

TOWNSHIP OF MACDONALD, MEREDITH & ABERDEEN ADDITIONAL

MARCH (A) 2020

At this point in time the municipal office is **CLOSED TO THE PUBLIC** but still operating internally with reduced staff. We will continue this service as long as we are able but things are changing rapidly and on a daily basis. For up to date information on the COVID-19 Pandemic you can visit the Algoma Public Health website www.algomapublichealth.com/COVID-19. If there is anyone in our community that requires supplies, groceries, etc. please contact the municipal office at 705-248-2441 and arrangements will be made. The Echo Bay United Church Echo Bay & Area Food Bank has supplies available for anyone in our community. You can call 705-987-1746. Please adhere to the Algoma Public Health's messaging with their "**OPERATION AMPLIFY**". We have provided information below that is extremely important for everyone to follow. **HAND WASHING, SOCIAL DISTANCING, SELF ISOLATION**, we ask that everyone do their part to keep our families, and community safe until this Pandemic is over.

Protect Yourself, Loved Ones, & Your Community

Use **social distancing** to build community immunity against COVID-19

Build community immunity through social distancing and personal prevention.

The COVID-19 virus can only spread through direct touch or through infected droplets from coughing or sneezing.

Advice and tips:

- Avoid direct contact (touching) with people outside of your immediate family.
- Stay 2 metres (6 feet) apart from one another.
- Wash your hands often with soap and water for 20 seconds, or use alcohol-based hand sanitizer.
- Don't touch your nose or your mouth, unless you have just washed your hands.
- Avoid visiting older adults or people with medical conditions who are at high risk of severe illness.
- Stay connected virtually with technology. Stay 2 metres (6 feet) apart when chatting in person.
- Stay healthy and active by eating nutritious meals and taking advantage of Algoma's natural spaces— do this if you have no symptoms and can stay 2 metres (6 feet) apart from others.
- Take care of your mental health. Keep a routine. Practice self-care. Take breaks from the news media. Stay connected with friends and family by phone, email or with social media.
- If you are sick, stay home until you no longer have any symptoms. Sneeze or cough into your arm or sleeve.

Welcome home. Stay home.



Algoma
PUBLIC HEALTH
Santé publique Algoma

PLEASE READ CAREFULLY Coronavirus Disease 2019 (COVID-19) For all travellers returning to Canada

Welcome home!

The Government of Canada is closely monitoring the spread of COVID-19 in Canada and in other countries. You could have come into contact with COVID-19 while abroad.

Upon return to Canada, you will need to:

Please self-isolate for 14 days after your return from travel outside of Canada.

- Monitor your health for fever, cough or difficulty breathing.
- Wash your hands often for 20 seconds and cover your mouth and nose with your arm when coughing or sneezing.
- If you develop a fever, cough or difficulty breathing within 14 days:
 - Continue to isolate yourself from others
 - Call your health care provider or Algoma Public Health at 705-759-5404 or 1-866-892-0172 ext. 5404.
 - describe your symptoms and travel history
 - follow their instructions carefully

www.algomapublichealth.com/COVID-19

WHAT IS SOCIAL DISTANCING?

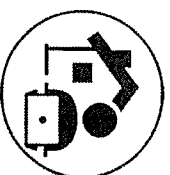
Social distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:



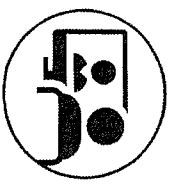
Avoiding non-essential trips in the community



Limiting, postponing or cancelling gatherings



Working from home, where possible



Conducting meetings virtually



Keeping kids away from group settings



Avoiding visits to long-term care homes and other care settings

Keep a distance of 6 feet from others when going for walks or shopping for groceries.

www.algomapublichealth.com/COVID-19

