



28 Municipal Lane,  
 P.O. Box 1120, Sundridge, Ontario P0A 1Z0  
 [P] 705-384-5819 - [F] 705-384-5892  
[www.strongtownship.com](http://www.strongtownship.com) or Like us on Facebook

## Staying Safe During the COVID-19 Pandemic

Things we all need to do:	Why?
Wash our hands frequently with soap and warm water, for at least 20 seconds. An alcohol-based hand sanitizer containing 60-95% works well also.	Soap kills the virus and warm water washes it off the hands. This helps stop the virus from spreading. Hot water irritates sensitive skin.
Clean and disinfect frequently touched areas and surfaces.	Regular household cleaning products are fine to use.
Cough and sneeze into your sleeve or elbow.	This virus is spread by water droplets released from the mouth and nose.
Avoid touching your face.	Infected hands will help the virus enter your mouth and nose, where it will thrive and grow.
Avoid contact with sick people.	Stay home from work and other activities if you are sick.
Stay 6 feet away from other people (physical distancing). One hockey stick length.	Keep your distance from others, to help slow and stop the spread of this virus.
Avoid all non-essential travel.	Stay home unless you are going to work, picking up food, medication, or attending a medical appointment.
Self-isolate for 14 days if you travelled outside of Canada recently; in your home.	That was your commitment at Customs, when you re-entered Canada. Please keep that promise.
Find new ways to socialize and stay engaged; for good mental health.	Social media, TV, free online courses and virtual tours, read a book, take up a hobby, call a help-line or friend/family for support.
Eat healthy, exercise and sleep well.	Keep yourself in good mental and physical health.
<p>Monitor your health for symptoms of COVID-19:</p> <ul style="list-style-type: none"> <li>• Fever over 38 C</li> <li>• Cough and/or difficulty breathing</li> </ul> <p>The North Bay and Parry Sound District Health Unit is the authoritative voice for pandemic related information, for our area.</p>	<p>4 out of 5 people will have no, or mild symptoms.          DO NOT go to the nearest hospital.          Call 911 if you have a medical emergency.</p> <p>There is no treatment for this virus. A local assessment and testing centre will be set up, if required, by the NBPSD Health Unit.</p>
Do your part to stop the spread of COVID-19 in our community.	Know the facts. Stay informed. Keep your mind and body healthy. Stay home. Smile often 😊.