

COVID-19 UPDATE

TEMAGAMI UPDATE #16 on COVID-19

April 16, 2020

CONFIRMED CASES IN NORTHERN ONTARIO

Timiskaming	Timmins/Porcupine	Sudbury	North Bay / Parry Sound	Algoma
10	45	41	14	10

The Municipality of Temagami is continually monitoring COVID-19 and is working closely with the Timiskaming Health Unit and community partners to take preventative measures and respond appropriately.

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 neighbours 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.

It is **important to stay connected** with your loved ones. 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.

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

COPING WITH STRESS AND ANXIETY DURING COVID-19: If you feel significant distress around COVID-19 and feel you are not coping well, you may need extra support managing your mental health. The following organizations can offer online or telephone support:

- Bounce Back – www.bouncebackontario.ca
- Big White Wall – www.bigwhitewall.com
- Seniors Centre Without Walls: 1-800-361-5820

The Emergency Control Group will be addressing concerns regarding the use of seasonal access points to area lakes. Watch for an update next week.

PLEASE STAY HOME, AT YOUR PRIMARY RESIDENCE, ONLY ESSENTIAL OUTINGS PLEASE.

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