



Sioux Lookout
First Nations
Health Authority

CORONAVIRUS COVID-19

INFORMATION SHEET

Key Changes to Mask Recommendations

March 8, 2021

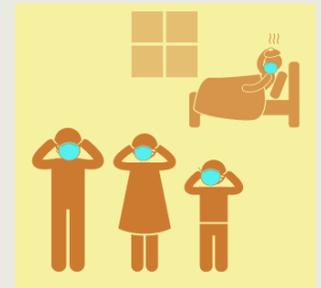
In recent weeks, the number of COVID-19 cases in our communities has increased. In February, the first COVID-19 *variant of concern (VOC)*, B.1.1.7 was found in our region. This VOC is very easy to catch. It can cause very serious illness with more cases that need to be in hospital. This is why there are new recommendations about wearing masks.

Wear a mask, even at home

COVID-19 is spread through droplets and aerosols (tiny droplets). When you wear a mask that fits well and is secure, it will keep your droplets from spreading. Wear a mask when:

- you might come into close contact with others
- you are indoors with people who are not in your household

If you have COVID-19 or live with someone who has it, wear a mask at home. This will help stop the spread of the virus to other people living in the home



Mask short list

This will help to trap smaller droplets and keep them from spreading.

- homemade or store-bought
- at least 3 layers
- made from cotton or linen
- a non-woven layer as a filter

We are still learning about COVID-19. This information is accurate as of March 12, 2021



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Masks must

- allow for easy breathing
- fit securely to the head with ties or ear loops
- cover your mouth, nose, and chin
- be comfortable to wear and not require frequent adjustments
- keep their shape after washing and drying

Do not hang the mask from your ears or tuck it under your chin. Do not litter. Toss your single-use mask in the garbage after using it. Clean your hands after.



Knot and tuck your face mask for a better fit

Most medical masks have loose fit with gaps at the sides. You can “knot and tuck” to help your mask fit snugly to your face. This increases the effectiveness of the mask by 20 – 40%. Start with clean hands and then:

- fold the medical mask in half so that the top and bottom edges touch
- tie a knot on each ear loop so that the knot is very close to the mask
- unfold the mask then hold it on your face
- pinch the nose bridge but do not put the mask on yet
- the mask will puff or flare out at the sides
- tuck this part in **under** the knot on each side
- put the mask on and adjust the nose bridge
- make sure the mask covers your nose, mouth, and chin

To watch a video on this, visit: <https://www.youtube.com/watch?v=UANI8Cc71A0>



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Double masking is better

When you wear two masks, you can make the masks fit more snugly to your face. More layers increase filtration, so the masks are more effective. Be sure that you end up with at least three layers. Layer a cloth mask over a medical mask. Make sure the outer mask presses on the inner mask. Both masks should be tied securely with no gaps. A secure fit helps to keep droplets from spreading.

Keep public health measures going

Before you put on or take off your mask, wash your hands with hot water and soap. Scrub for at least 20 seconds. Rinse and pat dry. Or use 70% or more alcohol-based hand sanitizing gel. Keep following all the other public health advice to keep the COVID-19 virus and variants from spreading.

For more information, write to us at: ACWinfo@slfnha.com

Learn more at:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html>

<https://www.cdc.gov/mmwr/volumes/70/wr/mm7007e1.htm>

<https://www.healthline.com/health/double-masking#how-to>

<https://www.youtube.com/watch?v=UANi8Cc71A0>

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