

# COVID-19 UPDATE

## TEMAGAMI UPDATE # 42 on COVID-19

November 26, 2020

CURRENT ACTIVE CASES				
Timiskaming	Timmins/Porcupine	Sudbury	North Bay / Parry Sound	Algoma
1	3	15	14	3
<b>TOTAL ACTIVE CASES IN NORTH EASTERN ONTARIO 36</b>				

If you think you have any symptoms of COVID-19 or are concerned that you have been exposed, please call Temagami and Area Assessment Centre | 705-569-3244

**For more information or questions on Covid-19 call the Timiskaming Health Unit line**

705-647-4305, Ext.7 | 1-866-747-4305, Ext. 7

Monday to Friday 8:30 – 4:30 p.m. | Saturday and Sunday 9:00 – 12 p.m.

**PLAN A SAFE HOLIDAY OR CELEBRATION** The safest way to celebrate or enjoy the holidays is with members of your immediate household. Your household is anyone who currently lives and shares common spaces in your housing unit. This can include family members as well as roommates or people who are unrelated to you. If you live alone, consider exclusively celebrating with one additional household as a safe way to spend the holidays.

You may be planning to take part in a holiday celebration with people outside your immediate household. If so, check with the local Public Health Authority for gathering size limits in your community. This will help you decide if you should postpone, cancel or change your plans.

### TIPS ON HOW TO COPE WITH STRESS AND ANXIETY:

- **BE KIND TO YOURSELF** We are living through a unique and stressful time and everyone is learning how to manage in their own way.
- **FIND BALANCE** Know when to take a break and set boundaries for yourself. Develop a realistic routine.
- **TAKE CARE OF YOUR BODY** Sleep and eat well, stay active, make time for activities you enjoy.
- **STAY CONNECTED** Communicate with friends and family while respecting physical distancing measures.
- **REACH OUT FOR HELP** Seek support from friends, family and/or professional services there are a number of organizations that can offer online or telephone support:
  - Bounce Back** – [www.bouncebackontario.ca](http://www.bouncebackontario.ca)
  - Seniors Centre Without Walls** 1-800-361-5820
  - Big White Wall** – [www.bigwhitewall.com](http://www.bigwhitewall.com)

Living Temagami has partnered up with Kari Sterling to help provide Peer Support services to the community. For more information, please contact [karisterling.2018@gmail.com](mailto:karisterling.2018@gmail.com) or [livingtemagami@gmail.com](mailto:livingtemagami@gmail.com)

**SEASONAL AND RECREATION USERS** if you decide to remain at your residence through the ice in and freeze up, be aware that all services may be limited during this seasonal change. Please ensure that you have enough supplies for the period.

**FLU SHOTS** are available **by appointment only** at the Temagami Family Health Team, please call 705-569-3244 and at Temagami Pharmasave, please call 705-569-3337.

The Municipal Office is still accessible via scheduled appointments, telephone and by doorbell located at the exterior doors. The Temagami Public Library is available by appointment and doorbell only. It is limited to four visitors at a time.

**THANK YOU ALL FOR YOUR SUPPORT AND EFFORTS TOWARDS  
FLATTENING THE CURVE OF COVID-19**

[www.Temagami.ca](http://www.Temagami.ca)  
(705) 569-3421

IF YOU WISH TO RECEIVE THESE UPDATES BY EMAIL  
PLEASE EMAIL [COMMUNICATE@TEMAGAMI.CA](mailto:COMMUNICATE@TEMAGAMI.CA)

