

# NEWS RELEASE

For immediate release: October 2, 2020

## PROTECT YOUR LOVED ONES – BE CAREFUL WHAT YOU SHARE

NORTH BAY, ON – The North Bay Parry Sound District Health Unit (Health Unit) is asking residents to be careful what they share. Ontario is experiencing increasing numbers of people becoming ill with COVID-19, which is likely the onset of the provincial second wave. The next few months are marked with special occasions that traditionally bring large groups together, such as Thanksgiving.

“More than ever before, we must slow the spread of COVID-19 by following public health recommendations to protect one another. Mark these special occasions with happy memories and not COVID-19,” says Dr. Jim Chirico, Medical Officer of Health.

To be safe:

- Limit holiday gatherings to family or household members only. Less people, less risk.
  - It is important to remember that unmonitored gatherings are to be no more than 10 people indoors or 25 people outdoors.
- Limit the length of time for the gathering. Less time, less risk.
- Consider celebrating outdoors if possible. More space, less risk.
- Consider celebrating virtually, especially if family members are at increased risk of severe illness (elderly, people with medical conditions, weakened immune systems, etc.).
- Family members and students should assess the risk they may pose to their families and loved ones before returning home for Thanksgiving.
  - Are you returning from an area with increased or increasing COVID-19 activity? Increased COVID-19 activity, increased risk.
  - Have you been limiting your social interactions and following two metre distancing, hand washing and face covering recommendations in the past 14 days? Increased interactions without precautions, increased risk.
- Do not attend gatherings if you feel ill or have symptoms of COVID-19. Stay home and arrange to be tested.
- Consider wearing face coverings indoors and outdoors, especially when physical distancing can't be maintained.

No one wants to be the person who gives their loved ones COVID-19. We ask that you think carefully about where you go and what you do to protect the ones you love, especially those who are at greater risk.

Please continue to follow the public health protocols by physical distancing, wearing a face covering in indoor public places including public transit and anywhere physical distancing is a challenge, wash or sanitize your

hands often, cough and sneeze into your sleeve and stay home when you feel sick or have symptoms and arrange to be tested.

By working together, we can continue to reduce the spread of COVID-19, keep our economy open and help save lives.

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### **Media Inquiries:**

Alex McDermid, Public Relations Specialist

P: [705-474-1400](tel:705-474-1400), ext. 5221 or [1-800-563-2808](tel:1-800-563-2808)

E: [communications@healthunit.ca](mailto:communications@healthunit.ca)