

COVID – 19 UPDATE

Message 22 | May 25, 2020

I care about you ~ you care about me!

We all want COVID-19 to just go away but that is not going to happen any time soon. This virus spreads through community transmission. It is invisible and I wish we could see it as it would be so much easier to stop the spread.

The best protection against COVID-19 is:

- ü Practise physical distancing
- ü Wash your hands thoroughly and often
- ü Stay home whenever possible
- ü Wear a mask or facial covering when physical distancing is a challenge

Wearing a mask in public is an act of respect for your fellow humans. We need to shift our opinion about wearing a mask. Masks are here to stay. Even the fashion industry is getting on board making functional and stylish masks.

Masks are like seatbelts. Seatbelts can help to save lives. They are important safety features that help to protect a driver or passenger in a collision and minimize injuries. Masks are an added layer of protection when physical distancing is difficult to maintain.

I protect you by wearing a mask and you protect me by wearing a mask.

Useful Links:

[hanover.ca](https://www.hanover.ca)

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publichealthgreybruce.on.ca