

STAY SAFE.....BE HEALTHY!!

COVID-19 is a virus that is responsible for 15 to 30% of common colds, but it can also cause serious respiratory infections. Symptoms range from mild (80%) to moderate/severe (20%) and include fever, cough, breathing difficulties, sore throat, runny nose, loss of taste or smell, nausea, vomiting, diarrhea, difficulty swallowing and muscle pain. Symptoms can take up to 14 days to appear after being exposed to the virus. The virus spreads from an infected person to others through respiratory droplets. These droplets occur when someone coughs, sneezes, talks or breathes. Droplets can travel more than 2 metres. Being in confined spaces, crowded areas and places with poor ventilation may increase the risk of catching it. There are several vaccines that are now available in Canada to prevent COVID-19. The province has indicated that the COVID-19 vaccine will be rolled out in three key phases. For the current status of cases in our community please visit the Hastings Prince Edward Public Health <https://hpepublichealth.ca/>

The Township of Carlow/Mayo continues to closely monitor the Novel Coronavirus (COVID-19) pandemic by following our local Health Unit (Hastings and Prince Edward Counties Public Health) and new releases from our Federal and Provincial Government. Please visit the COVID-19 page on the township website www.carlowmayo.ca for updated information.

For details regarding restrictions and precautions of the provincial reopening framework please visit: <https://covid-19.ontario.ca/zones-and-restrictions#when-regions-are-returning-to-the-covid-19-response-framework>

The five zones of public health measures

Green – Prevent
Yellow – Protect
Orange – Restrict
Red – Control
Grey – Lockdown

We encourage all residents to take actions to stay safe and healthy:

- wear a face mask or covering whenever you are in a public place and social distancing is not possible
- practice social distancing keep 2 metres/6 feet apart
- wash your hands often with soap and water or use hand sanitizer
- avoid touching your face with unwashed hands
- cover your cough or sneeze with your elbow or a tissue
- clean and disinfect high-touch surfaces and objects
- limit non-essential trips outside your home and don't gather in large groups
- stay home if you are feeling sick
- avoid close contact with other people who are sick
- follow current restrictions that apply to the current COVID-19 Zone
- visit the following sites for the latest updates:
 - Government of Canada's COVID-19 website – <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
 - Province of Ontario COVID-19- <https://covid-19.ontario.ca/>
 - Public Health Ontario- <https://www.publichealthontario.ca>

Individuals who are concerned that they may have COVID-19 are advised to visit <https://hpepublichealth.ca/>. If they have recently travelled or have been in close contact with an individual who has probable/confirmed case, individuals are asked to contact HPEPH at 613-966-5500 or Telehealth Ontario at 1-866-797-0000 for more information and guidance

Emergency Preparedness Week (EP Week) is a federal-provincial-territorial initiative to promote emergency preparedness across Canada. Emergencies can strike anywhere, at any time. That's why everyone in Ontario is encouraged to be prepared – by having an emergency plan, assembling a survival kit and by staying informed. In efforts to bring awareness to the importance of personal preparedness participate in challenges and activities during **Emergency Preparedness Week May 2 to 8, 2021**. **Alert Ready in Ontario** is part of a national service designed to deliver critical and potentially life-saving emergency alert message to Canadians. Check your phone's compatibility. If your phone is not compatible you can subscribe to receive emergency alerts by email, SMS texts and social media. Visit www.ontario.ca/beprepared for helpful information.

Develop a **FAMILY EMERGENCY PLAN** and discuss emergency situations ahead of time to reduce fear and anxiety. In an emergency, your family may not be together, or you may be asked to evacuate your home. Thinking about what you would do in different situations and preparing a plan with every member of your family is the first step to being prepared. Be mindful of the special needs and considerations of individuals in your own household by evaluating your unique needs so you can be better prepared for any situation.

In the event of an emergency everyone should be prepared to take care of themselves and their families for **up to three days**. Know the risks in your community to help you better prepare. In this area the risks include tornadoes, power outages, forest fires, ice/sleet storms, snowstorms, severe windstorms, lightning strikes/storms, critical infrastructure, hazardous-transportation incident, human health, drought/low water, flooding.

SAFETY TIPS

Tornado

1. Go to a basement or take shelter in a small interior ground floor such as a bathroom (if possible sit in the bathtub and place a mattress over top of you), closet, hallway or stairwell. Stay away from windows, outside walls and doors
2. Get under a sturdy table and use your arms to protect your head and neck
3. If you are outside, go to the nearest sturdy building or shelter, or lay flat in a ditch and cover your head with your hands
4. In all cases get as close to the ground as possible, protect your head and watch for flying debris. Do not chase tornadoes they are unpredictable and can change course abruptly. A tornado is deceptive. It may appear to be standing still but is, in fact, moving toward you. Wait for 30 minutes after the storm before returning to an open area

Power Outage

1. Use a battery powered or crank radio to listen for updates
2. Use glow sticks or flashlights to see
3. Keep your refrigerator and freezer doors closed as much as possible
4. If you are outdoors, never go near or touch a fallen power line

Severe Winter Storm

1. Stay indoors and keep your pets inside
 2. Run a trickle of water to prevent pipes from freezing
 3. If you are outside, dress appropriately for the weather and check for frostbite
- regularly and avoid overexertion when shoveling snow, take frequent breaks so as not to over-stress your body

Windstorm and Severe Rainfall

1. If you are inside and time permits, draw blinds and shades over the windows in your home to help minimize the damage if the glass shatters. Move away from windows
2. If the winds become extremely high, go to the basement and if there is no basement go to the centre of an interior room on the lowest level away from windows and doors. Put as many walls as possible between you and outside
3. If you are outside get inside a solid built structure immediately and if winds become extremely high and you cannot move inside a building, lie flat in a ditch or depression and cover your head with your hands
4. If there is lightning and you are caught in the open, do not lie flat on the ground, sit in a frog position and lower your head
5. Watch out for flying debris. Be careful of fallen power lines. Do not touch the power lines, always assume they are live
6. If you are driving, pull over to the side of the road away from trees. Avoid driving through flooded roads the water may be deeper than it looks and you could get stuck. Also avoid crossing bridges if the water is high and flowing quickly