

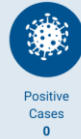


WAHA COVID-19 Community Bulletin

December 2, 2020

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Daily Novel Coronavirus (COVID-19) Report James Bay and Hudson Bay Region Wednesday, December 2, 2020



CHANGES IN EFFECT

- **Ontario has released the COVID-19 Response Framework:** Keeping Ontario safe and open. More information can be found here: <https://www.ontario.ca/page/covid-19-response-framework-keeping-ontario-safe-and-open>
 - 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](#)
- Regular and non-urgent clinics**
- We encourage that you call and book appointments ahead of time. 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
 - Visit this link for more information <https://www.waha.ca/covid-19/flushot/>
- **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:](#)
- **COVID-19 Safety Measures:**
- WAHA is confirming that the Porcupine Public Health Unit and Moose Cree First Nation are currently investigating a potential community exposure to COVID-19 on the Polar Bear Express train, on the travel day of Nov. 13th, 5:00pm from Moosonee to Cochrane. At present, Moose Factory Health Centre and Porcupine Health Unit are completing the contact tracing. All individuals who travelled in coach two, rows five to nine are identified as potentially being at risk. They are advised to self-isolate immediately.
- **WAHA encourages communities to stay COVID-19 safe for the holidays:**
 - For more information, please visit: <https://www.timminspress.com/news/local-news/phu-advises-residents-to-prepare-for-a-coronavirus-christmas>

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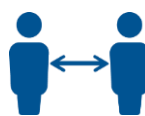
For more information visit www.waha.ca/covid-19 or the Weeneebayko Area Health Authority Facebook page or the Porcupine Health Unit's website <https://www.porcupinehu.on.ca>



WASH YOUR HANDS



USE COUGH ETIQUETTE



PRACTICE PHYSICAL DISTANCING



WEAR A MASK