

HEALTH AND SAFETY COVID-19 GUIDELINES

According to Ontario Public Health and Infectious Disease Medical Communities, COVID-19 will be with us for the foreseeable future.

Please stay isolated at home and away from the Centre if you have any COVID-19, flu or other respiratory illness symptoms.

Please also be very cautious after vacation and airline travel.

Please follow the current Durham Health guidelines listed below:

- If you have tested positive for COVID-19, or have symptoms of COVID-19 or other respiratory illness stay home until symptoms have improved for at least 24 hours.
- If you have a fever, stay home until it's completely gone.
- If you have gastrointestinal symptoms stay home until symptoms have improved for at least 48 hours.
- After isolating at home, wear a mask in all public settings for a full 10 days from the onset of symptoms, even if you feel better.
- Avoid non-essential visits to anyone at higher risk of illness (ie - seniors), for a full 10 days.
- If you live in the same household or are a close contact of someone who is ill or tested positive for COVID-19, mask in public places even if you feel well, and avoid vulnerable people and settings for 10 days after exposure. Isolate immediately if you develop symptoms.

Under Durham Health Guidelines for Seniors' Community Centres, it continues to be strongly recommended masks be worn when inside the Centre and especially when social distancing is difficult to maintain.

Please continue to use the hand sanitizers and disinfectant wipes that are widely available throughout the Centre.

VACCINE AVAILABILITY

- Ontario Health at www.ontario.ca/page/covid-19-coronavirus
- Port Perry Medical Associates at www.portperrymedical.ca or call 905-985-2895
- Pharmacy Associates of Port Perry at www.pharmacyassociates.ca or call 905-985-9200
- Shoppers Drug Mart at www.shoppersdrugmart.ca or call 905-985-8886
- Vos Independent Pharmacy at 905-985-3308
- Durham Region Public Health at www.durham.ca/NovelCoronavirus

Thank you for doing your part to help keep our community safe!

Health and Safety Team
Admin Committee