

March 23, 2020

At this time we are clearly being told by our federal representatives that it is now up to us to make safe decisions about implementing the 2 metre social space, staying home and being cautious in completing necessary outings.

Please take a few minutes to review on our [COVID-19 webpage](#) our most recent post, "[Going Out Precautions for Seniors](#)". This is a step-by-step approach to more safely grocery shopping and refueling your vehicle during a COVID-19 epidemic. Thanks to Dr. Derek Cooke for applying his surgical background to the completion of routine tasks in this time of virus prevention.

While on our site, consider printing the World Health Organization [hand rub poster](#) and take a moment to review the accompanying [hand washing video](#). Consider a thorough hand washing like the replacement of protective gloves.

You will notice that we have added a few other links too, such as the [Coronavirus Tracker in Canada and Globally](#), as well as a [video explaining what mild, moderate and severe cases of COVID-19 look like](#). An additional link is in support of [Top Shelf](#), our local business that is now producing hand sanitizer with a focus on "charity pack" buying. Finally we have received information from [Metro](#).

Please do your part and remember, even when enjoying our parks and conservation areas, "walk to exercise and not to socialize". Maintain your physical distance! Implement routines for outings! Maintain your health! Be well!