

# PROTECT YOURSELF AGAINST COVID-19

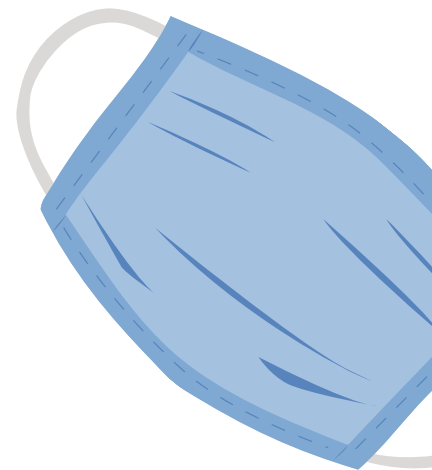
Both the [City of St. Catharines](#) and the [Niagara Region](#) have temporary mask by-laws in effect.

Under the by-law **any cloth (non-medical) mask, medical mask or other face covering** may be used, provided it securely covers the nose, mouth and chin without gaps.

**Bring your mask** with you everywhere you go.

**Wear your mask** when you go inside businesses and public spaces.

**Follow posted guidelines** at businesses and establishments you are visiting.



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Always follow the advice of [Niagara Region Public Health](#)

Respect physical distancing.

Wear a mask when physical distancing is a challenge.

Wash / sanitize your hands often.

Learn more about the measures put in place by the City of St. Catharines at [stcatharines/covid19](#).

