

Grand Traverse Band providing free KN95 Face Masks

Grand Traverse Band is giving away free KN95 face masks beginning Wednesday, February 2, 2022 at the GTB Health Clinic and satellite offices. Call the Clinic **231-534-7200** or nearest CHR or satellite offices, while supplies last.

- **Call the clinic at 231-534-7200, or**
- **Their nearest CHR:**
 - o **Saija McClellan, Charlevoix, (231) 534-7062**
 - o **Elizabeth Elliott, Benzie, (231) 534-7826**
 - o **Ranee Compo, Traverse City, (231) 534-7772**
 - o **Tamra Newton, Peshawbestown, (231) 534-7205**
- **Or, tribal satellite office (as stated).**
 - **GTB Administration – 231-534-7000**
 - **Benzie Office – 231-534-7820**
 - **Charlevoix Office – 231-534-7060**
 - **Traverse City Office – 231-534-7760**



The Centers for Disease Control and Prevention (CDC) updated description of face mask protection January 14, 2022 describing types of masks and respirators to prevent transmission of COVID-19. The least amount of protection is from cloth masks. The KN95 and well-fitting disposable surgical masks provide more protection.

Key Messages from CDC Guidance on Face Masks:

Masking is a critical public health tool for preventing spread of COVID-19, and it is important to remember that any mask is better than no mask.

To protect yourself and others from COVID-19, CDC continues to recommend that you wear the most protective mask you can that fits well and that you will wear consistently.

Masks and respirators are effective at reducing transmission of SARS-CoV-2, the virus that causes COVID-19, when worn consistently and correctly.

Some masks and respirators offer higher levels of protection than others, and some may be harder to tolerate or wear consistently than others. It is most important to wear a well-fitting mask or respirator correctly that is comfortable for you and that provides good protection.

While all masks and respirators provide some level of protection, properly fitting respirators provide the highest level of protection. Wearing a highly protective mask or respirator may be most important for certain higher risk situations, or by some people at increased risk for severe disease.

CDC's mask recommendations provide information that people can use to improve how well their masks protect them.

Loosely woven cloth products provide the least protection, layered finely woven products offer more protection, well-fitting disposable surgical masks and KN95s offer even more protection, and well-fitting NIOSH-approved respirators (including N95s) offer the highest level of protection.

Whatever product you choose, it should provide a good fit (i.e., fitting closely on the face without any gaps along the edges or around the nose) and be comfortable enough when worn properly (covering your nose and mouth) so that you can keep it on when you need to. Learn how to improve how well your mask protects you by visiting CDC's **Improve How Your Mask Protects You** page.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html#DifferentSituations>

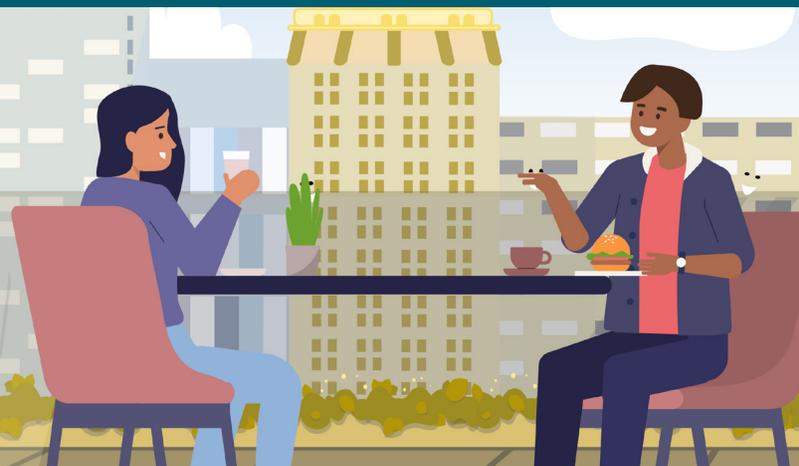
Help Protect Yourself and Others | COVID-19 |

Get a COVID-19 Vaccine



Stay 6 feet from others

Avoid crowds and poorly ventilated spaces



Test to prevent spread to others



Wear a mask indoors
In areas of substantial or high transmission



cdc.gov/coronavirus

HOW TO PROTECT YOURSELF AND OTHERS | COVID-19

Get a COVID-19 vaccine



- COVID-19 vaccines are effective at keeping you from getting COVID-19, especially severe illness and death.
- Vaccines are safe, effective, and free!

Wear a mask



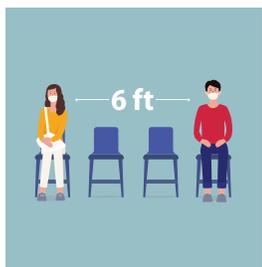
In indoor public places, people ages 2 and older should wear a mask if they are:

- Not fully vaccinated
- Fully vaccinated in an area with substantial or high transmission
- Fully vaccinated with weakened immune systems

In general, in outdoor settings, you do not need to wear a mask.

In areas with high numbers of COVID-19 cases, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated.

Stay 6 feet from others



Stay 6 feet apart from people who don't live in your household.

Remember that some people without symptoms may be able to spread the virus.

Keeping distance from others is especially important for people are at higher risk of getting very sick.

Avoid crowds and poorly ventilated places



Being in crowds like in restaurants, bars, fitness centers, or movie theaters puts you at higher risk for COVID-19.

Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible.

If indoors, bring in fresh air by opening windows and doors, if possible.



cdc.gov/coronavirus

Test to prevent spread to others



- Over-the-counter self-tests can be used at home or anywhere, are easy to use, and produce rapid results.
- Consider using a self-test before joining indoor gatherings with others who are not in your household.

Wash your hands often

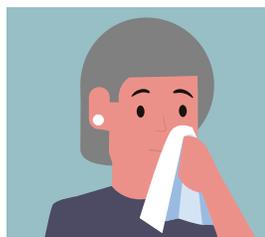


Wash your hands often with soap and water, especially after you have been in a public place.

If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Cover coughs and sneezes



Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Do not spit.

Throw used tissues in the trash.

Immediately wash your hands with soap and water or use hand sanitizer that contains at least 60% alcohol.

Clean and disinfect



Clean high touch surfaces daily.

If someone is sick or has tested positive for COVID-19, disinfect frequently touched surfaces.

If surfaces are dirty, clean them using detergent or soap and water prior to disinfection.

Monitor your health daily



Be alert for symptoms.

Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

Take your temperature if symptoms develop.

If you have symptoms, especially if you've been around someone with COVID-19, get tested as soon as possible.