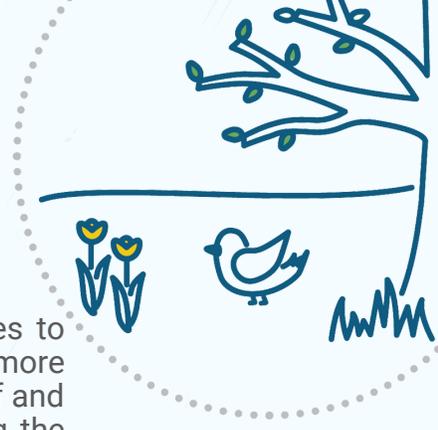


# PUBLIC HEALTH ALERT

## HOLIDAY GATHERINGS



Although some public health measures have been lifted, COVID-19 continues to spread rapidly throughout Ontario. Children under 5 may catch COVID-19 more easily because they cannot yet be vaccinated. You can help to protect yourself and those around you by continuing to do your part to reduce the spread during the spring holiday season.

The best defense against serious illness is to get vaccinated with two doses of a COVID-19 vaccine, and with one or more boosters as soon as you are eligible.



### SOCIAL GATHERINGS

Keep indoor gatherings small to limit the spread of COVID-19. Wear a mask to prevent infection and to help protect your community.



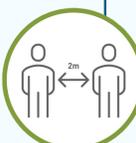
### HOLIDAY TRAVEL

Consider the risk of bringing COVID-19 back to your community. Research local restrictions and get vaccinated before travelling.



### WAYS TO PROTECT YOURSELF AND OTHERS

- Get vaccinated against COVID-19. Even after being vaccinated, these tips can help to keep you and others safe.
- Wash your hands often.
- Wear a mask when with people who do not live with you, and especially in indoor crowded spaces.
- Cover your cough and sneeze.
- If possible, maintain physical distancing of 2 metres when outside your home.
- **Stay home if you have any symptoms of COVID-19 or have been in contact with someone who has tested positive.**



### MENTAL WELLNESS RESOURCES

Feelings of stress are common during this time.

If you require mental health support, call:

- 911 or the local emergency help line
- The Canada Suicide Prevention Service (1-833-456-4566)
- @KidsHelpPhone (1-800-668-6868) or text (686868)
- The Hope for Wellness Help Line (1-855-242-3310) and <https://hopeforwellness.ca>
- If you are in a remote or isolated community, you may also contact your local nursing station.



### TIP

Take advantage of the warmer weather to go out on the land and get some fresh air. Getting some exercise and going outdoors is great for maintaining our mental health.