

NEWS RELEASE

For immediate release: May 13, 2021

Make COVID-19 Safe May Long Weekend Plans

NIPISSING & PARRY SOUND, ON – We are just over a week away from the unofficial start to summer – the May long weekend – however, this **does not** mark the end to COVID-19. Although it is uncertain whether the province will extend the Stay-At-Home Order and the provincial shutdown, individuals are reminded that public health guidance must still be followed.

“Many people look forward to the May long weekend as a time to celebrate the warmer weather with others, but everyone needs to make sure these plans are COVID-19 safe,” states Dr. Jim Chirico, Medical Officer of Health. “COVID-19 safe means to only gather with people from your own home, or if you live alone, only gather with your exclusive close contact home. By making the smart choices now, we can help prevent a shutdown over the summer.”

Public health measures include:

- Remaining at home except for essential purposes, such as going to the grocery store or pharmacy, accessing health care services (including getting vaccinated), exercising outdoors, or for work that cannot be done remotely;
- Practicing physical distancing – staying two (2) metres from others who do not reside in your home or where you are living, and if you live alone, physically distancing from anyone outside your exclusive close contact home;
- Wearing a face covering indoors and outdoors as required and whenever physical distancing is difficult;
- Washing or sanitizing your hands often;
- Coughing and sneezing into your sleeve;
- Avoiding touching your eyes, nose or mouth;
- Cleaning high touch objects and surfaces often.

If you think you may have COVID-19 symptoms or have been in close contact with someone who has tested positive, first self-isolate and then use [Ontario's Self-Assessment Tool](#) to see if you need to seek testing or further care. If you need further assistance, call your health care provider or the Health Unit at [1-844-478-1400](tel:1-844-478-1400). If you have severe symptoms, such as difficulty breathing, you should call 911 and mention your symptoms if you are able.

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

For more information, please visit myhealthunit.ca/COVID-19.

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Media Inquiries:

Alex McDermid, Public Relations Specialist

P: [705-474-1400](tel:705-474-1400), ext. 5221 or [1-800-563-2808](tel:1-800-563-2808)

E: communications@healthunit.ca