

NEWS RELEASE

For immediate release: May 13, 2020

HEALTH UNIT REMINDS THE PUBLIC TO CONTINUE TO PHYSICALLY DISTANCE AND FOLLOW PUBLIC HEALTH MEASURES

NORTH BAY, ON - As Ontario plans for stage one of the *Framework for Reopening our Province* and the warmer weather approaches, the North Bay Parry Sound District Health Unit (Health Unit) is reminding the public to continue to follow public health measures for COVID-19.

“People within our communities have been doing a great job at flattening the curve and helping to save lives. I understand with stores starting to open and nice weather forecasted for the long weekend people are going to want to get outdoors, but please continue to physically distance and follow public health measures,” says Dr. Jim Chirico, Medical Officer of Health.

Public health measures include:

- Staying home as much as possible
- Practice physical distancing – staying 2 metres from others who do not reside in your home or where you are living
- When physical distancing is hard or not possible to maintain in public wear a facial covering
- Gatherings of people remain at five or less (with the exception of an immediate family that lives in the same dwelling that has more than five people)
- Washing or sanitizing your hands often
- Cough and sneeze into your sleeve
- Avoid touching your eyes, nose or mouth
- Clean high touch objects and surfaces often

Currently, there is no specific treatment for COVID-19. It is important to remember that most people with COVID-19 have no symptoms or mild symptoms. People who are mildly ill should isolate and care for themselves at home. Most will recover in one to two weeks by simply treating the symptoms.

If you think you may have COVID-19 symptoms or have been in close contact with someone who has it, first self-isolate and then use [Ontario's Self-Assessment Tool](#) to see if you need to seek further care. If you need

further assistance call your health care provider or the Health Unit at **1-800-563-2808**. If you have severe symptoms, such as difficulty breathing, you should call 911 and mention your symptoms.

Visit **Ontario's website** to learn more about how the province continues to protect Ontarians from COVID-19.

For more information please visit **myhealthunit.ca/COVID-19**.

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