

# NEWS RELEASE

For immediate release: June 30, 2021

## Public Health Measures, COVID-19 Vaccine Are Your Best Line of Defence Against COVID-19

NIPISSING & PARRY SOUND, ON – As the province has entered Step 2 of the Roadmap to Reopen, the North Bay Parry Sound District Health Unit (Health Unit) wishes to remind residents that public health measures and getting vaccinated against COVID-19 are still the best way to protect yourself and your loved ones from getting the virus. With current active cases at 76 as of June 29, the highest for any month in our district since the start of the pandemic, individuals are reminded to use caution when enjoying the permissible activities.

“With our move to Step 2 of reopening, we will start seeing more gatherings and more people enjoying time with people they love,” says Dr. Jim Chirico, Medical Officer of Health. “However, COVID-19 and its variants are still very present in our district, and we are still seeing community transmission, meaning people do not know where they caught the virus. I continue to encourage people to use their good judgement in all their activities, and to follow public health measures and get fully vaccinated to ensure we make the most recent shutdown our last.”

Public health measures include:

- Practicing physical distancing – staying two (2) metres from others who do not reside in your 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.

Now that the province has opened up second dose vaccination for all adults 18 years and older, the Health Unit has made more bookings available to meet the demand. Individuals who wish to book their first or second dose of the COVID-19 vaccine can book online at [Ontario.ca/book-vaccine/](https://ontario.ca/book-vaccine/) or by calling the provincial booking line at [1-833-943-3900](tel:1-833-943-3900). Youth aged 12 to 17 should also seek their first dose of the vaccine as soon as possible in order to receive their second dose in mid-August, ensuring they are fully immunized before their return to school in September.

For more information, visit [www.myhealthunit.ca](https://www.myhealthunit.ca).

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