

groceries away? Do you wash your hands after coming back from the mailbox? Do you wash your hands after bringing in the garbage cans and recycling boxes? I know pre-pandemic I did not and it has taken the occasional reminder from my spouse to correct this behaviour.

Do you wash your hands long enough? Health experts suggest 20 seconds. Except when coming in from doing yard work pre-pandemic I don't think I put that kind of time into hand washing. Next time you are at the sink count it out in your head...one one thousand...two one thousand and so on. You will be shocked how long under the tap 20 seconds actually is.

Practice social distancing – Everywhere you see the signs stressing the effectiveness of social distancing. We have become the generation that is at least attempting to follow the arrows, and stand on the dots when they are provided in a place of business.

We need to avoid enclosed places with multiple people present as they are the perfect breeding ground for the COVID virus. When I see movie theatres and shopping malls re-opening to regular levels of occupancy in some provinces, it makes me cringe. A family acquaintance works in a call centre in Peterborough and despite some precautions taken by the management, the facility seems like a candidate for a super-spreader incident looking for a place to happen.

We need to continue to be aware that space is our friend, and be civil and understanding in places like store and

supermarket aisles about how important personal space is linked to our future survival.

When you shop shop local – Even at the height of the pandemic in early May the court I live on featured a steady stream of delivery vehicles in all sizes, shapes and colours. I might be wrong but apart from one of the local grocery stores delivering to the people across the street, most of those vehicles and their orders are contributing to get Jeff Bezos closer to being the world's first trillionaire.

Local businesses I have spoken to in my capacity as a reporter are hurting. Some report their sales down by as much as 70 per cent. Staff has been trimmed to absolute minimums and hours have been limited to focus on a number of days a week where being in business doesn't cost them money.

For some in Lindsay the combination of downtown infrastructure construction and COVID-19 have created a perfect storm that no planning could have predicted. Hands up any of you who actually thought that Canada would be crippled by a pandemic in 2020? Thought so...

These people are our neighbours. They employ our children. They support local charities. They sponsor local sport teams. They may be a little more expensive and a day or two slower than the Amazon Goliath, but once they are gone they are gone and Kawartha Lakes will be far poorer for it.

Father's Day is coming next Sunday. With masks on and proper social distancing