



ROCKY RIDGE  
ROYAL OAK

*Your Community Newsletter since 2005*

VIEW

Suburban Journal

**Back to School**

**Volunteer  
From Home**

**Road Safety for  
Back to School**

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### Rocky Ridge Royal Oak Community Association

403-879-2820 • communications@rrroca.org • www.rrroca.org

### Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW

Calgary, AB T3G 4G1

403-547-6633 • officeadmin@rrrha.ca • www.rrrha.ca

### Royal Oak Estates Homeowners Association

info@roeoha.ca • www.roeoha.ca

### The Cascades in Royal Oak Residents Association

Email: contact@cascadesroyaloak.com

Website: cascadesroyaloak.com

### Elected Officials

**Ward 1 Councillor:** Ward Sutherland

403-268-2430

ward01@calgary.ca

**MLA:** Sonya Savage

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calgary.northwest@assembly.ab.ca

**MP:** Pat Kelly, Calgary Rocky Ridge

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pat.kelly@parl.gc.ca

### Editor & Article Submissions .....editor@suburbanjournals.ca

Submission deadlines for this monthly publication are the 10th of the month, prior to the distribution month.

### Advertising Sales:

Phil: 403-660-7324 .....phil@suburbanjournals.ca

The ad booking deadline is the 14th of the month prior to the distribution month.

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## President's Message



Hello again everyone,

It's been a long while since I was last able to send a RRROCA Message and I sincerely hope that everyone has had a good couple of months and a nice summer, despite of all the Covid-19 chaos we've had to deal with. My family and I managed to squeeze some fun out of the summer by camping more than we ever have before,

and had a great time exploring the Western provinces. Hopefully many of you have had similar experiences during this unprecedented summer.

A little update about what we've been up to at RRROCA; in August we had a very successful Heritage Day drive-thru event, where gift bags were handed out to kids. It was very well attended, and I hope everyone who was able to participate enjoyed the treats! A big THANK YOU goes out to our hardworking RRROCA volunteers and board members that put the event together and ensured social-distancing measures were followed. And another huge THANK YOU to the Royal Oak Victory Church for allowing us to use their parking lot to facilitate the event and for some of the donations that went into the gift bags.

Also, this summer marked the start of the next phase of development at the Rink/Park area on Royal Oak Way. We are currently in the processes of adding some more trees to the area, in addition to replacing some of the trees that were unfortunately ailing. We are also pleased to announce that work has begun on a leisure skating area, beside the hockey rink, for families to enjoy this winter. With the beginning of September comes the start of the 20/21 school year. Whichever way your family has chosen to go back-to-school, I hope it's a safe and healthy start for all the kids in the Community.

**Dino Petrakos**

**"Every child is an artist. The problem is how to remain an artist once he grows up."**

**-Pablo Picasso**



## Events Update

### Heritage Day Was A Goodie



On August 3rd, we hosted a Heritage Day Drive-Thru where we handed out goodie bags and craft bags to kids in the community. We were glad to hear that this effort brought excitement to the kids. We will be announcing the winner of the colouring contest on our social media pages by the 1st week of September!



Thank you to Royal Oak Victory Church and the volunteers who helped make this event a success! They helped create, pack, and distribute over 150 goodie bags. This would not have been possible without their help. If you would like to volunteer for an event in the future, please email [volunteer@rrroca.org](mailto:volunteer@rrroca.org). Thank you for the excellent turnout, and we look forward to seeing you at our next event!

**Nymisha Pabbaraju**  
Events Chair - RRROCA

## Road Safety For Back To School

In September many of our children in the community will be returning to school after being out for close to 6 months since closure. During that time many of our residents have seen an increase in vehicles going well above the posted speed limits. Even though the playgrounds speed restrictions have remained in affect they are being ignored. I myself have also witnessed close calls with kids not using the rules of the road and putting themselves at risk of being hit by a vehicle, even if the driver is driving safely. Both pedestrians and drivers must get back in the habit of watching out for each other and pay closer attention to their surroundings while in the community to avoid a tragedy. Here are some basic tips/facts to get us all back into pedestrian/vehicle road safety.

