



NARRAGANSETT INDIAN HEALTH CENTER

Improving health in our community

Dear Tribal Member:

The Indian Health Service shared the following information with the Narragansett Indian Health Center, to be shared with all staff and our tribal community, to stress the importance of wearing a mask and protecting ourselves from COVID 19:

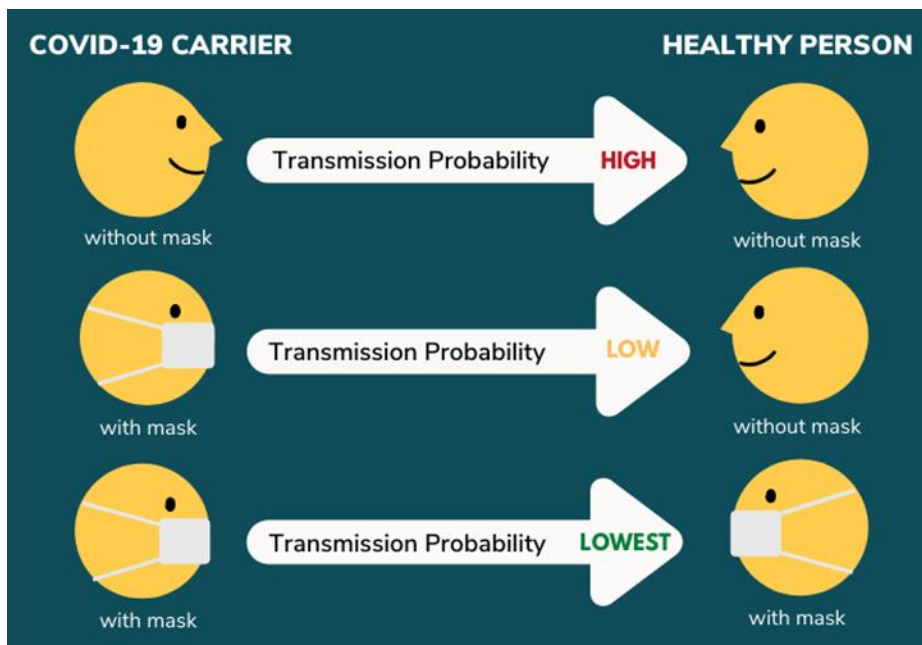
Why Wearing a Mask is Important

As we continue the battle against the COVID-19 global pandemic the issue of wearing face coverings in public continues to be a frequent point of discussion. A common sentiment that you have heard is, "If I am not personally at high risk for COVID-19, why should I wear a mask?" This [is] likely one of many possible reasons we see so many people in public places who are not covering their nose and mouth. As we enter into a new year pandemic and now see a highly contagious variant on the stage, The CDC continues to recommended "wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based transmission."

The reason for this is that the virus that causes COVID-19 can be spread even before symptoms appear, by such things as coughing, sneezing, or even speaking at close range.

The importance of using face coverings in public is illustrated in the graphic seen below. If I wear my face covering to protect you from me, and you wear your face covering to protect me from you, then we can all dramatically decrease our risk of transmission of the virus that causes COVID-19. This, in conjunction with social distancing and frequent handwashing or use of hand sanitizer, will be important in limiting the spread of COVID-19 as we work to return to our usual activities.

Wear a mask. Wash your hands. Keep your distance. Get Vaccinated.



End IHS msg