



UPDATE ON THE NOVEL CORONAVIRUS (COVID-19)

Dear Parents and Guardians,

This pandemic has been a stressful event for everyone. While it's normal to feel some anxiety, it's also important to acknowledge that we're all in this together and know that there are resources available to help. During times like this, it's especially important to get your information from reliable sources, such as halton.ca/covid19 and [Ontario.ca/coronavirus](https://ontario.ca/coronavirus). This Mental Health Week, I wanted to bring your attention to a few new mental health and related resources we now have available on our website that we hope can help support you and your family through these difficult times:

Mental Health

- [Mental Health](#): lists supports available across Halton that you and your loved ones may find helpful during this time.
- [Mental Health](#) (Video)(2:20): reminds us that as we try to cope with the daily impact of COVID-19, it is completely natural to feel stress and anxiety.

COVID-19

- [COVID-19 Social and Community Supports](#): includes information and links to social, financial and community supports available to you and the community.
- [COVID-19 Update](#) – May 1, 2020 (3:17): this short video and the attached [infographic](#) review our progress in flattening the curve.
- [Enforcement](#) (3:25): provides tips on how to ensure you are following new rules that have been put in place to tackle the virus.
- [COVID-19 Update](#) - April 18, 2020 (3:08): explains public health's role in responding to COVID-19.

I also wanted to let you know that while our buildings at Halton Region are closed, we continue to provide critical services for families including support via email, telephone and social media.

Parents can connect with a public health nurse by emailing haltonparents@halton.ca, by following Halton Parents on Facebook or Twitter, or by calling 311. For more information on available services, visit [Access to Regional Services During COVID-19](#) on our website.

I hope you will find these resources useful. As you'll see in the [COVID-19 Update video](#) and [infographic](#), we are taking steps in the right direction, but there is still more work to do. We need to be patient, stay on course and avoid going back to the start if we loosen up too quickly. To stay strong, it is especially important to take care of our physical **and** mental health.

Please, stay the course, stay well and stay positive!

Sincerely,

Dr. Hamidah Meghani
Medical Officer of Health, Halton Region
May 8, 2020

Regional Municipality of Halton

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Halton Region Public Health:

Working to protect you and respond to the COVID-19 pandemic

More than **250** public health professionals worked nearly **45,000 hours** over two months to reduce the spread of COVID-19 in Halton:



Responded to over **10,000** COVID-19 inquiries from residents and community partners.



Coordinated with Health Department Paramedics to test over **1,000** residents who were unable to access a COVID-19 assessment centre.



Managed over **500** cases of COVID-19, including regular check-in calls.

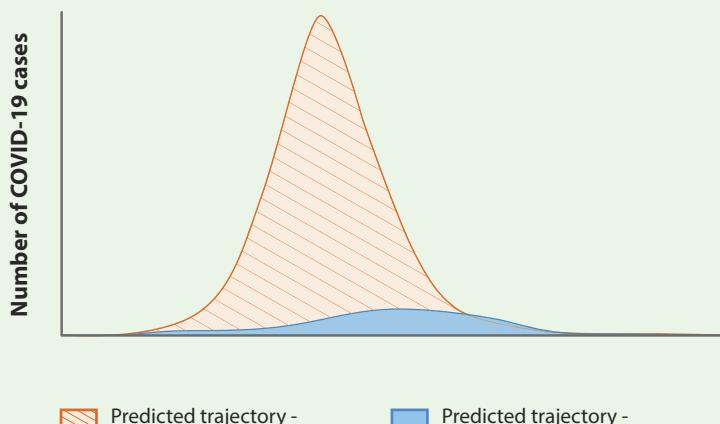


Identified, traced, and advised **3,500** people who had come into contact with confirmed cases of COVID-19.



Worked with all **46** long-term care and retirement homes in Halton to help prevent or contain COVID-19 outbreaks.

The combined effort of public health, our community and local partners is making a difference.



The **orange curve** shows the volume of COVID-19 cases we would have experienced in Halton without any public health measures.

The **blue curve** shows how public health measures, such as physical distancing, are helping to contain the spread of COVID-19 in the region, avoiding the predicted large spike in cases that could have overwhelmed our health care system.

But there is more work to do...

Continue to follow the direction of Public Health to strike a balance in our fight against COVID-19

We need to continue working together as a community to control the spread of COVID-19. As measures are scaled back to promote economic recovery, we will need to strengthen other practices to stay safe and maintain our progress in flattening the curve.

Halton Region Public Health uses the best available evidence to provide direction to guide Halton towards recovery. Please take the recommendations of Public Health seriously:

- Practice physical distancing.
- Wash hands frequently.
- Stay home as much as possible.
- Consider wearing a non-medical mask.
- Stay home if you are ill.

We're counting on you to continue to follow our advice so that we can continue the progress we have made together.



Let's keep working together to stop the spread of COVID-19.