

COVID-19 UPDATE

TEMAGAMI UPDATE #13 on COVID-19

April 8, 2020

THANK YOU TO THE RESIDENTS OF TEMAGAMI FOR YOUR SUPPORT AND EFFORTS TOWARDS FLATTENING THE CURVE OF COVID-19.

Easter weekend is soon approaching and we understand that this is typically a time to spend with family. However, please ensure that you follow the directives of Canada, Ontario, and Temagami; by staying home, not visiting with friends and family and only going out for essential reasons.

If available, use technology to communicate with your friends and family who live outside of your household. Whether it is by telephone, Skype or FaceTime, it is important to stay in contact with your loved ones.

Ontario's Chief Medical Officer of Health has stated that given the greater risk of severe outcomes to Ontarians who are elderly, it is strongly recommended that individuals over 70 years of age self-isolate and stay home. This means only leaving home or seeing other people for essential reasons. Where possible, you should seek services over the phone or internet or ask for help from friends, family or neighbors with essential errands. This also applies to individuals who have compromised immune systems and/or underlying medical conditions.

To practice physical distancing, consider picking up your groceries once weekly and at off peak hours or ordering them online. If you need to pick up medications, call your pharmacy first before going in. Seniors and persons with weakened immune systems should look to have a healthy family member pick up their medication and drop it off at their door, or order their medication from a pharmacy that offers delivery.

PLEASE REMEMBER THAT EVEN PEOPLE WHO MAY NOT HAVE SYMPTOMS CAN SPREAD THE INFECTION.