



# ARE WE READY TO REOPEN?

WE NEED TO DO OUR PART TO PREVENT THE SPREAD OF COVID-19



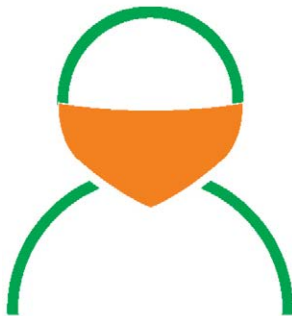
## COVER YOUR COUGH!

*No one wants your germs, even on a regular day...*

Cover your mouth and nose with a tissue when coughing or sneezing.

Put your used tissue in a waste basket and wash your hands or use an alcohol-based gel.

If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.



## Wear a face covering when travelling on the TTC.

**Want instructions on how to make your own reusable face masks?**

Visit [http://www.ttc.ca/Riding\\_the\\_TTC/Safety\\_and\\_Security/Masks.jsp](http://www.ttc.ca/Riding_the_TTC/Safety_and_Security/Masks.jsp) or check the Wigwamen May COVID edition newsletter (also online)!

## PROPERLY PUT ON, USE, TAKE OFF & DISPOSE OF MASKS

1. Before putting on a mask, wash hands with alcohol-based hand rub or soap and water.



2. Cover mouth and nose with mask & ensure there are no gaps between your face and the mask.



3. Replace the mask with a new one as soon as it is damp. Only re-use non-disposable masks.



4. Remove the mask from behind (don't touch front of mask); discard disposable masks in a closed bin.



*Do not touch the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water. As a general rule, always wash your hands before and after putting on a mask.*



Remove gloves with care to avoid skin contact with the outside of the glove.



## ENTER THE WIGWAMEN KIDS' HOPE & STRENGTH ART CONTEST BY 5:00PM ON FRIDAY JULY 31!

Want to win some money and get your art published online and in print? We continue to accept art competition entries from Wigwamen tenants age 13 and under!

A set of prizes (\$100, \$75 and \$50 cheques) will be awarded for 2 age divisions (8 & under; and 9-13, as of July 31). \$10 McDonalds gift cards will also be awarded for participation!

### 1. Select one of the following:

- ◆ Pick either "hope" or "strength" to use as a theme
- ◆ Depict an object or image that represents to you something about your family that you are proud of
- ◆ "Superhero \_\_\_\_\_" - depict a family member with their "superpowers" (real or imagined!)

**2. Create your art using any medium!** You may write a description to submit with your work (max 150 words).

**3. Write out your information to attach to your artwork submission.** Please include your name, age, birthdate (dd/mm/yyyy), selected theme & your parents' permission to publish your art on Wigwamen's newsletter & website.

**4. Submit your entry!** Mail your artwork, contestant information (step 3), & artwork description (optional) to Wigwamen Head Office. Attn: A. Palmer, Re: Kids Art Contest, 23 Lesmill Rd. Unit 106, Toronto ON M3B 3P6

**To qualify, your submission must be postmarked no later than 5:00 pm on Friday, July 31, 2020.**

## *From Your Wigwamen Family*

We're working hard to serve our community well throughout this strange time! Here—and in the next few issues of this special edition Wigwam to Wigwam newsletter—we hope to share with you some useful tips and resources.

Please send any thoughts, suggestions or feedback to Aliza at [atan@wigwamen.com](mailto:atan@wigwamen.com)! Have a lovely day :)

Special thanks to Pan American Health Organization for tips & graphics on how to cover your cough (page 1); to World Health Organization for tips and graphics on how to use masks (adapted, on page 1); and Ontario Agency for Health Protection & Promotion 2013 for tips and images on safe glove removal and disposal (page 2). A big thank you to Angela Klassen-Hayes and Angus Palmer for content suggestions, feedback and revisions.

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