



March 23, 2020

## UPDATE #4

### COVID-19 – Self-Isolation and Social Distancing

On March 17, 2020 Southwest Middlesex declared a state of local emergency to support efforts to contain the spread of the COVID-19 virus.

Our priority at this time is the ongoing health and wellness of our community. Last week Mayor Allan Mayhew stated that “It is prudent that we take all steps to safeguard our community’s health as the outbreak continues to unfold.”

In the words of the Middlesex London Health Unit, “**NOW** is the most important time to limit the spread of COVID-19. **NOW** is the most crucial time to stay home and stay safe. We’re all in this together.”

All community members returning from time abroad should follow the advice of health experts and self-isolate for 14 days if you have travelled outside of Canada recently, whether you have symptoms or not.

For all others, remember - wash your hands thoroughly with soap and warm water for at least 20 seconds, stay six feet away from others, avoid non-essential trips and gatherings, stay home if you are sick, clean and disinfect high-touch areas frequently, and practice respiratory etiquette.

Additional information on preventing the spread of COVID-19 including information on self-isolating and social distancing is readily available at <https://www.healthunit.com/novel-coronavirus>.

Health Unit telephone lines are also available to provide information about COVID-19 at 519-663-5317.

Mayor Allan Mayhew and the Administration of Southwest Middlesex