COVID-19 Coronavirus Update – April 8, 2020

UPDATE #21-Important Reminders for Easter
Wednesday, April 8, 2020, 4:30pm

The number of reported cases in our area has increased to eight (8) positive cases of COVID-19, five (5) of which have been resolved. We are not aware of anyone within the Canadore College Community who has been directly affected. The North Bay Parry Sound District Health Unit (Health Unit) is maintaining a page on its website with information on the status of confirmed positive cases in the region. Here is the link: https://www.myhealthunit.ca/en/health-topics/covid-19-cases.asp.

COVID-19 is a serious health threat, and the situation is evolving daily. The risk will vary between and within communities, but given the increasing number of cases in Canada, the risk to Canadians is considered **high**. This does not mean that all Canadians will get the disease, but simply that there is already a significant impact on our health care system. If we do not flatten the epidemic curve now, the increase of COVID-19 cases could impact health care resources available to Canadians.

With Easter days away the Health Unit is reminding the public that physical distancing is still required. The Health Unit asks you to keep your Easter activities, egg hunts, and family meals to individuals who live in your same home. The Health Unit strongly recommends connecting with family and friends in different ways such as voice or video calls but *not in person*.

Ontario Premier Doug Ford has declared the Easter Bunny is an essential service, which should be good news for many families.

What is physical distancing?
Measures are being put in place throughout Canada to help prevent and slow the spread of COVID-19. This is important so a large number of people do not get sick at the same time. Everyone in our College Community should be practicing physical distancing to reduce their exposure to other people. We should do our best to avoid close contact with people outside of their immediate families. Close contact includes being within two (2) meters of another person.

- Physical distancing means keeping our distance from one another and limiting activities outside the home.
- When outside your home, it means staying at least 2 metres (or 6 feet) away from other people whenever possible.

If you must leave your home

- Travel to the grocery store, pharmacy and bank only when essential and limit the frequency of your visits.
- Use delivery services where possible.
- When picking up food or a prescription, call ahead so it is ready when you arrive. Use tap to pay, if possible.
- Travel by car, bike or walk, where possible. If you need to take public transit, try to travel during non-peak hours and take shorter trips.
- Limit the number of people on an elevator.
- Exercise at home or outdoors, but not with a group.
- Go for an on-leash walk with your pet or take your child for a neighbourhood walk, while maintaining distance from other people.
- Always clean hands with alcohol-based hand sanitizer, or soap and water when you return home.

Staying connected from home

- Stay in touch with friends and family through phone, instant messaging or video chat.
- Host virtual playdates or take your children on a virtual museum tour.
- Support neighbours who may feel anxious or isolated at this time by connecting virtually or at a distance.
- If you are able to, use technology to communicate with your friends and family. Make phone calls, send texts and have video chats.
- If you are well, be creative when connecting with neighbours. Speak to them over a fence or from your balcony, while keeping two metres (or 6 feet) apart.
- Leave a message of support in your window, yard or residence message board.

Reminder: International and domestic students can access a new Frequently Asked Questions (FAQs) page on our website and social media platforms.