

March 16, 2020

Dear fellow Probians,

The situation with regards to the spread of COVID-19 is changing rapidly and we would like to update you on some of the current recommendations. The World Health Organization classified the situation as a global pandemic on March 11. On March 13<sup>th</sup> all funded schools in Ontario closed for 3 weeks and post-secondary institutions are devising technology-based means of learning. Canada, with a total of 342 cases (including confirmed or presumptive), is at a critical point of controlling the rate of spread of this infection, with the window narrowing quickly. Ontario, British Columbia and Alberta have been hardest hit with Calgary today declaring it's city in a state of emergency. By March 13<sup>th</sup>, the Ontario provincial officer of Health, Dr. David Williams, recommended that all gatherings of more than 250 people be cancelled. On March 14<sup>th</sup>, Quebec recommended that all citizens over 70 years self-isolate. Now all folks over 65 years are considered at greatest risk and should remain safe and sound at home! All other Canadians are expected to minimize non-essential interactions. Ottawa has issued a directive to return from all international travel, and while completing the 14-day quarantine for all who are returning, check the provincial flight postings of planes where COVID-19 has been identified and respond accordingly.

COVID-19 is extremely fluid and causing Public Health Authorities to monitor changing data closely, constantly reviewing and updating their policies. It is a confusing time; requiring us to be attentive, reflective but also not overreactive. To assist in the provision of information to Perth Probians, we have created a new page on our website specifically to address COVID-19 ~ see <http://probusperth.ca/covid19.htm>. We have provided an overview of virus symptoms, a series of recommendations for healthy living, a recipe for homemade hand-sanitizer, current articles and data updates.

What we know: senior residents and those with chronic conditions will be most vulnerable to COVID-19. A social distance of 2 metres is recommended and we are to avoid group gatherings. Duration of contact is to be short (some say under 15 minutes) and we should "elbow bump", avoiding the shaking of hands and the exchange of hugs. We are to wash our hands frequently and keep hand-sanitizer available. We are encouraged to self-isolate and to screen our family members prior to any visits.

In accordance, **Probus Perth will be canceling the April 1<sup>st</sup> meeting** and will monitor conditions in determining decisions regarding the May 6<sup>th</sup> and June 3<sup>rd</sup> meetings. We expect that many of our events will be canceled and we will communicate cancellation accordingly. Do check our COVID-19 page <http://probusperth.ca/covid19.htm> regularly for ongoing updates.

We advise our members to stay home, take initiatives seriously, avoid becoming anxious, remember all of the wonderful things that are not cancelled and **KEEP HEALTHY!**

Best in health,  
Probus Perth Executive

**Going outdoors  
is not cancelled, listening  
to music is not cancelled,  
quality time with our  
families is not cancelled,  
reading a book is not  
cancelled, sharing with  
friends is not cancelled,  
singing out loud is not  
cancelled, laughing has  
not been cancelled,  
sharing **HOPE** with others  
has not been cancelled.  
Let's **EMBRACE** what  
we have.**



Kelly's  
Treehouse