

QUALITY BATHROOM RENOVATIONS



Dave LoDuca
Cell: 416-989-7809

Serving Halton Hills & surrounding areas.



UCHS response to COVID-19

To keep our staff and public safe during COVID-19, we have implemented a number of changes.

- Reduced hours at the shelter. Staff will be on site daily to care for the animals;
- Pre-approved visits for the animals by appointment only
- Closure of the UCHS Thrift Shop
- Cancellation of the April rabies clinic

Please visit uppercredit.com for more information and updates on our COVID-19 response.



Shelter 519.833.2287 | Thrift Shop 905.702.8661
www.uppercredit.com | info@uppercredit.com
Charitable Registration #893738872RR0001

NEWS

SHOPPING DOS AND DON'TS

SIX TIPS TO PROTECT YOURSELF FROM COVID-19

BAMBANG SADEWO
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Planning to brave the outside world to stock up on dwindling supplies?

These are some steps you can take to limit your exposure to the novel coronavirus.

SOCIAL DISTANCING:

Take into account social distancing during your grocery run.

As advised by government agencies, make sure

to keep a physical distance of at least two metres between yourself and other customers. Better yet, pick an hour that's less busy.

NO HANDSHAKING OR HUGGING:

Resist the urge to greet friends or colleagues you might meet at the store by shaking hands or hugging. A wave and smile will do.

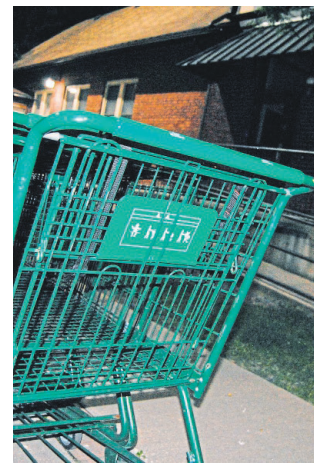
DISINFECTING WIPES AND HAND SANITIZER ARE YOUR FRIENDS:

Use the wipes to clean grocery cart handles.

Limit touching handrails, door handles and other surfaces - and clean your hands after.

BRING YOUR OWN SHOPPING BAGS:

Avoid shopping cart and basket altogether and use your own bags - if possible. Avoid touching your face: As suggested by health officials, at no time should you be touching your eyes, nose, or mouth with unwashed hands, especially in public.



Torstar file photo
Make use of disinfecting wipes to clean grocery cart handles.

DON'T USE CASH:

Coronavirus isn't the only concern when it comes to handling paper money and coins.

Use debit or credit cards where you can easily tap to pay.

BE KIND TO ONE ANOTHER:

This last tip is pretty much universal. Stay safe out there.

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Presented by



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Courtesy of CONNON NURSERIES

WIN a
Bicycle!
Courtesy of CANADIAN TIRE



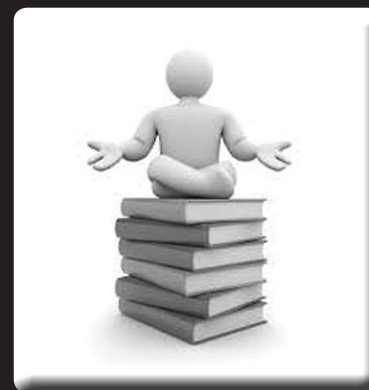
LAUNCHED ON the
50th
Anniversary of Earth Day.

Climate change represents the biggest challenge to the future of humanity and the life-support systems that make our world habitable. The enormous challenge, but also the vast opportunities of action on climate change have distinguished the issue as the most pressing topic for 2020. LOOK for HALTON EARTH 2020 publishing on April 23 to find out what you can do in your community!

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DR. ANOOP SAYAL

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DR. ANOOP SAYAL

Q: Do you have any tips on how to tame my dental anxiety?

A: It's a well-known fact in this country that large numbers of people are afraid of going to their dentists. Some people are so afraid that they neglect even the routine examinations and professional cleanings.

It doesn't have to be that way. Here are some tips to help reduce your anxiety. First, see your dentist before treatment is needed. Get to know your dentist and get comfortable discussing your concerns with the dentist and staff. Set your appointments for a stress-free time of day, not on your lunch hour or immediately after work. Second, have the dentist explain the dental treatment to you. Knowledge of the procedure should let you be more relaxed. Third, let your dentist and hygienist know that you're scared. It's nothing to be ashamed of and you're most certainly not their first patient to feel that way. Fourth, understand that times have changed. There are new methods of controlling and eliminating discomfort that weren't available until recently. Don't let dental fears keep you from having a healthy mouth and teeth.