

## Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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**Proposed publication date:** Aug. 10, 2020

**Content provided by:** Alberta Health Services, [myhealth.alberta.ca](http://myhealth.alberta.ca)

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## How to make or buy a mask

### Making a mask

Wearing a non-medical mask may help prevent the spread of COVID-19. There are many ways to make a cloth mask. Health Canada has sew and no-sew options. Here are a few suggestions if you're wanting to make your own:

- Choose a fabric or cloth that can withstand frequent cycles through washing and drying machines.
- Use multiple layers of tightly woven fabric. Four layers is optimal.
- Use a combination of fabrics, such as a high thread-count cotton (e.g. 600-thread count pillowcases and cotton sheets) with spun bond polypropylene or polyester.
- Use different fabrics or colours for each side of the mask. This helps you to know which side faces your mouth and which side faces out.

### Buying a mask

If you are buying a cloth mask, make sure it:

- has multiple layers of fabric
- fits securely against your face
- allows for clear breathing
- can be laundered.

Find out more about when and how to wear a cloth mask at [www.alberta.ca/masks](http://www.alberta.ca/masks).