

March 25, 2020

Dear School Community:

**Re: Novel Coronavirus (COVID-19)**

COVID-19 is a serious public health issue. Recently, all levels of government have put a number of measures in place to help reduce the spread of this disease. On March 17, 2020, the Premier of Ontario declared a state of emergency in Ontario in recognition of the seriousness of the situation.

We are asking members of our school community - students, parents, staff, volunteers and others - to do their part in helping to reduce the spread of COVID-19 by doing the following:

- **Social distancing:** This is limiting physical interactions with others, and is especially important to protect those who are elderly or have a pre-existing health condition. Please visit the BCHU website for more details on [social distancing](#).
- **Self-isolate:** If you have returned from travelling anywhere outside of Canada, including the United States, you must self isolate for 14 days after you return home. Please visit the BCHU website for more details on [self-isolation](#).
- **Self monitor:** If you develop symptoms of COVID-19 (e.g. fever, cough, difficulty breathing), call Telehealth Ontario at 1-866-797-0000 or your primary care provider's office (before visiting). Utilize the Ministry of Health's [self-assessment tool](#) to determine if you need to seek care.
- **Mental Health:** During pandemic situations it's normal to feel nervous or anxious. Always keep the lines of communication open between family members, friends and neighbours. Practice self-care, stay in touch with loved ones, and seek information from reliable sources. Please visit the BCHU website for resources and support on [mental health](#).

This situation is changing rapidly and the best way to stay informed is through our website at [www.bchu.org/coronavirus](http://www.bchu.org/coronavirus). You will find resources on many topics as well as the Brant County Health Unit's media briefings.

Thank you for your assistance in helping us to reduce the spread of COVID-19. If you have any questions, please email us at [covid19@bchu.org](mailto:covid19@bchu.org)