- SLOW DOWN! Follow the posted speeds.
- You cannot pass another moving vehicle in a school or playground zone, it is a \$172 fine if you do.
- Vehicles must stay stopped at a crosswalk until pedestrians make it to the other side.
- Do not drive distracted.
- Watch for patrollers/crossing guards when close to schools.
- Bicycles share the road and are allowed the same courtesies as other vehicles however, they must obey the rules of the road.
- Teach the kids the basic road safety rules - Stop on the sidewalk before walking out, Look both ways, make sure the driver can see you before you step out.
- Don't Run On Roads during play or to get ball, toy, etc.
- Always Use Sidewalks and only cross at the corner of a block or a marked Pedestrian Crossing.
- When possible, cross with your children during busy driving times.
- Be a role model. Don't get out of your vehicle and walk your children out into traffic midway on the block because it is close to the school door they go into.
- Do not park on corners, across driveways, or in crossing areas – by doing this you are risking the pedestrians trying to cross and the drivers who may not see them just so you can get a closer parking spot.

These are all tips that we have heard many times, but we need to make sure we implement them to ensure safety on the roads to all our residents.

Please report any dangerous road activity. If you see a vehicle weaving on the road, not signaling, cutting off other vehicles, driving erratically, it might be an impaired driver, please call 911 to have the police look into immediately.

**Krista DeCarle**  
Director of Safety & Security  
Rocky Ridge Royal Oak Community Association

## Do You Have Your RRROCA Membership?

In addition to the benefits listed below, 100% of membership fees go directly into program and resources funding, and future facilities development. The greater our membership base, the more funds we will have for projects, programs, and initiatives! We need your help with funds to continue dealing with municipal and provincial issues that affect your daily life.

Please visit our membership page at [rrroca.org](http://rrroca.org) to sign up for a membership, or email [membership@rrroca.org](mailto:membership@rrroca.org) if you have any questions.

### Benefits of RRROCA Membership

Here are all the current benefits of RRROCA membership, please visit our webpage regularly for updates.

- Access to Babysitter Registry
- Register for Community events and programs, including Spring Sports Program for children, Parade of Garage Sales, winning one of ten \$100 to hold block parties on Neighbour Day, etc.
- Borrow materials for holding Block party for free
- Purchase discount tickets or enter draws for free tickets to the shows at Shane Homes YMCA
- Receive free pancake breakfast at annual Stampede Breakfast event
- Receive discounts at Cloverdale Paint, Servus Credit Union, Stealth Alarms and iLoveKickboxing.
- Provide recreational insurance at Sports Program offered by RRROCA
- Accepted by Calgary West Soccer for their program registration

We are always working on expanding our membership perks. If you are a business owner who wants to give incentives to our members, please contact Linda Nwachukwu at [membership@rrroca.org](mailto:membership@rrroca.org).



### RRROCA Membership Registration

One Membership per household; valid January 1 to December 31 annually.

\$30

☐

New membership

☐

Membership Renewal

Your personal information will be used for Association purposes only and will never be given to third parties.

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone #: \_\_\_\_\_

Email\*: \_\_\_\_\_

\* Please note e-mail is used to communicate your membership number.

If you choose "No" for updates below, the e-mail will be on file but won't be included in our news mailing list.

Would you like RRROCA news and updates by email? ☐ Yes ☐ No

Send form and cheque to: **RRROCA Membership**  
P.O. Box 91009, RPO Royal Oak  
Calgary, AB T3G 5W6

## City Offering Event Grants

We know Calgarians are looking for ways to safely participate in arts, culture, sport and recreation events like they did before the COVID-19 pandemic. So, we are offering a Microgrant Program to support public events, in-person or virtual, with grants ranging from \$500 to \$4500. We hope to support events with the additional costs they now need to cover to meet health and safety guidelines and regulations. Up to \$75,000 is available for eligible events.

Calgary's festival and event community has been hard-hit by the COVID-19 pandemic which resulted in the cancellation of in-person events from April until August 2020. We want to support our communities which are normally active and vibrant with festivals and events throughout the year with amazing opportunities for citizens and visitors to enjoy Calgary's community spirit.

On July 3, we began accepting applications for community events as well as drive-in, drive-thru and non-competitive walks and runs on City land that meet provincial and city guidelines and regulations. If you are a non-profit, charitable or Business Improvement Area organization planning a public event on City land, private property or virtually, please consider applying.

We are accepting applications until November 13 for public events held between July 20 and December 31, 2020 that meet all provincial and city guidelines and regulations.

