

MASK MAKING MARVELS!

The Horizon team, along with dedicated volunteers, have been busy making reusable masks for our staff and residents! A supply of two masks per household has been delivered with this communication. The sealed bag will be hung on the outside door handle of your unit to facilitate contactless delivery, so please check your door!

When used properly, a face mask can help reduce the spread of COVID-19. By wearing a mask, you can help block droplets from entering the air. Health authorities have recommended only ONE member of the household leave for essential errands, which is why we have supplied two masks for this person to use. You can read more about face masks on Alberta Health Services and Government of Canada Public Health websites.

Horizon is committed to helping keep all residents healthy and to flatten the curve. Horizon staff will be wearing masks while working at all our buildings in an effort to protect residents. We ask that you wear these masks in the case you need to leave the house in an effort to protect others as well.



MODEL YOUR MASK

Send us a photo of you in your mask for a chance to be featured on Horizon's social media channels! Take a photo and email it to moiram@horizonhousing.ab.ca.



IMPORTANT MASK INFORMATION

You MUST follow proper-use instructions enclosed.

If masks are not fastened, used, taken off, or cleaned properly, using them puts you at a HIGHER risk of infection than not using a mask. Please follow the instructions on the next page. You can also watch a video tutorial here: <https://www.youtube.com/watch?v=OABvzu9e-hw>

Continue to follow health directives.

Masks are only effective when used properly and in accordance with health directives. ALWAYS maintain at least two metres of distance between yourself and others, and wash your hands frequently and well.

Reusable masks must be laundered after each use.

These masks must be laundered after each use. Reusing a mask without washing poses a higher risk of infection than not using a mask at all. Follow the instructions on the next page for laundering your masks.

Limitations exist for reusable masks.

These masks are not 100 per cent effective at blocking droplets from entering the air. They do not form a perfect seal around nose and mouth and may not be a perfect fit. These masks have not been tested with health officials and are not medical grade. Please use properly.

How to Safely Use Cloth Masks



When used properly, masks are another way to help prevent the spread of COVID-19. For masks to be effective, you **MUST** follow proper protocols.

Putting on the mask

1. **Before** putting on a mask, clean hands with soap and water or alcohol-based hand sanitizer.
2. Ensure the mask fully covers from nose to chin.
3. Secure elastic loops around ears **or** tie the top tie in a knot on the crown of your head and the bottom tie in a knot at the base of your neck.



During use

DO NOT touch the mask or your face at any time. Practice physical distancing by keeping 2 metres between yourself and others

Change mask if it becomes damp.



Removing the mask

1. **Before** removing mask, clean hands with soap and water or alcohol-based hand sanitizer.
2. **Do not touch the front of the mask.** Remove using the elastic loops or ties.
3. Place mask in a disposable bag until it can be washed.
4. Clean hands with soap and water or alcohol-based hand sanitizer.



For video tutorial on proper use: <https://www.youtube.com/watch?v=OABvzu9e-hw>

Laundering the mask

Never reuse a mask without washing it first.

1. Without touching the mask, put it in the washing machine and immediately dispose of the bag.
2. Wash on a hot cycle.
3. Dry on high heat.

NEW RESOURCES

Please check our previous newsletters for additional resources, which can be found on our website: <https://www.horizonhousing.ab.ca/tenants/news-events/>

GROCERY DELIVERY AND PICK-UP

Calgary Food Bank

<https://www.calgaryfoodbank.com/>
(403-253-2055)

Emergency food hampers can be requested over the phone. Vehicle pick-up and safe walk-up available.

Share the Goods

<https://www.sharethegoods.ca/>
(hello@sharethegoods.ca)

Share the Goods connects people who need help with groceries, to those who can help.

TECHNOLOGY AND TAX SERVICES

Ciocan

<https://www.ciocan.ca/>
(905-752-1899 or 1-877-865-9009)

Ciocan is offering a number of laptop lending and buying programs for families in need. Buy a discounted laptop, rent one, or even get one free.

Sunrise Community Resource Centre

<https://www.sunriselink.org/>
(darlened@sunriselink.org)

Sunrise will help low-income Calgarians file their taxes for free over the phone or video conferencing.

