

NEWS RELEASE

For immediate release: May 27, 2021

A Safer Return to Summer Activities is Possible Says Health Unit

NIPISSING & PARRY SOUND, ON – Last week the province announced their Roadmap to Reopen. While the province slowly reopens, the North Bay Parry Sound District Health Unit (Health Unit) reminds the public that we all need to continue to follow public health measures to keep case numbers low in order to continue on a path to reopening.

“We are seeing a glimmer of hope with a concrete plan to reopen the province, but our district has had the highest numbers of cases locally in May compared to any other month since the beginning of this pandemic,” says Dr. Carol Zimbalatti, Public Health Physician. “To return to summer activities and make this our last shutdown, it is crucial for everyone to continue following public health measures and to get vaccinated against COVID-19 if you are eligible.”

As of May 22, the province has permitted the opening of outdoor amenities such as golf courses, tennis courts, marinas and more. Outdoor gatherings of up to five individuals are also allowed. As the province slowly reopens, it is possible to practice permitted activities all while keeping yourself and your loved ones safer.

Here are a few things to keep in mind for a safer summer:

- Ensure you are following the gathering guidelines in place (currently no more than five people can gather outdoors; indoor gatherings are limited to members of your household only).
- Do not go out if you are experiencing symptoms or feeling unwell. Self-isolate and use the self-assessment tool to determine the next steps.
- Ensure there is enough space to keep a minimum distance of two metres from people you do not live with at all your activities.
- Wear a face-covering outside as an extra layer of protection when physical distancing is a challenge.
- If hosting guests, avoid buffets or sharing from the same dish.
- When in doubt, don't take a chance!

To learn more on the provincial Roadmap to Reopen, go to ontario.ca/reopening-ontario.

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