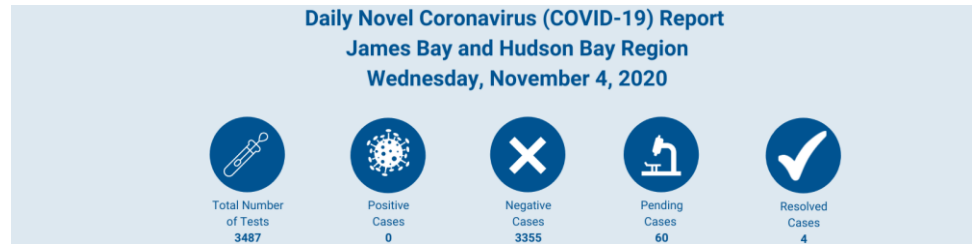




WAHA COVID-19 Community Bulletin

November 4, 2020

1



CHANGES IN EFFECT

- **Government of Ontario Places a “Pause” on Social Circles**
 - As of October 2nd, 2020, 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 the local community bylaws and the provincial restrictions differ, follow the more restrictive advice.
 - **Visitation restrictions remain in effect at WAHA**
 - Visitation remains restricted at all WAHA sites
 - Visit www.waha.ca/covid-19/testing/
- Regular and non-urgent clinics**
- Regular outpatient clinics will resume in Moosonee and Moose Factory. Dental, Diabetes, and Clinical Nutrition Services have re-opened their non-urgent/routine outpatient care services including Speciality Clinics. We encourage that you call and book appointments ahead of time.
 - For more information about appointments/visits at all sites please see: www.waha.ca/covid-19/urgent-care-clinics/

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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
- **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/
- **COVID-19 Safety Measures:**
 - WAHA encourages our communities to acknowledge Remembrance Day and our veterans. We urge everyone to be safe and take precautions during this time. Further information can be found at:
 - <https://www.porcupinehu.on.ca/en/your-health/infectious-diseases/novel-coronavirus/covid-remembrance-day/>

3

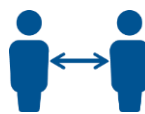
For more information visit www.waha.ca/covid-19 or the Weeneebayko Area Health Authority [Facebook page](#) or the Porcupine Health Unit’s website <https://www.porcupinehu.on.ca>



WASH YOUR HANDS



USE COUGH ETIQUETTE



PRACTICE PHYSICAL DISTANCING



WEAR A MASK