



# USDA Farmers to Families FREE Food Box



**Next Week: Dairy on 8/31/2020 @ 1pm  
No Farmers to Families-We will keep  
everyone posted via Facebook and Tribal  
Website for the week of September 7th.**

September 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	31 Dairy Distribution 1 PM	1	2	3 No Delivery New Vendor Transition	4	5
6	7	8	9	10 Food Distribution TBD	11	12
13	14 Dairy Distribution 1 PM	15	16	17 Food Distribution TBD	18	19
20	21	22	23	24 Food Distribution TBD	25	26
27	28 Dairy Distribution 1 PM	29	30			

**(Enter off of Hwy 47 and Thoroughfare Road to Youth Center Lane)**

Updates available on Tribal website <https://www.ldftribe.com> and the Tribe's Facebook page

**DRIVE UP AND HAVE OUR TRUNK OPEN-Make room ahead of time.**

## ***NO ELIGIBILITY REQUIREMENTS***

*To protect our volunteers/staff and general public, this will be a drive up, non-contact distribution, only! Food will be loaded into your trunk. Please remain in your vehicle at all times. In accordance with CDC guidelines, all volunteers/staff will be wearing PPE and practicing safe distancing.*

**BE ADVISED THAT ALL FOOD TO BE DISTRIBUTED WAS DONATED BY A THIRD-PARTY FUNDING SOURCE. THE LAC DU FLAMBEAU BAND OF LAKE SUPERIOR CHIPPEWA INDIANS ASSUMES NO LIABILITY WITH RESPECT TO THE FOOD SUPPLIED. BY ACCEPTING FOOD, RECIPIENTS ASSUME ALL RISKS AND LIABILITY ASSOCIATED THEREWITH.**

## How to Select

When selecting a mask, there are many choices. Here are some do's and don'ts.

<h3>DO choose masks that</h3> <ul style="list-style-type: none"> <li>Have two or more layers of washable, breathable fabric</li> <li>Completely cover your nose and mouth</li> <li>Fit snugly against the sides of your face and don't have gaps</li> </ul>	<h3>DO NOT choose masks that</h3> <ul style="list-style-type: none"> <li>Are made of fabric that makes it hard to breathe, for example, vinyl</li> <li>Have exhalation valves or vents, which allow virus particles to escape</li> <li>Are intended for healthcare workers, including N95 respirators or surgical masks</li> </ul>	<h3>Caution: Gaiters &amp; Face Shields</h3> <ul style="list-style-type: none"> <li>Evaluation is on-going but effectiveness is unknown at this time</li> <li>Evaluation is on-going but effectiveness is unknown at this time</li> </ul> <h3>Special Situations: Glasses</h3> <ul style="list-style-type: none"> <li>If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging</li> </ul>	<h3>Special Situations: Children</h3> <ul style="list-style-type: none"> <li>If you are able, find a mask that is made for children</li> <li>If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin</li> <li>Do NOT put on children younger than 2 years old</li> </ul>
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## How to Wear

Wear a mask **correctly** and **consistently** for the best protection.

- Be sure to wash your hands before putting on a mask
- Do **NOT** touch the mask when wearing it

### Do wear a mask that

- Covers your nose and mouth and secure it under your chin
- Fits snugly against the sides of your face

For more information, visit our [How to Wear Masks](#) web page.

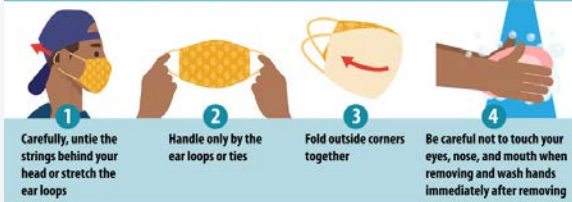


### Do NOT wear a mask



## How to take off a mask

### How to take off a mask



## How to Clean

Masks should be washed regularly. Always remove masks correctly and wash your hands after handling or touching a used mask.

- Include your mask with your regular laundry
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask
- Use the highest heat setting and leave in the dryer until completely dry

For more information, visit our [How to Wash Masks](#) web page.



For more information, see our [Masks](#) web site. For information on the sources for our mask guidance, see [Recent Studies](#).

## Know the symptoms of COVID-19, which can include the following:



**Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.**

**Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.