

SAFE INFORMED AND STAY SAFE

HERE'S WHAT YOU NEED TO KNOW TO PROTECT YOURSELF AND OTHERS DURING CORONAVIRUS PANDEMIC, WRITES MICHAEL CHONG



MICHAEL CHONG
Column

Many of you have contacted me about the novel coronavirus. I would like to share with you some facts, preventive steps and government resources.

The coronavirus is a re-

spiratory disease. It spreads from contact through someone infected (who may not have any symptoms).

It can also spread through the air through tiny droplets, for example, if someone infected sneezes or coughs.

Only laboratory tests can diagnose whether someone has the virus. Symptoms usually devel-

op within 14 days of infection. Symptoms of COVID-19 include a cough, fever and shortness of breath.

There are several ways you can protect yourself and others:

- Wash your hands frequently using soap and water for at least 20 seconds (if soap and water aren't available, use alcohol-based hand sanitizers)

- Cough or sneeze into a tissue (or flexed elbow) and discard the tissue in the trash

- Avoid touching your eyes, nose or mouth with unwashed hands

- Avoid close contact with people who are sick, sneezing or coughing

- Stay home when you are sick

- Clean and disinfect surfaces people frequently touch

If you believe you have contracted the coronavirus, contact one of the fol-

lowing:

- Your doctor
- Halton Region Public Health at 311
- Telehealth Ontario at (866) 797-0000

Consult government sources to ensure accurate information on COVID-19 and to stay up to date on developments.

As this is an ever-evolving situation, you should consult the Government of Canada's website before you travel at www.canada.ca/coronavirus and www.travel.gc.ca.

For more information on the coronavirus, consult the following government sources:

- Public Health Agency of Canada (general information and travel advice) at www.canada.ca/coronavirus or at (833) 784-4397 or at phac.info.aspc@canada.ca

- Telehealth Ontario (free, confidential medical advice from a registered nurse, 24-7) at (866) 797-0000

- Halton Region Public Health at 311

As always, you can contact me at (905) 702 2597.

Michael Chong is the MP for Wellington-Halton Hills.

WE MUST STAY CONNECTED – BUT AT A DISTANCE

DON'T HESITATE IF YOU ARE IN NEED OF ASSISTANCE OF ANY KIND, WRITES FLORENCE RIEHL



FLORENCE RIEHL
Column

Today we are living under some very serious conditions not knowing what tomorrow may bring. It is bringing out the worst and the best in some.

You have heard this many times in the past few weeks and I am going to repeat it. If you are a senior, and especially one with a weak immune system, please stay home and away from any sizable gathering. Really not a bad idea for all of us.

Remember it is always great to have a chat on the

phone and to realize you are not alone. I personally want to thank those who have called me. I really appreciate the calls and I am doing the same for others. Isolation at a time like this is really hard for seniors so please step up and help in whatever way you can.

We will get through this but it is going to take time. We are in it together.

As I write this the Active Living Centres are closed and for how long we do not know. News is scarce but I am going to look ahead

with some supposed upcoming events.

Remember to stay tuned to your phone and emails!

Terri, Sherry and Kim will keep us up to date. Terri has asked me to let you know that if you are in need of assistance of any kind please call her at 905-703-0332.

You may also call and leave a message on the Centre phone at 905-877-6444. Terri will be picking up the messages.

The trip to celebrate St. Patrick's Day was postponed until a later date. We may celebrate in June or July but we will get it in.

Great Canadian Holidays like every other travel company must be going crazy and I have no knowledge about the other trips. Just bear with us and have patience.

Our AGM (March 26), Pancake Breakfast (April 4) are both under postponement. Sooner or later we will get back to some sort of normal. Maybe we will have pancakes at the AGM meeting. Stay tuned for in-

formation on the postponement of any other events for April.

One thing in our favour is that we have now entered the season of spring. Feel the difference?

I have purchased the largest bag of chocolate Easter eggs I could find. Not sure they will last too long. You know how it is — a few each day and you are back to the store for more.

In spite of the bad news and the quarantine I wish you a Happy Easter!

Florence Riehl is an active member of the Hillsview Active Living Centre in Georgetown.

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