



# National Indian Health Board NATIONAL TRIBAL COVID-19 RESPONSE

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## Guidance on Face Coverings During COVID-19

Wearing a face covering or mask protects you and others from COVID-19, which spreads mainly from person to person and typically through respiratory droplets from coughing, sneezing, or talking. The Center for Disease Control and Prevention (CDC) recommends everyone ages 2 and up, who is not fully vaccinated against COVID-19, wear a mask in indoor public places. In general, you do not need to wear a mask in outdoor settings, but if you live in an area with a high number of cases, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated. Wearing a mask or cloth face covering over your nose and mouth is required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States. However, **many Tribes have mask mandates in place that may differ from Federal mask mandates to keep elders, vulnerable populations, unvaccinated persons, and healthcare workers protected. If you are traveling to Tribal lands, you should always check to see if there are different mask mandates in place.** For more information about how to protect your Tribal community please visit the [National Indian Health Board COVID-19 Tribal Resource Center](#).

### How to Put on and Wear Your Mask

- Wash your hands with soap and water for at least 20 seconds, or use hand sanitizer before putting on your mask
- Make sure the mask covers your nose and mouth
- Be sure that your mask fits snugly against the sides of your face and under your chin
- Make sure you can breathe easily



### Mask Recommendations

- For optimal protection, it is recommended that masks have two or more layers of washable, breathable fabric that completely covers the nose and mouth and fits snugly against the sides of the face.
- Wash reusable cloth masks daily either by hand or washer. You can use regular laundry detergent and the appropriate washing machine settings, according to the fabric type.
- Keep dirty/used masks separate from clean ones.
- Throw away disposable masks after one use.
- Store wet or dirty masks in a plastic bag, or throw them away.
- Masks that are not wet or visibly dirty should be stored in a paper bag.
- Dry your mask completely in a warm or hot dryer, or allow them to air dry in direct sunlight.


























Face shields are a personal choice and **not recommended** for use.

# When to Wear a Face Covering or Mask

 No mask or face covering needed

 Mask or face covering needed

Activity	Vaccination Status	
	Fully Vaccinated	Not Fully Vaccinated
Visit with unvaccinated people from a single household who are at LOW risk for severe COVID-19 disease indoors		
Attend an indoor community potluck, sacred feast, or restaurant with friends, family, and community member from multiple households.		
Attend a crowded, outdoor event such as a Pow-Wow, Potlatch, community celebration, stickball, lacrosse or other sports gathering		
Visiting entertainment areas, such as casinos or amusement parks		
Attend a full-capacity traditional ceremony, traditional ritual, or worship service		
Going out in public places, such as grocery stores, gyms, gas stations, and malls		
Attend indoor traditional ceremonies, drum circles, singing, storytelling, or talking circles with fully vaccinated and unvaccinated people		
Traveling on a bus, train, airplane, or when using a taxi or Uber/Lyft		
Visit with unvaccinated people from a single household who are at HIGH risk for severe COVID-19 disease indoors		
Visiting elders in a long-term care facility or hospital		
Working outside of your own home	Follow the guidance at your place of employment for fully vaccinated people.	
Inside your home if someone you live with is sick with symptoms of COVID-19 or has tested positive for COVID-19		



In general, you are considered fully vaccinated 2 weeks after your second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

For more information, or to learn more about frequently asked questions, visit the [CDC website](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html#who-should-wear).  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html#who-should-wear>  
[https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html#anchor\\_1619526673330](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html#anchor_1619526673330)



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For more information, visit NIHB's National Tribal COVID-19 Response page at [www.nihb.org](http://www.nihb.org)