

# COVID-19 UPDATE

## TEMAGAMI UPDATE # 51 on COVID-19

February 18, 2021

| CURRENT ACTIVE CASES                           |                   |         |                         |        |
|------------------------------------------------|-------------------|---------|-------------------------|--------|
| Timiskaming                                    | Timmins/Porcupine | Sudbury | North Bay / Parry Sound | Algoma |
| 0                                              | 11                | 37      | 26                      | 9      |
| TOTAL ACTIVE CASES IN NORTH EASTERN ONTARIO 83 |                   |         |                         |        |

### Timiskaming's zone is: GREEN – PREVENT

### REMAIN VIGILANT: Together let's keep Ontario Safe and Open

**Please take extra care if you need to travel to an area with variants of concern.**

Learn about the public health and workplace safety measures for each zone under the color-coded response framework:  
<https://www.ontario.ca/page/covid-19-response-framework-keeping-ontario-safe-and-open>

### MARCH BREAK – Postponed to the week of April 12, 2021

For more information: <http://www.edu.gov.on.ca/eng/general/list/calendar/holidaye.html>

**COVID-19 VACCINE** is not yet available to the general public. When it is, Timiskaming Health Unit will advertise widely in our communities. The process will be similar to the annual flu clinics, and will be offered in many communities in the region. Timelines for the general public shots are dependent on vaccine supply, the expectation of these clinics are still months away.

For more information visit: <https://covid-19.ontario.ca/covid-19-vaccines-ontario>

**PHYSICAL ACTIVITY DURING THE COVID-19** Physical activity and getting fresh air are important for our overall physical and mental wellness. There are ways to be active either at home or outside while keeping physical distance and being **COVID-Wise**.

THU provides COVID-19 Information and Resources visit: <https://www.timiskaminghu.com/399/home>

### ASSISTANCE WITH STRESS, ANXIETY AND FOOD SECURITIES

**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)

**THU Community Supports** – <http://www.timiskaminghu.com/90490/Community-Supports>

**Temagami Food Bank** – 705-569-2586

**If you think you have any symptoms of COVID-19 or are concerned that you have been exposed, please call your local Assessment Center (AC) for testing.**

The Temagami and Area Assessment Centre at 705-569-3244 or  
Temiskaming Shores and Area Assessment Center at 705-648-1844

**For more information or questions related to Covid-19 call the THU COVID-19 Line.**

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

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

The Municipal Office is accessible via scheduled appointments, telephone and by doorbell located at the exterior doors. Temagami Public Library is available by contactless pick-up only, please call at 705-569-2945 to place a curbside order.

## Stay HOME | Stay SAFE | Save LIVES

[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)

