



March 11, 2020

Dear Parents and Guardians:

I am writing to provide timely information on coronavirus (COVID-19).

Please note that the first positive case of [COVID-19](#) in the Sudbury and Manitoulin districts was confirmed on March 10. The male in his 50s presented himself to the emergency department at Health Sciences North on March 7, 2020. Having a confirmed case in our area is not unexpected given the transmission of this virus around the world. Although this is concerning, as a community and as a health system, we have been preparing for COVID-19. Our focus is on breaking the chain of transmission to limit the spread of infection.

While the risk to our community remains low, we encourage you to stay informed by regularly visiting Public Health Sudbury & Districts' website at www.phsd.ca.

Symptoms of COVID-19 infection can range from minor to severe and include fever or cough or breathing difficulty. Complications from the 2019 novel coronavirus can include serious conditions, like pneumonia or kidney failure, and in some cases, death. At this time, there are no specific treatments for coronavirus infection and there is no vaccine available. Most people with novel coronavirus infection will recover on their own.

Simple, easy, and routine hygiene practices can reduce the spread of germs and help you and your family stay healthy. These practices include:

- Wash your hands often
- Cover your mouth and nose when you cough or sneeze
- Don't touch your face
- Keep up to date on vaccinations
- Stay home when you're not feeling well
- Clean and disinfect

Sudbury

1300 rue Paris Street
Sudbury ON P3E 3A3
t: 705.522.9200
f: 705.522.5182

Rainbow Centre

10 rue Elm Street
Unit / Unité 130
Sudbury ON P3C 5N3
t: 705.522.9200
f: 705.677.9611

Sudbury East / Sudbury-Est

1 rue King Street
Box / Boîte 58
St.-Charles ON P0M 2W0
t: 705.222.9201
f: 705.867.0474

Espanola

800 rue Centre Street
Unit / Unité 100 C
Espanola ON P5E 1J3
t: 705.222.9202
f: 705.869.5583

Île Manitoulin Island

6163 Highway / Route 542
Box / Boîte 87
Mindemoya ON P0P 1S0
t: 705.370.9200
f: 705.377.5580

Chapleau

101 rue Pine Street E
Box / Boîte 485
Chapleau ON P0M 1K0
t: 705.860.9200
f: 705.864.0820

Toll-free / Sans frais

1.866.522.9200

phsd.ca



Letter to parents and guardians regarding COVID-19

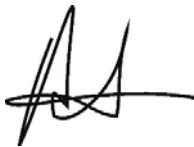
March 11, 2020

Page 2

If you are planning to travel, it is important to be aware of the Government of Canada's travel advice related to COVID-19 and other matters. Always follow the latest travel information posted here: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#ath>. Note that at the time of writing, the Public Health Agency of Canada is recommending (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#cruise>) that Canadians avoid all cruise ship travel due to the ongoing COVID-19 outbreak. The Public Health Agency of Canada is also advising all travellers monitor their health for fever, cough and difficulty breathing for 14 days after arriving back in Canada. Should symptoms develop within 14 days, returning travellers are directed to self-isolate as quickly as possible and immediately call their health care professional or public health.

The health and well-being of our community remains our highest priority. Please visit Public Health Sudbury & Districts' website at www.phsd.ca to keep updated with credible and accurate information.

Sincerely,

A handwritten signature in black ink, appearing to be 'Penny Sutcliffe', written over a horizontal line.

Dr. Penny Sutcliffe
Medical Officer of Health and Chief Executive Officer

Enclosures (2)

Prevent the spread of illness



Public Health
Santé publique
SUDBURY & DISTRICTS

Quick tips to stop germs in their tracks.

1 Wash your hands often

Handwashing is the best way to prevent the spread of illness. When soap and water are not available, use hand sanitizers with an alcohol content of at least 60%. Remember to scrub for at least 15 seconds! Handwashing is particularly important before you eat.



2 Cover your mouth and nose

Use a tissue, or cough or sneeze into your sleeve, if a tissue is not available. Throw used tissues into the garbage right away.



3 Get vaccinated

Make sure you and your family are up-to-date on your vaccinations. Remember to get the annual influenza vaccine.



4 Don't touch your face

Touching your face increases the chance of spreading germs to your nose and mouth and causing an infection.

5 Stay home when you're feeling sick

It is important to stay home when you are feeling ill. This includes avoiding work, school, daycare, or extra-curricular activities.

6 Clean and disinfect

Clean and disinfect frequently used areas and objects in your home, daycare, office, and classroom to help prevent the spread of germs (door handles, light switches, toys, etc.).



For more information visit phsd.ca