Learn more at [calgary.ca/eventmicrogrants](http://calgary.ca/eventmicrogrants)

*City of Calgary*



## Volunteer Corner

### Introducing the new Communications Chair and Programs Co-Chair

We are pleased to introduce two new board member volunteers: Audrey Ou as the Communications Chair, and Fatima Shahhosseini as a Programs Co-Chair. We are very thankful that they stepped up to fill these critical positions, and we look forward to the fresh insights they bring.

#### Message from Audrey Ou:

Hello neighbours, My name is Audrey Ou, and I have been serving as the new Communications Chair since June. Many thanks to the board members for giving me this opportunity to serve this lovely community.



The first time I visited this community, I felt that I was at home! My family and I moved to Royal Oak early this year. Although my family and I have only lived in this community for several months, we have felt welcomed and made many dear friends. The past few months were not easy for each of us, but we, with the neighbours, supported each other through this hard time. I



really want to give back to this community and do whatever I can to continue making it a great place to live.

As the Communications Chair, my job will focus on internal and external communication. I hope to build a bridge between every resident and the community. So, if you want to know more about RRROCA, or, you want to have a better connection with this community, please visit our Facebook page at "Rocky Ridge Royal Oak Community Association". You can find useful information about events and other living tips. You can also leave messages if you have any idea about the community. Please send me an email at [communications@rrroca.org](mailto:communications@rrroca.org), as I am here to help.

*Go RRRO friends!  
Audrey*

#### Message from Fatima Shahhosseini:

Hello dear neighbors,

My name is Fatemeh Shahhosseini, and I am delighted to volunteer for the RRROCA as the Programs Chair. Throughout my work experience in the life sciences field, I have had the opportunity to work with various teams and volunteer at many organizations overseas and in Canada.



## Photographers Corner



"Elbow River Kananaskis." by Tanisha Mattapalli



I joined the RRROCA last month and would like to take this moment to thank our wonderful board members, and of course volunteers who helped me in organizing the Heritage Day Drive-Thru on August 3rd, when we handed out more than 160 goodie bags and craft bags to kids in our community. This event would have not been possible without our valuable partnership with Royal Oak Victory Church.

I am excited to take this role to organize programs throughout the year for our community where everyone feels included, and I appreciate the potential collaboration with community partners and local businesses so together we make our community a better place to live.

Your opinion matters to me. Please don't hesitate to contact me via email at [Programs@rrroca.org](mailto:Programs@rrroca.org) if you have any input or are interested in helping me in organizing programs for our community.

Best Regards,

*Fatima*

## Volunteer from Home

Volunteers are always important to RRROCA as we work to make Royal Oak & Rocky Ridge an even better. And most of the work required can be done from your home. So if are interested in living in a great community, and can spare a few hours in a month, please consider volunteering for RRROCA!

In addition to making an impact, you will certainly learn new skills, gain valuable volunteer experience and meet more neighbours. Please email [volunteer@rrroca.org](mailto:volunteer@rrroca.org) if you are interested in the following positions or have any questions about volunteering with RRROCA.

### Membership Chair

The Membership Chair is in charge of managing member-related activities. Supported by an assistant, this director develops and executes plans for retaining and growing the count of RRROCA members.

**Time commitment:** 10 hrs/month

### Events Lead

With direction from the Events Chair, an Event Lead helps to execute specific events, from the planning stage to the wrap up. **Time commitment:** 3 - 7 hrs/month

### Communications Lead

Implements and maintains internal communications tools within RRROCA, and also assists with external communications as directed by the Communications Chair and/or President. **Time commitment:** 5 hours/month

### Newsletter Editor

Curating content from the community and the RRROCA Board, the Newsletter Editor works with the publisher to create RRROCA's official newsletter, the RRROCA View.

**Time commitment:** 5 hours/month

### Signage Lead

The Signage Lead works with our Communications team to announce important information. This person takes care of a couple of those bold signs on the side of Rocky Ridge Road. **Time commitment:** 0 – 3 hours/month

### Sponsorship Lead

With direction from the Sponsorship Chair, the Sponsorship Lead helps to develop and maintain relations with sponsors for RRROCA events and programs.

**Time commitment:** 0 – 3 hours/month

### Did You Know?

Volunteering for RRROCA as a Board or a Committee member will:

1. **gain valuable volunteering experience and essential work skills;**
2. **know the first-hand community news;**
3. **get the RRROCA membership (\$30) or one sport registration for free (\$50 or \$65) every year;**
4. **the most important: help us to build a thriving community!**

**Want to receive emails about any volunteer opportunities for the community association?**

Please email [volunteerlead@rrroca.org](mailto:volunteerlead@rrroca.org) to sign up.

