

COMMUNITY NOTICE

We continue to do our best to minimize the possibility of exposure to COVID-19, but the chance of exposure cannot be eliminated. The following is a list of guidelines we are asking community members to follow to continue to minimize exposure. We ask that you respectfully abide by our posted guidelines as much as possible.

- Remain home unless its essential to go out
- Avoid travel outside of the community if possible
 - Grocery shop online,
 - Essential trips to Marathon only,
 - Only one person from the household on trips.

With the increase of cases in Thunder Bay we are asking that if you must travel you take every step necessary to keep you and your family and our community safe.

- Avoid high traffic stores,
- Do curb side pick up or take out for meals,
- Limit the number of people you are physically near,
- Avoid closed indoor spaces and crowded places.

More ways to keep you and your family safe:

- Wear a mask and ensure those near you do too
- Wear a non-medical mask to help you from spreading infection to others
- Wear a mask when you are indoors with people outside of your household and ensure those near you do too
- Wear a mask whenever you are outdoors within 2 metres/6 feet of people outside of your social bubble and ensure those near you do too
- Clean your hands frequently
- Wash hands often with soap and water
- Do not share hand towels
- Carry and use an alcohol-based hand rub (60% - 90% alcohol) if soap and water are not available
- Clean your hands whenever you touch objects or surfaces touched by others, and if you touch another person
- Avoid touching your face, and if you need to, clean your hands first.
- Other strategies to help stay healthy
 - Get your influenza vaccine when available to protect you from influenza virus
 - Clean and disinfect frequently touched surfaces in your house (e.g. door knobs, light switches)
 - If you develop symptoms consistent with COVID-19, contact your health care provider or visit an Assessment Centre as per Ministry of Health guidance
 - If you have concerns about your or a loved one's mental health, seek help.

Questions can be directed to ert@picriver.com.