

## Community Update – September 28, 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 28, 2020 - Ottawa, ON - Public Health Agency of Canada

- When the pandemic began, the world knew very little about the virus that causes COVID-19. Since then, the science and research on the virus has been evolving in real-time. As our knowledge about COVID-19 has grown, public health guidance and practices have evolved in turn. I recognize that Canadians have made a tremendous effort to learn about COVID-19, including learning epidemiology terms and infection control practices, all while looking after your own families and mental health during the pandemic.
- On top of this, in today's digital age, we are all exposed to more information than ever before and often struggle to sort the good from the bad. Social media platforms allow us to stay connected to the ones we love while at a distance, and they also allow us to share information with each other. Our trust in the person sharing the information, may lead us to assume that the information they share is true and accurate and we may be less likely to double-check if the source is credible and trustworthy.
- I urge everyone to *consider the source* of the information they share with others. And when we come across new information, we need to think critically about it, check the source and not share it further, if there any doubt about its credibility.
- False or misleading information can spread as fast as a virus. Just as we must be vigilant in keeping up proven, effective public health measures to slow the spread of COVID-19, we must also be vigilant in our efforts to end the "infodemic." Let's empower one another to keep learning and stop misinformation in its tracks.

Sources:

<https://www.canada.ca/en/public-health/news/2020/09/statement-from-the-chief-public-health-officer-of-canada-on-september-28-2020.html>