First Nations Health Authority
Health through wellness

Time to Mask Up!

Your mask helps protect you and your community

Our First Nations 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.

Well-fitting, high quality masks are recommended for use in situations where you cannot always maintain physical distance:

At the grocery store

On public transit

Indoor spaces with poor ventilation

Crowded outdoors spaces (gatherings)
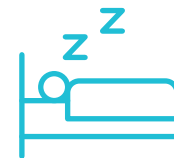
Masks are not enough.

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

Get your flu shot and COVID-19 vaccine

Wash hands frequently for 20 seconds

Stay home when feeling sick

Remember that others may choose not to wear a mask for personal or medical reasons. It's important to always be kind and respectful.

www.fnha.ca/what-we-do/communicable-disease-control

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