

# Your health centre supports community safety during pandemic

At West Parry Sound Health Centre we are always prepared to meet the health care needs of everyone who relies on our care and service. In addition to the usual limitations associated with COVID-19 preparedness and response, please know that as we prepare to enter our summer season, we are functioning under significant restrictions. Many of these restrictions are required by provincial authorities; other limitations are the result of scarcity of resources: people, supplies (including personal protective equipment,) treatment equipment, and space.

**The health centre continues to provide care while working in a very**

**fragile state. We see this continuing throughout the summer.**

We are extremely thankful for the ongoing generosity of our seasonal property owners. Proportionally, and by value, they are the biggest donors supporting health care services in West Parry Sound. **We ask that our seasonal residents and all visitors come prepared and committed to 'tread lightly' on all of the public infrastructure services that we collectively rely on.**

We also offer the following advice:

## BYOS (bring your own stuff)

- Please prepare for a slow and safe merge into community life. Bring a supply of groceries, prescriptions, beverages, and other items that will be used and consumed.
- Bring with you, non-medical grade masks for necessary outings and always wear your mask properly covering your nose and mouth.

## Practice and promote precautions

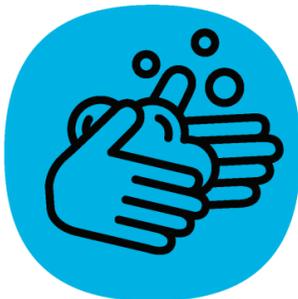
- Arrive in our community with a strong commitment to physical distancing.
- Maintain a keen awareness that this will not be summer-as-usual in all of the places where we love to gather: festivals, markets, public watersides, and family celebrations.
- Always properly wear your non-medical grade mask when out in public wherever physical distancing cannot be assured.
- Avoid gatherings that involve people not included in your daily household.

## Eliminate all avoidable risk

- Please, please, please - avoid risk and the potential need for emergency health care.
- This is not the summer for risky DIY, like cutting down the very large pine tree that's been hanging over the screen porch. This is not the summer for a careless barefoot encounter with a rattlesnake.
- Hire a local professional and support (not visit) your local hospital.

**If you suspect symptoms, you can call the Parry Sound COVID-19 Assessment Centre at 705-746-4540 extension 5030 between the hours of 8 a.m. to 4 p.m., seven days per week.**

**If you require support in your household, you can find some assistance by visiting [www.parrysound.ca/help](http://www.parrysound.ca/help)**



**Wash your hands with soap and water thoroughly and often.**

**Cough and sneeze into your sleeve or a tissue. Dispose of tissue immediately and wash your hands.**



**Keep surfaces clean and disinfected.**

**Practice physical distancing.**

**Eliminate visits with friends and non-immediate family.**



**Stay home. Only travel when it's needed for a short trip to the grocery store, pharmacy, or to seek medical care.**

**Be prepared but avoid panic stocking**

**One shopper per household**



**Stop the Spread**

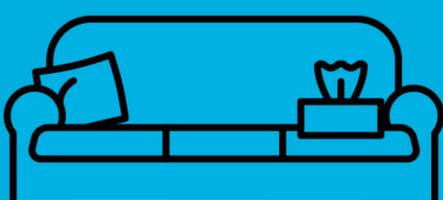
**Use a non-medical face covering where physical distancing is a challenge.**



**Practice physical distancing when being active outside.**



**Stay home and avoid contact with others**



**Practice physical distancing.**

**Stay 2 metres from other people.**

