

RESIDENTS URGED TO BUCKLE DOWN ON COVID-19 PROTOCOLS

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As coronavirus cases continue to rise locally, Halton's top doctor is imploring residents to immediately tighten their circles, limit non-essential activities and halt all fitness classes.

In a letter addressing the Halton community released Monday (Oct. 19), Dr. Hamidah Meghani said she's strongly recommending that residents only have close contact with those in their household and stick to essential activities like school and work when leaving the home.

"I know that we have asked a lot of you over the past several months and COVID-19 fatigue is very real. We cannot let our guards down," she said. "The time to take collective action is now in order to prevent a

much worse scenario and stricter measures in the future. COVID-19 has no borders and we need to work together to stop the spread."

Meghani said it's become known that many cases are linked to private social gatherings and group activities, particularly where there's prolonged close contact without masks.

In light of this, she said she's also recommending that: all team sports are limited to training only with physical distancing measures in place, all indoor fitness classes are suspended, and restaurant dining is done only with the people in your household.

The measures aren't provincial orders and will not be enforced, she noted.

"We all have a choice to make right now — between what we want to do and



Barry Gray/Torstar
Halton Medical Officer of Health Dr. Hamidah Meghani is making several new recommendations for residents to help curb COVID-19 in the community.

what we need to do. We still have time to reduce the severity of this second wave, but we need your help to achieve this," she wrote. "We did it before and we can do it again. Thank you to everyone for staying in this to-

gether, taking this seriously and above all for being kind to one another."

Meghani encouraged residents to support local restaurants by ordering take out and turn to fitness alternatives such as online

classes and outdoor activities.

The medical officer of health's letter comes on the heels of a warning from Premier Doug Ford for Halton residents to follow COVID-19 guidelines or face

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— Dr. Hamidah Meghani,
Halton medical officer
of health

potentially rolling back to Stage 2 measures.

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