



# FACE COVERING AND MASK INFORMATION

The most important steps you can take to prevent the spread of COVID-19 are to wash your hands, stay home when sick, and keep 2 metres away from others when out for essential supplies. Wearing a mask or face covering may help if you find yourself in a place where you cannot distance yourself from others. Disposable masks should be discarded after each use. Assume that any mask is contaminated after you wear it

## When wearing a mask:

- Continue to practice physical distancing and hand washing.
- Wash your hands immediately before and after use.
- Avoid touching your face while using a mask.
- Do not share masks with others.
- Change a mask as soon as it gets damp or soiled
- If the mask is reusable, wash using a hot cycle and then dry it thoroughly.
- Refrain from adding embroidery or beadwork to a reusable mask, as this will poke large holes in the cloth.



# PROTECT YOURSELF AND OTHERS



## WEAR A FACE COVERING OR MASK

As of August 1, 2020, all visitors and staff are required to wear a face covering or a mask while in Siksika Nation owned buildings. Exceptions include young children under two years of age, those with medical conditions that inhibit the ability to wear a mask, and in some circumstances where wearing a mask interferes with an activity or a service. See website for more information [www.siksikahealth.com/covid-19-home](http://www.siksikahealth.com/covid-19-home)