



ILO Self-Advocates Take on the Virus

Stay Strong! Turn that very understandable, legitimate fear **into power and a conviction** that we all need to do this hard thing to get the best possible outcome for everyone. *(Deputy Canadian Prime Minister)*

**ILO Self-Advocates
Know How to *Beat It!***

Research shows:

+ Staying at Home
+ Social Distancing
+ Regular 20-Second Handwashing
= **BEATS COVID-19!**

Do I have to wear a mask?

Yes please. It's in your best interests and helps everyone around you. In some places now it is required. Research shows following the rules definitely helps reduce the chance of getting, or spreading, COVID-19.

The better we are at sticking to the rules the faster this will all be over!

We can do this!

INSTRUCTIONS

I tried to find a “real” mask but there aren’t any. What do I do?

They are definitely hard to come by, if not impossible. However, you can easily make one yourself out of some type of cloth or fabric.

Cloth masks provide less protection compared to medical masks, but they still provide protection.

Can I make a DIY (Do-It-Yourself) face mask? Absolutely!!

- It must fit snug
- Multi-layered is good
- **Make sure you can breathe!!**
- Wash cloth masks after use

Be resourceful – consider your options for materials:

- Elastic hair bands, rubber bands, rope or string
- Kitchen or hand towels, cloth napkins, t-shirts, cloth bag, bandanas, scarves, ties, socks (ewwwwww), well . . . you get the idea!
- Make sure to fold whatever you’ve got so that you have more than one layer if possible.

Get busy:

- Watch this video to get some ideas. There are lots of videos online though: https://www.youtube.com/watch?v=9yP_fnr4oVY.
- Don’t get frustrated – if at first you don’t succeed try again, and again . . . you’ll get it.
- If you absolutely can’t do it, or don’t have the right supplies, **ask for help!**

Help someone else:

- Now that you know what to do try to help another ILO self-advocate, family member or friend. Everyone needs to help each other, right!

If you’re an ILO self-advocate or an ILO Community Group member send us a photo or post it to our Facebook page.