

## **COVID-19 ALERT HALIBURTON COUNTY**

### **Cooperation to Keep our Community Safe**

#### **HOW TO PREVENT SPREAD AND INFECTION: WHAT YOU CAN DO NOW**

THE FOLLOWING ARE THE TOOLS THAT EVERY CITIZEN MUST EMBRACE FOR PERSONAL AND PUBLIC SAFETY. BASED ON INTERNATIONAL SCIENTIFIC DATA ABOUT THE TRANSMISSION OF COVID-19.

#### **1. SOCIAL DISTANCING – STAY 2 METRES FROM ALL OTHER PERSONS (In countries that are practicing this, IT IS WORKING, and infection rates are decreasing).**

This is especially critical as we are now experiencing an influx into Haliburton County of travelers from USA and Europe/abroad who may not be following the directive to ISOLATE at home for 14 days upon their return. FOR TRAVELERS RETURNING, YOU MUST SELF ISOLATE AT HOME.

Research and data are showing that for every 8 individuals who have symptoms, 10 people may not, but they are still able to transmit the virus to others.

ASSUME EVERYONE IS A POTENTIAL CARRIER so we can all follow the most effective public safety approach.

#### **2. WASH YOUR HANDS WITH SOAP FOR 20 SECS, AS OFTEN AS POSSIBLE – THE VIRUS LIVES ON SURFACES, AND WHEN YOU TOUCH THEM YOU CAN BECOME INFECTED WHEN YOU TOUCH YOUR EYES, NOSE, OR MOUTH.**

**Preventing contact with the virus by distancing from others and by hand washing is effective to slow and even stop transmission.**

**Please keep informed:**

[www.hhfht.com](http://www.hhfht.com) Haliburton Highlands Family Health Team

<https://www.hkpr.on.ca> local Public health Unit

**Government of Canada – How to Isolate at Home**

**Public Health Agency of Canada**