



## **COVID-19 UPDATE**

October 6, 2020

As Thanksgiving approaches I would like to remind all residents that masks must be worn in all common areas of our buildings and that gatherings should be limited to your household members only. As you are aware, we are in the second wave of the pandemic. It is most important that all residents of Ontario follow the public health guidelines.

- The ***use of non-medical or face coverings in all enclosed public spaces and common areas*** of apartment buildings and condominiums is a public health measure that may prevent the spread of Covid-19 within the community. However wearing a mask is not in itself a replacement for following other measures such as handwashing and physical distancing.
- ***Limiting all social gathering to members of your household.***

Please be aware that while Durham is currently not a "red zone", the status of the region could change at any time and further restrictions will be implemented.

Over the past seven months, we have been successful in limiting the spread of Covid-19 in our communities. I would like to thank our staff and residents that have worked tirelessly to continue fighting greater illness spread.

Any person who has at least one symptom, even if the symptom(s) are mild, can be tested for Covid-19. The symptom list is as follows:

- Fever (temperature of 37.8 degrees Celsius or greater)
- New or worsening cough
- Shortness of breath
- Sore throat
- Difficulty swallowing
- Changes to sense of taste or smell
- Nausea/vomiting, diarrhea, abdominal pain
- Runny nose or nasal congestion.
- In addition, older persons may present with atypical symptoms such as unexplained fatigue, delirium, unexplained falls, chills, headaches, pink eye.

If you develop symptoms, you must self-isolate and seek clinical assessment by:

1. Completing the Lakeridge Health online assessment form at [covidswab.lh.ca](https://covidswab.lh.ca) to get an appointment at the Covid-19 Assessment Clinic.
2. Contacting Durham Health Connection Line 905-668-2020 or 1-800-841-2729.

It is everyone's collective dedication to public health measures that will keep us all safe. We must be diligent and continue to work together to flatten the growing curve in the second wave. If you have any specific questions with respect to the above, please call either Shaunette or David at 905-430-1666.

For the most up-to-date information, please visit [ontario.ca/coronavirus](https://ontario.ca/coronavirus).

Wishing you all a safe and happy Thanksgiving.

Ruth McFarlane, C.E.O.