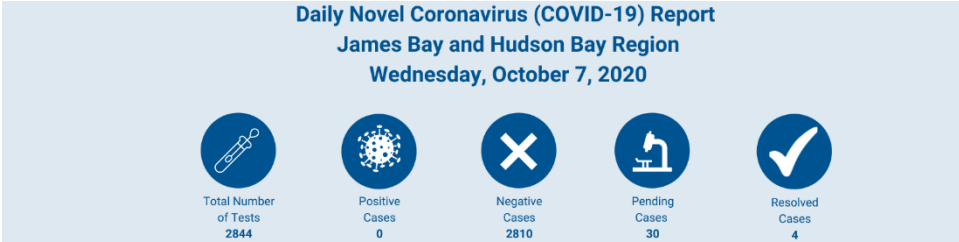




# WAHA COVID-19 Community Bulletin

## October 7<sup>th</sup>, 2020



### CHANGES IN EFFECT

- **Government of Ontario Places a “Pause” on Social Circles**
  - The Government of Ontario states, “Only limit your close contact to those you live with and maintain 2 metres physical distance from everyone else.” [Read more here](#)
  - Note: Where your local community bylaws and the provincial restrictions differ, follow the more restrictive advice.
- **Visitation restrictions remain in effect at WAHA**
  - Visitation has remains restricted at all WAHA sites
  - Visit [www.waha.ca/covid-19/testing/](http://www.waha.ca/covid-19/testing/)
- **Regular and non-urgent clinics remain closed or restricted**
  - Only urgent and emergent appointments/visits only at all sites. Visit [www.waha.ca/covid-19/urgent-care-clinics/](http://www.waha.ca/covid-19/urgent-care-clinics/)



### HEALTH AND WELLNESS

- **WAHA encourages everyone to get their Flu Shot!**
  - Watch out for information from your local Public Health Centre
- **For information about COVID-19 testing, visit:**
  - [www.waha.ca/covid-19/testing](http://www.waha.ca/covid-19/testing)
- **It’s important to look after your mental wellness.**
  - Check out a list of the supports available online:
  - [www.waha.ca/covid-19/mental-health-supports/](http://www.waha.ca/covid-19/mental-health-supports/)
- **COVID-19 Safety Measures:**
  - The Cree people of James and Hudson Bay region have always maintained a close relationship with the land. Hunting, fishing and taking families to their camps and land during the seasons has is important to survival and culture. While preparing for these activities, please continue to take care of one another by practicing the safety measures pictured below. If you are not well, stay home to protect others. [Click here for more information](#)



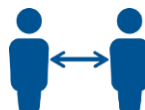
For more information visit [www.waha.ca/covid-19](http://www.waha.ca/covid-19) or the Weeneebayko Area Health Authority [Facebook page](#) or the Porcupine Health Unit’s website <https://www.porcupinehu.on.ca>



WASH YOUR HANDS



USE COUGH ETIQUETTE



PRACTICE PHYSICAL DISTANCING



WEAR A MASK