## Did You Know... These Facts About September

- The birthstone is the Sapphire.
- The birth flowers for September is Morning Glory.
- The two zodiac signs in September are Virgo (August 23 – September 22) and Libra (September 23 – October 22)
- September was named after *septem*, Latin for “seven”, when the original Roman calendar started in March, so September was the seventh month.
- The Anglo-Saxons called this month *Gerst Monath*, which means barley month. This is because they would harvest their barley crops during this month.



## Photographers Corner



"Flowers and Rocks, Royal Oak " by Mike Smith

## Share Kindness to Boost Your Happiness

Kindness is defined as the quality of being friendly, generous and considerate. Every day we hear stories about people trying to make the world a better place. Together, we can make the world a little bit kinder for all of us.

Just one act of kindness a day can help reduce stress, anxiety and depression. It can also release feel-good hormones in your body, so you and the person you helped:

- Feel calmer, healthier and happier
- More loving and loved
- More energy, with less aches and pains

### Kindness helps you and others by:

- Enhancing positivity
- Changing your perspective
- Creating a sense of community
- Helping us feel connected to others
- Reducing stress.

### Simple ways to spread kindness:

- Volunteer
- Help a friend or neighbor
- Ask someone how they are feeling
- Offer support and encouragement to others
- Say good morning and smile
- Make someone laugh
- Be generous with compliments
- Leave a kind note for someone special.

Kindness is contagious. Pass it on!

*Alberta Health Services*

## Councillor Report

### COVID-19 - Face Coverings Bylaw

For the safety and protection of our community, the City of Calgary requires the wearing of face coverings or masks in indoor public areas and public vehicles. The Face Coverings Bylaw became active Aug 1, 2020.

The bylaw was informed by feedback from 2,000 local businesses and City of Calgary operations. We want the city to thrive, for businesses to stay open and for Calgarians to stay healthy. This decision was not taken lightly and was informed by data and by making decisions based on the collective health of Calgarians and for the local economy. With businesses reopening, more social interactions and the number of cases increasing in Calgary, these measures will better prevent a potential resurgence being experienced around the world. A second wave may disrupt an already challenged economy.

The primary focus is on educating Calgarians on the importance of wearing face coverings in indoor public spaces and public vehicles, rather than enforcement. However, the failure to wear a face covering where required can result in a penalty of \$50. The bylaw mandates that face coverings be worn in the following places:

- Public transit, such as buses, shuttles and CTrains
- Public vehicles for hire, such as taxis, ridesharing businesses, and vehicles for hire
- Public indoor spaces, such as malls, grocery stores, retail businesses, and churches
- City of Calgary facilities, such as recreation centres, City Hall, City of Calgary buildings

The exceptions to the face coverings bylaw include:

- Children under 2 years of age
- People with underlying medical conditions or disabilities inhibiting their ability to wear a face covering
- People who are unable to place, use or remove a face covering safely without assistance
- People who are eating or drinking at a public premises that offers food or beverage services
- People engaging in an athletic or fitness activity
- People who are caregiving for or accompanying a person with a disability where wearing a face covering would hinder the accommodation of the person's disability (for example, the ability to lip read)
- People who have temporarily removed their face covering where doing so is necessary to provide or receive a service (for example, a visit to the dentist)

For updates and frequently asked questions about COVID-19, visit [www.calgary.ca](http://www.calgary.ca).

**Ward Sutherland, Councillor, Ward 1**  
**SUBURBAN JOURNALS** [www.suburbanjournals.ca](http://www.suburbanjournals.ca)



## ROCKY RIDGE RANCH

HOMEOWNERS ASSOCIATION

### Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW

Calgary, AB T3G 4G1

Phone: 403-547-6633 Fax: 403-547-6634

[www.rrrha.ca](http://www.rrrha.ca) [officeadmin@rrrha.ca](mailto:officeadmin@rrrha.ca)

### Office Hours

Changes to office hours will be updated online

### Board of Directors

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Vice President .....	Amanda Tischer-Dees
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Treasurer.....	Val Ostapowich
Director .....	Bunmi Oyebanji
Director .....	Collin Smith
Director .....	Michael Morrison

## Staying Open is in Your Hands

As we head into fall and prepare to go back to school and work, staying open is in your hands. In a recent survey, 99% of Calgarians say that they know what to do to stop the spread of COVID-19; now it's time to put that knowledge to the test.

