



First Nations Health Authority  
Health through wellness

# Did you know?

**Your mask helps protect the people around you and their masks protect you!**

Our Indigenous teachings are to take care of one another. Let's do this by wearing our masks, especially to protect our Elders and other vulnerable community members.

## When to wear a mask.

Non-medical masks are recommended for use in situations where you cannot always maintain physical distance:



At the grocery store



On public transit



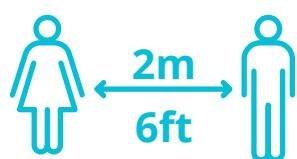
At the salon or barber



In other indoor settings

## Masks are not enough.

Masking is one way we can help stop the spread of COVID-19, but it's also important to:



Maintain physical distancing



Wash hands frequently for 20 seconds



Avoid large gatherings

Remember that others may have valid reasons for not wearing masks. It's important to always be kind and respectful.

Stay strong, stay the course. Learn more at the [FNHA.ca](http://FNHA.ca)

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