

# COVID-19 UPDATE

## TEMAGAMI UPDATE #3 on COVID-19

March 18, 2020

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.

**The province has advised that all seniors 70 years of age and older, or individuals who have severe health risks such as: diabetes, renal failure, heart disease, cancer or other respiratory illnesses are at higher risk and are advised to self-isolate for a period of 14 days. This means that you should only leave your home or see other people for ESSENTIAL REASONS (Grocery store and Pharmacy). Where possible, you should seek services over the phone or internet or ask for help from friends, family or neighbours with essential errands. Please check in on your families, neighbours and loved ones by telephone as often as you wish.**

Symptoms of COVID-19 range from mild – like the flu and other common respiratory infections – to severe. The most common symptoms include: fever, cough, difficulty breathing, muscle aches, fatigue, headache, sore throat, runny nose, and diarrhea. **If you suspect you have symptoms of COVID-19, please call the Temagami Family Health Team at: 705-569-3244 or Telehealth Ontario at 1-866-797-0000 or Services de santé du Timiskaming Health Unit at 705-647-4305.**

The best way to protect yourself is by taking preventative measures and do the following proper hygiene practices such as:

- limit any unnecessary outings
- regular handwashing or the use of alcohol-based sanitizers
- not touching your face
- covering your cough or sneeze
- social distancing – at least 2 metres
- staying home when sick

Municipal public inquiries can be made by telephone to the Temagami Municipal office at 705-569-3421 or by email at [communicate@temagami.ca](mailto:communicate@temagami.ca), during regular hours 8 am. to 4:30 pm.

