My Health





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My Health Unit

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Your Community

COVID-19

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This Version Posted: June 3, 2020



We're all in this together! Nowhere does this phrase apply more than to prevent the spread of COVID-19 in the community.

If you are a resident, following simple prevention tips helps protect your health and the wellbeing of others around you. Understanding and following current COVID-19 restrictions and their impacts on programs and services in your community is also important.

For community groups, knowing what preventive measures and protections to put in place are essential to reduce the risk from COVID-19 for staff, volunteers and

clients.

Whether an individual or organization, discover tips, information and resources on this page to help you navigate your way through the current pandemic.





For Residents

<u>For Groups /</u> <u>Organizations</u>

Key Links:

- <u>COVID-19 Online Self Assessment</u>
- <u>How to Self Isolate</u>
- How to Practise Physical Distancing
- <u>Check out our printable resources</u>
- Fact Sheet: <u>Take Care of Yourself and Each Other</u> Public Health Ontario

Frequently Asked Questions:

- <u>How many local cases of COVID-19 are there in</u> <u>Haliburton County, Northumberland County and the</u> <u>City of Kawartha Lakes?</u>
- <u>Should I use public transit given the current</u> <u>COVID-19 situation?</u>
- <u>Which agency should I call if I have COVID-19</u> <u>questions or want to report complaints/concerns</u> <u>about the virus?</u>

• <u>What is public health doing during COVID-19</u> <u>situation?</u>

Check with your municipality for the latest updates including cancellations and impacts on programs and services:

Northumberland County:

- <u>Town of Cobourg</u> COVID-19 Information Hotline: 289-677-0585
- <u>Municipality of Port Hope</u>
- <u>Municipality of Brighton</u>
- <u>Hamilton Township</u>
- <u>Municipality of Trent Hills</u>
- <u>Alnwick Haldimand Township</u>
- <u>Township of Cramahe</u>
- <u>Alderville First Nation:</u>

<u>City of Kawartha Lakes</u>

Haliburton County:

- <u>Township of Algonquin Highlands</u>
- <u>Municipality of Dysart et al</u>
- <u>Municipality of Highlands East</u>
- <u>Township of Minden Hills</u>

Additional Resources:

<u>211 Community Support</u> – Easily find/search government and community-based services during COVID-19. Call or text 2-1-1 day or night to find support for all of life's challenges. <u>Live Chat</u> also available Monday to Friday from 7 am to 9 pm

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Looking after each other during COVID-19 is important. Not only does this mean staying home and practising physical distancing as ...

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Beach Safety During COVID-19

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Heading to the beach this summer? It's great for your well-being to be active and outdoors, while enjoying the water, ...

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Buyer Beware: Garage Sales and Second-Hand Shopping During COVID-19



Does spring cleaning have you thinking about garage sales and getting rid of unwanted items? Think again. On this page:Garage/Yard ...

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Cleaning and Disinfection for Public Spaces

<image>

Cleaning and disinfecting public settings is essential to prevent the spread of COVID-19 and protect people in the community. The ...

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Community Gardens and COVID-19



Community gardens arenow allowed to open during COVID-19. The Health Unit is offering recommendations to community gardens that operate in ...

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COVID-19 and Large Gatherings/Events



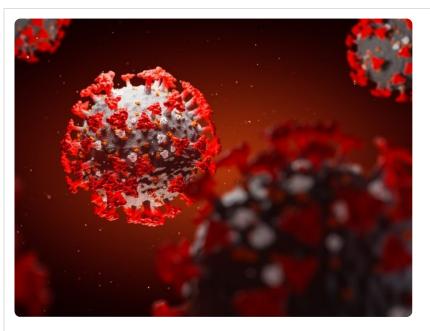
Take care if gathering in groups, as COVID-19 can be spread due to close contact with other people. As of ...

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COVID-19 Testing & Assessment Centres

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Below are locations of the specific COVID-19 Assessment Centres in Northumberland County, Haliburton County and the City of Kawartha Lakes ...

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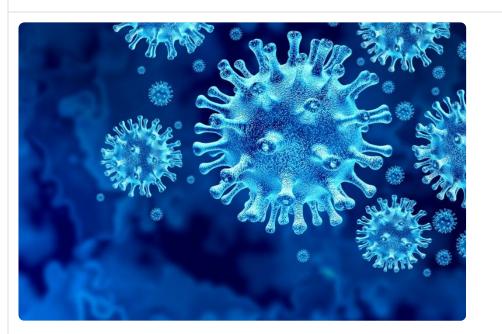
Donations of Masks, Gloves and Other Protective Equipment



Help in the fight against COVID-19! The following hospitals and health care agencies are requesting donations of Personal Protective Equipment, ...

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Emergency Orders, Directives and Closures



To contain the spread of COVID-19 and keep people home, the following declarations, orders and closures are currently in place ...

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On this page:For Farmers/VendorsCriteria for E-Commerce/E-Market Proposals For Shoppers/Customers For Farmers/Vendors During COVID-19, farmers who sell locally-grown and sourced foods ...

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Funeral Homes and COVID-19

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As of June 12, Ontario is allowing funerals to take place, -- albeit with a limit of no more than ...

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Getting together with family, friends and other to celebrate holidays, birthdays, anniversaries and other special occasions is common. Unfortunately, with ...

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Join Us to Help Fight COVID-19



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Local Recruitment Efforts Haliburton Highland Health Services is appealing to the local community for any health care workers (retired, relocated, ...

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Multi-Unit Dwellings/Apartment Buildings



If you own or manage a multi-unit building, it's important to protect your tenants from COVID-19.

Proper screening, cleaning, physical ...

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Getting outside to enjoy the nicer weather is even more important during COVID-19. But wherever you go, it's important to practise physical distancing and stay 2 metres ...

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Places of Worship during COVID-19

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As of June 12, places of worship in Ontario will be allowed to reopen under these restrictions: Physical distancing rules ...

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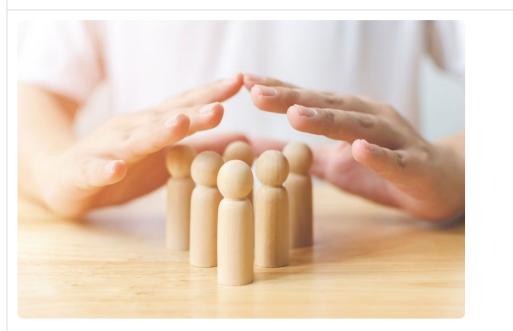
Printable COVID-19 Resources



Download and print resources below: Image of Screening Survey for Employees AODA compliant poster – click to download COVID-19 Screening ...

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Provincial and Federal Benefits and Income Supports



On this page:Getting HelpFederal Support ProgramsProvincial Support ProgramsLocal Support ProgramsAdditional Resources Getting Help Worried about your job, income or housing ...

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Public Notice

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CLASS ORDERmade pursuant to Section 22 (5.0.1) of the Health Protection and Promotion Act Date: April 14, 2020 TO: All ...

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Follow us for COVID-19 Updates

You can find and follow updates on COVID-19 in your local community via the following HKPR resources:

<u>Twitter</u>

<u>Facebook</u>

<u>RSS Feed</u>

Subscribe by email to receive updates

Email Address

Subscribe

If you have questions about COVID-19, you can contact the Health Unit at 1-866-888-4577 x5020 or email at

info@hkpr.on.ca

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