

COVID-19 UPDATE

TEMAGAMI UPDATE #8 on COVID-19

March 27, 2020

The Municipality of Temagami is continually monitoring COVID-19 and is working closely with the Timiskaming Health Unit and community partners to take preventative measures and respond appropriately.

Local Update: At the time of release there is one confirmed COVID-19 case in the North Bay / Parry Sound Health Unit area, and one confirmed case in the Timiskaming Health Unit area. Updates are provided, twice daily, by the Province. **PLEASE ENSURE YOUR INFORMATION IS COMING FROM A VERIFIED SOURCE.**

Be Selective About News Sources: credible sources, such as the Public Health Agency of Canada, the World Health Organization and our Public Health Unit give us plain facts. Carefully choosing our sources is the best way to ensure accuracy. Updates from neighbours, social media or other kinds of hearsay are more likely to cause stress and anxiety.

COPING WITH STRESS AND ANXIETY DURING COVID-19

The news about the increasing spread of COVID-19 came upon us quickly, and the uncertainty about what's to come can cause stress, anxiety and depression for people of all ages. Many worry about their own health and the health of their loved ones and may also have concerns around work, finances and other important parts of their lives. While it is important to be informed and to take action to limit the spread of infection, the amount of information and attention on this topic can increase stress and anxiety.

If you feel significant distress around COVID-19 and feel you are not coping well, you may need extra support managing your mental health, there are a number of organizations that can offer online or telephone support:

BounceBack – www.bouncebackontario.ca

Seniors Centre Without Walls 1-800-361-5820

Big White Wall – www.bigwhitewall.com

BEWARE of scammers posing as Canada Revenue Agency (CRA) employees. Residents should be vigilant when they receive, either by telephone, text message or email a fraudulent communication that claims to be from CRA. CRA will never demand immediate payment, ask you for your social insurance number, health card etc. For information go to www.canada.ca

Please remember to maintain at least a 2 meter physical distance from others!