

# NEWS RELEASE

For immediate release: November 12, 2020

## Act Now to Prevent the Spread of COVID-19

NORTH BAY, ON – The province is currently experiencing a record number of cases of COVID-19, during this second wave, and trending upwards. Since mid-October, the North Bay Parry Sound District Health Unit's (Health Unit) region has seen an increase in the number of new COVID-19 cases among residents indicating that our region has also entered the second wave. This past week, we had the highest number of individuals who tested positive for COVID-19 (8) since early April. Currently, there are seven (7) active infections within the Health Unit district for a total of 56 confirmed cases since the pandemic began.

To help protect our vulnerable populations, preserve our vital hospital resources and prevent lockdowns, we must act now to prevent the spread of COVID-19.

“Our community has done well; we should be proud of ourselves. We’ve made many sacrifices and I know we’re all tired,” says Dr. Jim Chirico, Medical Officer of Health. “However, with the number of cases steadily rising in the province and more being seen within our district, now is not the time to relax. We have to continue to keep our community safe and open.”

The province has classified the Health Unit in the prevent - green level of the COVID-19 Response Framework. The framework has five levels ranging from ‘prevent - green’ to ‘lockdown - grey.’ While being in the prevent - green level means our community has the least amount of restrictions, there are still measures we all need to follow to keep the number of individuals testing positive for COVID-19 low in our region. Following these measures will help to protect our vulnerable populations, avoid closures and maintain our health care and public health capacity.

We urge you to:

- Avoid socializing for now
- Limit travel outside the home to
  - Attending school or work - if unable to work from home.
  - Essential trips for groceries, medication and medical appointments.
- Assume everyone has COVID-19 outside your home and take precautions
  - Keep a distance of two (2) metres between yourself and anyone outside of your home. However, if you live alone, you may consider having close contact with another household.
  - Wear a face covering if you need to be closer than two (2) metres from someone outside your

home during essential trips. Being in close contact to someone has the highest risk of transmitting COVID-19, along with being in closed or crowded spaces.

- Wash or sanitize your hands often, cough or sneeze into your sleeve and if you feel unwell stay home and arrange to be tested.
- Limit exercise and recreation to outdoor spaces where physical distancing is possible.
- Avoid travel outside of our district, especially to areas with high numbers of COVID-19 cases, unless for emergencies or urgent medical appointments.

“By working together we can slow the spread of COVID-19 and help to save lives,” explains Dr. Chirico.

For more information on COVID-19 visit [myhealthunit.ca/COVID-19](https://myhealthunit.ca/COVID-19) or call the Health Unit’s call centre [1-800-563-2808](tel:1-800-563-2808) option 5 for general inquiries and option 6 for school related inquiries.

Visit [Ontario’s website](#) to learn more about how the province continues to protect Ontarians from COVID-19.

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