

## NEWS RELEASE

For immediate release: March 17, 2020

### HEALTH UNIT FOLLOWING CHIEF MEDICAL OFFICER OF HEALTH'S RECCOMENDATIONS

NORTH BAY, ON – The North Bay Parry Sound District Health Unit (Health Unit) is aligning with the guidance from the Chief Medical Officer of Health and the province of Ontario's declaration of a State of Emergency, and is strongly recommending that bars, theaters, libraries, recreational programs, daycare centres and places of worship close effective today. Restaurants may remain open for pick-up and delivery only.

"It is important that we look at the bigger picture and work together as a community to help slowdown the spread of COVID-19," said Dr. Jim Chirico, Medical Officer of Health. "The risk to Canadians and those within our district still remains low. Within the Health Unit district there are no positive COVID-19 cases and no known community spread. By taking such measures we are helping to ensure that we protect ourselves and the ones we love from COVID-19."

The Chief Medical Officer of Health has also recommended that gatherings remain less than 50 people and that people practice social distancing. Social distancing will help prevent and slow the spread of COVID-19 from person-to-person. This is important so a large number of people do not get sick at the same time. Social distancing does not mean that you are required to stay at home, rather it means:

- Talk to your supervisor, manager, or employer about the possibility of working from home where possible.
- If you have meetings planned, consider doing them virtually instead of in person.
- Whenever possible, spend time outside and in settings where people can maintain a 1-2 meter (3-6 feet) distance from each other.
- Change how you greet one another – greet with a friendly wave or an elbow bump.
- If possible, limit or consider cancelling group gatherings especially those larger than 50 people or in places that you cannot distance yourself (1-2 meters, 3-6 feet).
- Avoid non-essential trips in the community.
- If you have to go into the community for an essential trip via taxi or rideshare, be sure to keep the windows down.
- Avoid visits to Long-Term Care Homes, Retirement Homes, Supportive Housing, Hospices and other care settings unless the visit is essential. Older adults and those with underlying health problems are most at risk of becoming ill with COVID-19.

The best way for the public to protect themselves is through simple hygiene practices such as, regular handwashing or using alcohol-based sanitizers, not touching your face, and covering your cough or sneeze. If you are sick, stay home. Four out of five people who become ill with COVID-19 will have no symptoms or mild symptoms and recover within a week or two.

Employers are encouraged to support employees to work from home and to visit the Health Unit's [website](#) for information on preparing and responding to the risk of COVID-19 in the workplace.

Be Informed. Be Prepared. Be Protected. Visit [myhealthunit.ca/COVID-19](https://myhealthunit.ca/COVID-19) for more information.

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### Media Inquiries:

Alex McDermid, Public Relations Specialist  
P: 705-474-1400, ext. 5221 or 1-800-563-2808  
E: [communications@healthunit.ca](mailto:communications@healthunit.ca)

## Coronavirus Disease 2019 (COVID-19)

# How to Self-Isolate

**You must isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19. If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).**

### Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.



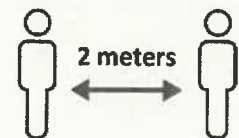
### Avoid contact with others

- No visitors unless essential (e.g. care providers)
- Stay away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room away from other people in your home and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).
- If these steps are not possible, keep a distance of at least two metres from others at all times.



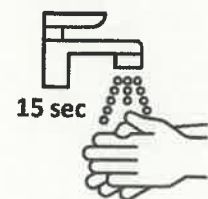
### Keep your distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



### Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.



## Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands.  
Lining the wastebasket with a plastic bag makes waste disposal safer.
- Clean your hands after emptying the wastebasket.



## Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two metres of other people, or stay in a separate room.



## What should I do if I develop symptoms?

- Complete the [COVID-19 Self-Assessment](#).
- Contact Telehealth (1-866-797-0000) or your health care provider.
- Anyone with whom you had close physical contact (e.g., in your household) in the 2 days before your symptoms started or after symptoms started should also self-isolate.  
If you have questions about this, call your [local public health unit](#).
- Isolate for 14 days beginning when your symptoms started.
- After 14 days, you can stop isolating if you no longer have a fever and your symptoms have improved, but you should continue with [physical distancing measures](#).
- If you are still unwell at 14 days, contact Telehealth or your health care provider.

## Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: [ontario.ca/coronavirus](https://ontario.ca/coronavirus).

The information in this document is current as of March 27, 2020

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Your lifetime partner in healthy living.

345 Oak Street West, North Bay, ON P1B 2T2

70 Joseph Street, Unit 302, Parry Sound, ON P2A 2G5

TEL 705-474-1400 FAX 705-474-8252

TEL 705-746-5801 FAX 705-746-2711

myhealthunit.ca

1-800-563-2808

## Reporting Complaints

### Complaints relating to the Quarantine Act

On March 25, 2020 the Government of Canada invoked the [Quarantine Act](#) requiring all travelers returning to Canada to enter a mandatory 14-day period of self-isolation, regardless of whether they have symptoms of COVID-19 or not (with the exception of essential workers).

For concerns about returning travelers who are not self-isolating, please **DO NOT CALL 911**. Until the federal government explains how enforcement will be handled, the North Bay Parry Sound District Health Unit is providing information and guidance to people under the 14-day isolation requirement.

### Complaints relating to gatherings of more than ten people

Effective June 12, 2020, the Government of Ontario is permitting gatherings of up to ten people. To report concerns related to gatherings of over ten people, please **DO NOT CALL 911**. Instead, contact your local police service using the non-emergency number.

- For complaints in North Bay or Callander, call the North Bay Police Service non-emergency line: [705-472-1234](tel:705-472-1234)
- For complaints in other areas in the District of Nipissing or the District of Parry Sound, call the Ontario Provincial Police non-emergency line: [1-888-310-1122](tel:1-888-310-1122)

### Complaints relating to non-compliance with emergency orders

To report concerns related to non-compliance with [emergency orders](#), please **DO NOT CALL 911**. Instead, contact your local police service using the non-emergency number.

- For complaints in North Bay or Callander, call the North Bay Police Service non-emergency line: [705-472-1234](tel:705-472-1234)
- For complaints in other areas in the District of Nipissing or the District of Parry Sound, call the Ontario Provincial Police non-emergency line: [1-888-310-1122](tel:1-888-310-1122)

### Employee concerns

If you have COVID-19 concerns or questions about your workplace please call the Ministry of Labour's Health and Safety Contact Centre at [1-877-202-0008](tel:1-877-202-0008).

### Business questions

Companies and workplaces that have questions about this closure order can call [Ontario's Stop the Spread Business Information Line](tel:1-888-444-3659) at [1-888-444-3659](tel:1-888-444-3659).

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**North Bay**

345 Oak Street West  
705-474-1400

**Parry Sound**

70 Joseph Street Unit #302  
705-746-5801

**Burk's Falls**

17 Copeland Street (by appointment only)  
1-800-563-2808

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