

# COVID-19 UPDATE

## TEMAGAMI UPDATE #9 on COVID-19

March 30, 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.

**LOCAL UPDATE:** At the time of release there were six confirmed COVID-19 cases in the North Bay / Parry Sound Health Unit area, and two confirmed cases in the Timiskaming Health Unit area.

**PROVINCIAL UPDATE:** Today marked the largest single jump in daily cases of COVID-19 in Ontario, with 351 new cases at the time of release. Adhere to the directives of the Provincial and Federal Governments by eliminating all unnecessary travel and outings. Please continue to practicing physical distancing, self-isolating when required and frequent hand washing.

**The Province of Ontario has banned all gatherings of more than 5 people, effective immediately.**

**PUBLIC OUTDOOR SPACES AND PLAYGROUNDS:** The Municipality of Temagami will be taking further steps in order to protect the public by issuing a safety advisory for parks and open spaces. In an effort to encourage physical distancing and spatial separation practices, staff will be posting signs on playground structures throughout the community, advising people to refrain from using these amenities until further notice.

Park playground structures, benches and waste receptacles are not being sanitized and may pose risk to those utilizing them. The Municipality of Temagami does not have the staffing resources to ensure park facilities are sanitized. **PLEASE REFRAIN FROM USING THIS EQUIPMENT AND GATHERING IN THESE AREAS.** The COVID-19 virus can survive outdoors in the current weather conditions.

Chief Medical Officer of Health, Dr. David Williams says:

“I strongly recommend you and other members of your household stay home except for essential reasons, such as to: access health care services; shop for groceries; pick-up medication at the pharmacy; walk pets when required; and support vulnerable community members with meeting the above needs. To the fullest extent possible, you should also limit the number of these essential trips. However, when you are out in public you must adhere to physical distancing by reducing your exposure to other people outside of your household by keeping two metres from other people.”

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