



Okanagan Indian Band

12420 Westside Road
Vernon, BC V1H 2A4
250-542-4328

MEMBER BULLETIN

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Contact: Nick Nilsen, Communications Specialist

Telephone: 250-309-2458

Wear a non-medical face mask when shopping or using public transit

Canada's Chief Public Health Officer Dr. Theresa Tam has new advice: Wear a face mask to help cut down the spread of the novel coronavirus when you are in situations where you can't always maintain proper physical distance from others.

The aim is to prevent transmission by people who are unknowingly infected with the virus. **Non-medical masks** could help in scenarios such as shopping for groceries or riding public transit.

Dr. Tam advises people **not** to use medical face masks because this gear should be reserved for health-care professionals. However a **non-medical** mask can still reduce the chance of your respiratory droplets coming into contact with others or landing on surfaces.

[Follow this link for tips on how to construct a non-medical mask.](#)

The new measure is now being advised to help cut down on transmission by people who are infected by the virus but do not have symptoms.

It is now clear from data that transmission of the virus is happening more often than previously recognized from infected people before they develop symptoms. There is also evidence that people who never develop symptoms are also able to transmit the virus.

Dr. Tam says that the mask does not help the mask user but it could help protect others. And whether you wear a mask or not, remember to isolate, practice physical distancing, practice good hygiene including hand washing and not touching your face, and avoid close physical contact with Elders. Call instead.