

COVID-19 UPDATE

TEMAGAMI UPDATE #29 on COVID-19

June 4, 2020

CONFIRMED COVID-19 CASES IN NORTHEASTERN ONTARIO = 197				
Timiskaming	Timmins/Porcupine	Sudbury	North Bay / Parry Sound	Algoma
18	65	64	29	21
1834 TESTS PENDING IN NORTHEASTERN ONTARIO				

At present, THU recommends people stay within their social bubble as the safest measure. However, if you are in contact with others, please follow all public health recommendations, which include:

- Practice physical distancing when you are out in the community, which means staying at least 2 metres away from others;
- Consider wearing a non-medical mask when you cannot maintain physical distancing or anytime you are around a vulnerable population. Such as seniors or those who are immunocompromised (higher risk of contracting a virus);
- Wash hands frequently and do not touch your face;
- Sneeze or cough into your elbow or a disposable tissue;
- Stay home if unwell and contact the Timiskaming Health Unit @ 1-866-747-4305 for assessment and testing arrangements;
- Limit non-essential travel outside your district.

THU recommends that all of our residents **limit non-essential travel outside the district**. In addition, we ask that you avoid traveling to any area with a high number of COVID-19 cases. If you do travel outside the district, **and have COVID-19 symptoms** when you return, please self-isolate immediately and call the THU COVID line for additional screening and testing.

If you return from outside the district and **do not** have COVID-19 symptoms, consider self-isolating as much as possible if you have travelled to a high-risk area. Otherwise, self-monitor for 14 days while you maintain regular routines. If symptoms do occur, please self-isolate immediately and call the THU COVID line for additional screening and testing arrangements.

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