

Community Update – September 21, 2020

Emerging Wisely Current State: Relaxing Phase 2 – Next Steps

Below are some key excerpts from Dr. Theresa Tam, Canada's Chief Public Health Officer, statement: September 21, 2020 – Ottawa, ON - Public Health Agency of Canada

With 875 new cases reported across Canada yesterday and more expected from provinces that report their weekend reports on Monday, we are seeing the transmission that occurred up to two weeks ago. That means there is a lot of virus circulating and things will only get worse if we don't all do our best to slow the spread of COVID-19. The fact is public health authorities can't solve this on their own, it will take all of us working together to bring things back to a safer slow burn.

Monday's motivation is to examine our efforts and think about how we can tighten things up to be part of the solution. Here is a short check list of the top things we all need to be doing to improve our position on the defence:

- We should all be aware that staying home and away from others is a must if experiencing any symptoms, even if mild.
- Rethink your bubble. It should be limited to your existing household and/or a small, consistent, and trusted number of in-person contacts. Smaller is safer.
- Personal protective measures like physical distancing, handwashing and covering coughs and sneezes are a first line of defense and the guard we must never let down.
- Wearing a non-medical mask in closed spaces, crowded places, or close contact situations and when physical distancing is difficult is an important added layer of protection.
- Remember, anyone can be infected, and some people can spread the virus even before they show symptoms.

Stay informed, be prepared, and follow public health advice:

- Get credible information about COVID-19 from reliable sources. The Public Health Agency of Canada is a reliable source of information, as are territorial resources.
- Continue to think ahead about what you will do if you become sick or someone in your family becomes sick and needs care. Plan for how you will arrange backup caregivers if you are a caregiver of children or others.
- Follow the advice of your local public health authority and adjust your behaviours and routines based on their advice.

Sources:

<https://www.canada.ca/en/public-health/news/2020/09/statement-from-the-chief-public-health-officer-of-canada-on-september-21-2020.html>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/measure-reduce-community.html#s>