

Community Update – October 21

In an effort to prevent the spread of COVID-19 within communities and across the country, all Canadians are advised to:

- avoid closed spaces, crowded places, and close contact
- stay home and away from others if you feel sick
- stick to a small and consistent social circle and avoid gathering in large groups
- talk to your employer about working at home if possible
- limit contact with people at higher risk, such as older adults and those with underlying medical conditions or weakened immune systems
- go outside to exercise
- keep a distance of at least 2 arms lengths (approximately 2 meters) from others
 - household contacts (people you live with) do not need to distance from each other unless they are sick or have travelled in the last 14 days

Maintaining good hand and respiratory hygiene are very important personal practices that help reduce the risk of infection or spreading infection to others.

- Wash your hands often with soap and warm water for at least 20 seconds.
 - If soap and water aren't available, use a hand sanitizer containing at least 60% alcohol.
- When coughing or sneezing:
 - cough or sneeze into a tissue or the bend of your arm, not your hand
 - dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands immediately afterwards
- Avoid touching your eyes, nose, or mouth with unwashed hands.

For further information visit www.normanwells.com or call the Town Office at 587-3700 during our business hours of 8:30AM – 5:00PM. You may also email us at towninformation@normanwells.com