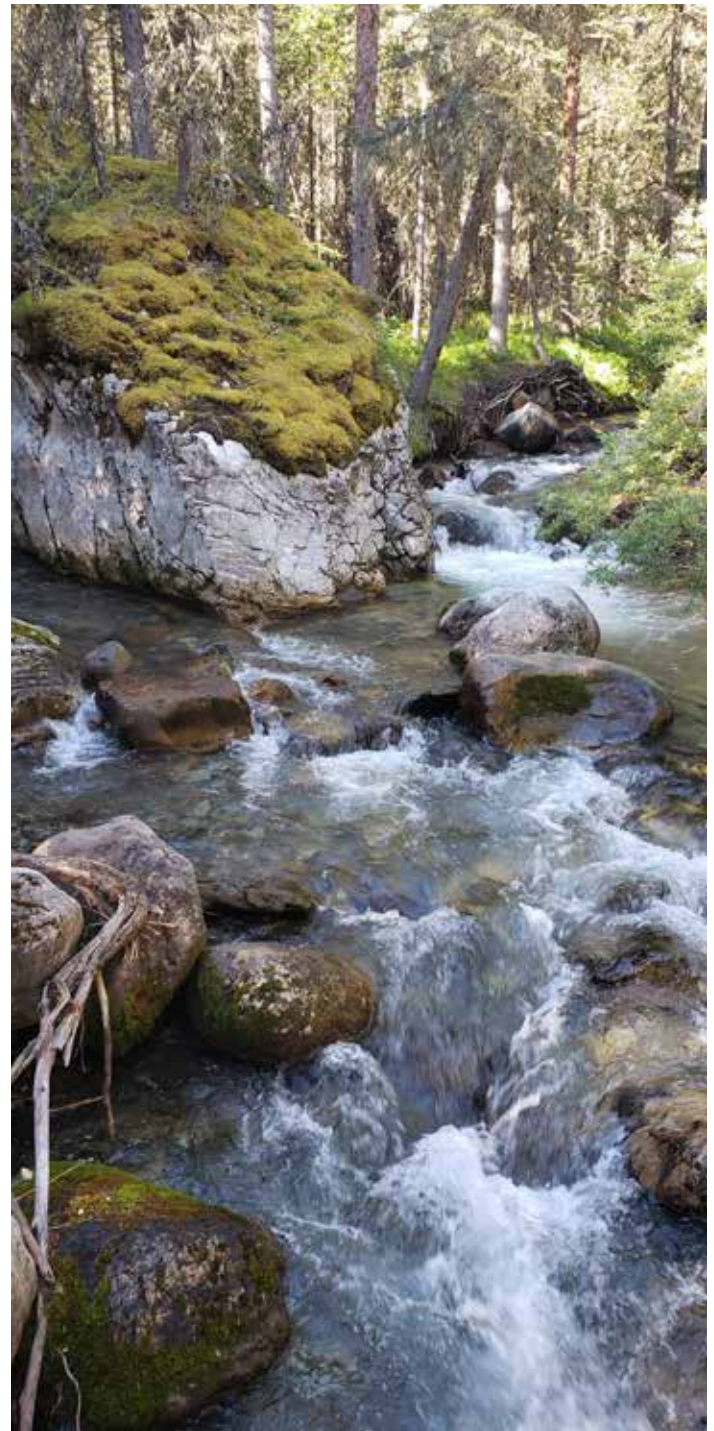
These steps are our best defence against COVID-19:

- When you go out, spread out. Keep 2 metres of distance between yourself and others.
- If you cannot consistently maintain a safe physical distance of 2 metres from others, wear a face covering. Face coverings are meant to control what comes out of the wearer's mouth and nose and are worn to protect people around them - not to provide protection for the wearer.
- Continue to wash your hands, especially before you go outside and again when you return home. Good hand hygiene will help to limit the spread of COVID-19.
- If you are feeling unwell stay home to protect others and limit the spread.

For more information visit [alberta.ca/covid19](http://alberta.ca/covid19) or [calgary.ca/covid19](http://calgary.ca/covid19).

*City of Calgary*

## Photographers Corner



"Galatea Creek Trail, Kananaskis" by Carole Westlake

## DID YOU KNOW??

The Taj Mahal in India is made entirely out of marble.





