

MASKS – THE NEW MUST-HAVE ACCESSORY

Thabazimbi – President Cyril Ramaphosa announced on Thursday 23 April that it is compulsory to wear a mask whenever you leave your home.

These regulations were published in the Government Gazette on 29 April, stating that a person must wear a cloth face mask, a homemade item that covers the nose and mouth or another appropriate item to cover the nose and mouth - when in a public place. No person will be allowed to use any form of public transport, or enter a building, place or premises if they do not wear a cloth face mask or a homemade item that covers the nose and mouth.

Since this announcement... masks in various colours and designs can be seen all over town. This fashion trend shows the people's cooperation and unity in fighting COVID-19.

According to the World Health Organization, current information suggests that the two main routes of transmission of the COVID-19 virus are respiratory droplets and contact. Respiratory droplets are generated when an infected person coughs or sneezes. Droplets may also land on surfaces where the virus could remain active for some time.

In a statement released by the Department of Health: “Wearing a mask when in public places, especially crowded places, can help slow the spread of COVID-19.” Cloth masks are easy and not expensive to make, reusable and help reduce the transmission by acting as a shield to contain the respiratory droplets through which the virus spreads.

People have been seen sporting everything from lace-trimmed to leather masks. Branded masks are now a thing and you can find them in every colour and pattern. The options are endless!

With so many styles to choose from, how do you decide on the best one for you?

Here are a few basic guidelines to help you choose a mask:

- The higher the performance of the mask concerning barrier efficiency, the better.
- Masks must be breathable.
- Masks must be designed to fit properly and be comfortable to wear.
- Cleaning and disinfection of all the components should be easy to carry out at home.
- All components should be durable and should maintain their integrity during the full expected

life span of the product or components.

- Tests have shown that at least two layers of fabric are sufficient for balancing performance and comfort, but using three layers, selecting a non-woven or similar fabric with strong filtering capability as the middle layer, with the accompanying inner and outer layers providing comfort, structure, and some additional protection, is recommended.
- Ideally, this middle layer filter should be inserted into the mask or removed via an ‘envelope’ style design to allow for improved cleaning and easy replacement filters when worn out. It is recommended that the pocket into which it fits be at least 120mm by 100mm to ensure compatibility between multiple masks and filters in local production.

Now that you have your mask here are a few guidelines for using it:

- Only use a mask that has been washed and ironed.
- Wash your hands before putting the mask on.
- Place the mask with the correct side facing your face and ensure that it covers both your nose and mouth properly.

- 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 reserved for washing the cloth mask.
- Wash your hands thoroughly and dry before doing anything else.
- Wash cloth masks with warm soapy water and iron when dry.
- You must have at least two cloth masks per person so you will be able to wash one and have a clean one ready for use.
- Masks should be washed with soap and hot water, rinsed thoroughly and ironed.

So, once you have found your perfect fit, please remember that it is more than just an accessory, you might just save someone's life.

Please continue washing your hands, keep a safe distance and wear your mask!



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Platinum Publishers sales representative Kgomo Molo to wearing her colourful mask proudly.