



Masks are available for Pick up from the band office. Please call ahead or text 250-819-8638 to arrange pick up as the band office is open by appointment only.

*Masks will be available for pick up in Sxwetsmellp with Annie*

### Adams Lake Indian Band Elders Group

Cloth face masks are available for the ALIB Elders group (one per Elder)

What you need to know about Cloth masks (*FNHA website 2020*):

Homemade masks can provide some protection to others around you when physical distancing is difficult to maintain, like when you're inside grocery stores or on public transit, drugstore

- Some people with COVID-19 can spread the virus before they develop symptoms. Therefore, wearing a mask helps to keep those around you safe, even if you have no symptoms or only mild symptoms.
- Homemade masks have not been proven to protect the person wearing the mask.
- Everyone needs to follow good mask etiquette to benefit from wearing a mask. This includes:
  - ⇒ Washing hands before putting on or taking off the mask
  - ⇒ Never touching or adjusting your mask without immediately cleaning your hands after
  - ⇒ Not re-using a mask once you have used it or sharing your mask
  - ⇒ Not touching a mask while using it
  - ⇒ Storing used masks safely until they can be properly washed

**Note: non-medical masks alone will not prevent the spread of COVID-19. Everyone must consistently and strictly adhere to good hygiene and public health measures, including frequent hand washing and physical distancing.**