

COVID-19 UPDATE

TEMAGAMI UPDATE #21 on COVID-19

April 29, 2020

CONFIRMED COVID-19 CASES IN NORTHERN ONTARIO				
Timiskaming	Timmins/Porcupine	Sudbury	North Bay / Parry Sound	Algoma
12	59	58	16	13

Please remember that Northern Ontario is tracking 2-3 weeks behind Southern Ontario and has not yet hit its peak. It remains imperative that people continue to follow public health recommendations to stay home and only go out for essential reasons.

We would like to thank all permanent and seasonal residents for all you are doing throughout this pandemic. Please continue to follow the directives provided by all levels of government and health officials. You are all doing your part and we are grateful for that.

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:

- [BounceBack](http://www.bouncebackontario.ca) – www.bouncebackontario.ca
- [Big White Wall](http://www.bigwhitewall.com) – www.bigwhitewall.com
- [Seniors Centre Without Walls](http://www.seniorscentrewithoutwalls.ca): 1-800-361-5820

In partnership with the Government of Canada, the Canadian Chamber of Commerce established the Canadian Business Resilience Network to help Canadian businesses navigate the COVID-19 reality and prepare for recovery. Please visit <https://www.canadianbusinessresiliencenetwork.ca/> for more information.

We have been informed that some local lake associations and the Lake Watch Program group are discussing potential programs that could be offered to provide greater surveillance/checks on seasonal properties. Please check with your local organizations for further information.

If you have any questions related to municipal COVID19 actions or updates, please call (705) 569-3421 or email communicate@temagami.ca.

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

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