WELLNESS SUPPORTS

Calgary Counselling Centre

<https://calgarycounselling.com/>
(403-691-5991)

Counselling services offered over the phone or online. Fees are based on a sliding scale, so you pay only what you can afford.

Hope for Wellness Helpline

<https://www.hopeforwellness.ca/>
(1-855-242-3310)

Chat online or over the phone for immediate mental health counselling and crisis intervention for all Indigenous peoples across Canada.

Wood's Homes

<https://www.woodshomes.ca/>
(Call: 1-800-563-6106 or 403-299-9699, Text: 587-315-5000)

Youth, individual and family mental health services and counselling are available via phone, text or online.

CUPS Health Clinic

<https://www.cupscalgary.com/>
(Health Needs: 403-221-8797, Main Line: 403-221-8780)

The CUPS Health Clinic is open by appointment for urgent health needs. Other services available by phone.

TRANSPORTATION

Calgary Transit

<https://www.calgarytransit.com/>
(403-262-1000)

The grace period for the Fair Entry transit pass and senior transit pass has been extended for May 2020.

Driverseat Calgary

<https://driverseatinc.com/>
(587-355-5905)

Free transportation for seniors. Email calgary@driverseatinc.com directly to organize your transportation.

FOR THE KIDS

Calgary Reads

<https://calgaryreads.com/noodle-do-a-day/>

Calgary Reads is sharing new and free online resources for families with young children to stay cognitively active at home!

Kidoodle TV

<https://www.kidoodle.tv/>

This Safe Streaming platform does the screening for you. Parent-approved content and free to stream on any device.

STAY ACTIVE

Repsol Sports Centre

<https://www.repsolsportcentre.com/news/home-work-outs>

Check out these free, at-home, no-equipment work out videos.

Orange Theory Fitness

<https://www.orangetheory.com/>

With their at-home program, you can try a new 50-minute work out every day for free!

EXPLORE THE WORLD

Google Earth

<https://www.google.com/earth/>

Check out the "Voyager" function on Google Earth to explore cities, wildlife and more!

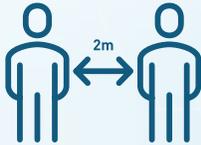
Virtual Dives

<https://sanctuaries.noaa.gov/vr/>

Immerse yourself in the ocean without getting wet! Take a virtual reality voyage of various marine sanctuaries.

PHYSICAL DISTANCING

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.



What does physical distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including:

- ▶ avoiding crowded places and non-essential gatherings
- ▶ avoiding common greetings, such as handshakes
- ▶ limiting contact with people at higher risk (e.g. older adults and those in poor health)
- ▶ keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible



Here's how you can practise physical distancing:

- ▶ greet with a wave instead of a handshake, a kiss or a hug
- ▶ stay home as much as possible, including for meals and entertainment
- ▶ grocery shop once per week
- ▶ take public transportation during off-peak hours
- ▶ conduct virtual meetings
- ▶ host virtual playdates for your kids
- ▶ use technology to keep in touch with friends and family

If possible,

- ▶ use food delivery services or online shopping
- ▶ exercise at home or outside
- ▶ work from home



Remember to:

- ▶ wash your hands often for at least 20 seconds and avoid touching your face
- ▶ cough or sneeze into the bend of your arm
- ▶ avoid touching surfaces people touch often
- ▶ self-monitor for symptoms of COVID-19 including:
 - cough
 - fever
 - difficulty breathing

If you're concerned you may have COVID-19:

- ▶ separate yourself from others as soon as you have symptoms
- ▶ if you are outside the home when a symptom develops, go home immediately and avoid taking public transit
- ▶ stay home and follow the advice of your Public Health Authority, who may recommend isolation
- ▶ call ahead to a health care provider if you are ill and seeking medical attention

NOTE: Some people may transmit COVID-19 even though they do not show any symptoms. In situations where physical distancing is difficult to maintain, wearing a **non-medical mask or face covering** (i.e. **constructed** to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) provides a barrier between your respiratory droplets and the people and surfaces around you. It may also stop you from touching your nose or mouth, which is another way the virus can get into your body.

CONNECT WITH US

Have questions? Visit our website at www.horizonhousing.ab.ca and send your email to tenantrelations@horizonhousing.ab.ca to get the latest updates.

 Horizon Housing Society

 @HorizonYYC