

NEW: CITY OF CALGARY FACE COVERINGS BYLAW - AUGUST 1

As of August 1st, masks will be mandatory in all indoor public places. This bylaw was passed by the Calgary City Council in an effort to reduce the spread of COVID-19. Face coverings or masks must cover the mouth, nose and chin and form a barrier to limit the spread of respiratory droplets. Fines may be issued by bylaw officers, but The City has stated its focus is on educating Calgarians about mask use. Read more about the bylaw here: <https://www.calgary.ca/csps/cema/covid19/safety/covid-19-city-of-calgary-mask-bylaw.html>.

When you need to wear a mask:

At your building

We strongly encourage all residents and guests to wear masks in common areas of the building. These include:

- Hallways
- Elevators and stairwells
- Lobbies
- Laundry and garbage rooms
- Resident Building Manager's office

In any indoor public area

Indoor public areas are any building, structure or enclosed area the public can access. These include:

- Grocery stores
- Shopping malls
- Public facilities such as libraries and recreation centres
- Places of worship

In public vehicles

Masks are mandatory in all public transportation and any ride for hire services. These include:

- Buses
- C-Trains
- Taxis
- Ubers
- Other ride sharing services

When you don't need to wear a mask:

When receiving a service

In an effort to keep businesses open, masks are not mandatory if they prohibit a service, such as:

- Eating at a restaurant
- At a dental office
- When exercising or playing sports in an indoor facility (if you are not exercising, masks are mandatory)

At schools and daycares

Children enrolled in school or daycare will not need to wear masks. Keep in mind if you are entering the facility to drop off kids, you should wear a mask.

Other exemptions

The following people will not need to wear a face mask:

- Children under 2 years of age
- People with underlying medical conditions or disabilities inhibiting their ability to wear a face mask
- People who are unable to place, use or remove a face covering safely without assistance
- People who are caregiving for a person with a disability where wearing a face mask would hinder the accommodation of the person's disability

WHY WEAR A MASK?

My mask keeps you safe. Your mask keeps me safe.

Wearing a non-medical mask is effective at reducing the spread of COVID-19 by blocking respiratory droplets from entering the air. The CDC explains more about how masks work: <https://tinyurl.com/y9g4omlw>. With the new bylaw, many Calgarians will be wearing masks, which reduces the amount of droplets being spread from person to person.

HOW DO I WEAR AND CARE FOR MY MASK?

Wearing and caring for your mask properly will help make sure you stay healthy. Remember to keep your hands clean and to refrain from touching the mask after you've put it on. After every use, you should wash your mask on a warm laundry cycle or by hand with soap and water. Check out more information and videos here: <https://www.alberta.ca/masks.aspx>.



NEED A MASK?

Horizon still has a small supply of reusable face masks available to residents while supplies last. To request a mask, please contact your Resident Building Manager. If you're looking to add a couple more masks to your shopping list, here are a few places where you can buy reusable face masks at a lower price.

Old Navy

Get 5 masks for just \$15 at Old Navy, available in adult and kid sizes! Plus, you can save 30 - 50% by signing up for text or email messages. Visit www.oldnavy.ca

Hippo Hug

This Calgary company is selling pleated cotton face masks for about \$6 per mask. Plus you can add on nose wires and choose elastic or tie straps. Check them out online at <https://hippohug.ca/> or visit them in-store at 246 – 62 Ave SE.

Plainsbreaker Apparel

For just \$5 you can get a reusable face mask from this local Calgary company - plus \$1 from every purchase will go to charity! Buy online here: www.plainsbreakerapparel.com/

Ashabi Wears

Ashabi Wears is a local, black and female owned company that promotes and celebrates traditional heritage in their designs. You can buy two masks for \$15 with the option to include a nosepiece. Check them out here: <https://ashabiwears.ca/>

CONTINUE TO FOLLOW ALL PUBLIC HEALTH DIRECTIVES

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

We're here to help! Inform us if you have symptoms by emailing tenantrelations@horizonhousing.ab.ca or calling 403-297-1746 so we can connect you with supports as you self-isolate. Thank you for doing your part to protect the health and wellness of those who live and work with us!

STAYPEDE SWEEPSTAKES WINNERS!

Congratulations to two of our Staypede Sweepstakes contest winners!



Faye's festive outfit won in the Best Dressed category.



Karen's creative depiction won in the Stampede Memories category.

KIDS GOING BACK TO SCHOOL?

Learn Alberta

<https://new.learnalberta.ca/>

Check out the new Learn Alberta portal for a parent tool-kit, as well as educational and wellness resources for kids.

Re-Entry Tool-Kit

www.alberta.ca/k-to-12-school-re-entry-2020-21-school-year.aspx

The Alberta Government has put together a re-entry tool-kit for parents and teachers. This comprehensive guide will help prepare you for the return to school in the fall.

Backpack Giveaway for Indigenous Youth

The Calgary Police Youth Foundation is hosting a Back to School - Backpack for Students Giveaway. This program ensures Indigenous youth have the backpack they need for a great start to the new school season! Register here: <https://signup.com/client/invitation2/secure/1267018270530512061/false#/invitation>

FEELING STRESSED OR OVERWHELMED?

Mindfulness

<https://mindfulness.ca/>

YW Calgary is offering the free online course "Coping with Uncertainty" to help people build skills as they experience uncertain times. Check out their series of bite-sized, online skill-building modules to help shift behaviour and attitudes in the workplace.

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 Horizon Housing Society

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