## Recycle Your Plastic!

Do your online orders come in a lot of plastic bags? Most of that packaging can actually be recycled in your blue cart!

Bundle your bags together into a single bag, fill it up and then tie closed once it's full.

- Bubble wrap
- Shipping pillows – release the air inside
- Stretchy plastic bags – most new items come in a clear plastic bag for shipping purposes
- Plastic shipping bags
- Bubble mailers (plastic outer and bubble wrap inner)

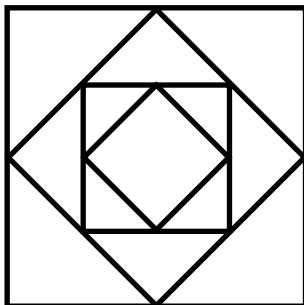
Visit [www.calgary.ca/UEP/WRS/Pages/What-goes-where/Plastic-Bags.aspx](http://www.calgary.ca/UEP/WRS/Pages/What-goes-where/Plastic-Bags.aspx)

City of Calgary



## Geometry Puzzle

How many squares and triangles can you find below?



Solution: There are 4 squares and 12 triangles in the puzzle

## Use Grass Clippings as Mulch on Your Lawn

The next time you mow your yard, leave your grass clippings on the lawn instead of putting in the compost.

Grass clippings will quickly break down, returning nutrients to the soil for a healthy yard. Grass mulching will help you save time and effort from bagging up grass clippings, buying paper yard waste bags or needing to apply fertilizer to your lawn.

Cut grass when the surface is dry and keep mower blades sharp.

Follow the 1/3 rule: mow your lawn often enough so that no more than 1/3 your grass is cut. You may need to raise the height of your mower. This frequent mowing will produce short clippings that will break down quickly.

You can leave clippings on the lawn with almost any mower (push, electric or gas). Using your existing mower, simply remove the bag and leave the clippings on the lawn. Mulching mowers cut grass blades into smaller pieces, allowing the clippings to settle into your lawn without clumping. They are sold at most yard and garden stores, nurseries and home supply stores.

For more tips, visit [calgary.ca/grassclippings](http://calgary.ca/grassclippings).

City of Calgary



# How to Care for Someone With Covid-19 at Home

If you are caring for a person who has been diagnosed with COVID-19, follow this advice to protect yourself and others in the home, as well as those in your community.

## Limit contact

- Only one healthy person should provide care.
- Do not share personal items with the ill person, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- Use a separate bathroom from the ill person if possible.
- If not possible, the ill person should put the toilet lid down before flushing.
- If at all possible, try to ensure that the ill person has a designated bedroom and bathroom.

## Protect yourself

If possible, people who are at higher risk of serious illness from COVID-19 should not care for someone with COVID-19. These people include elderly persons, those with chronic medical conditions (e.g., heart disease, diabetes) or compromised immune systems.

- Maintain physical from the ill individual, as much as possible.
- If you need to be within 2 metres of the ill person, wear a mask, disposable gloves and eye protection.
- Wear disposable gloves when touching the ill person, their environment and soiled items or surfaces.
- Do not re-use masks or gloves.
- Clean your hands often for at least 20 seconds, especially after contact with the ill person and after removing gloves, masks and eye protection.
- Dry your hands with disposable paper towels.
- If not available, use a reusable towel and replace it when it becomes wet.
- You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.

## Keep your environment clean

- Place used masks, gloves and other contaminated items in a lined container, secure the contents and dispose of them with other household waste.
- Place possibly contaminated laundry into a container with a plastic liner and do not shake.
  - o Wash with regular laundry soap and hot water

## Your Health

(60-90°C), and dry well.

- o Clothing and linens belonging to the ill person can be washed with other laundry.
- At least once daily, use household disinfectants or diluted bleach (1 part bleach and 9 parts water) to clean and disinfect surfaces that people touch often (e.g., toilets, laundry containers, bedside tables, doorknobs, phones and television remotes).
  - o Clean touch screens with 70 per cent alcohol wipes.

## Monitor yourself for symptoms

- If you have always used the recommended precautions, then monitor yourself for symptoms for 14 days following your last contact with the ill person.
- If you have had direct contact with body fluids of the ill person (e.g., were coughed or sneezed on when you weren't wearing a mask), contact your local public health authority for further instructions.
- If you develop symptoms, isolate yourself as quickly as possible and contact your local public health authority for further instructions.

*Alberta Health Services*

# 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).

*Alberta Health Services*