

## Covid-19 – June 30, 2020

At this time the Township of Hilton Office remains closed to the public, however, residents are encouraged to call (705-246-2472) and leave a message for any needs you may have. Staff will return your call as soon as possible. We can also be reached by email at: [admin@hiltontownship.ca](mailto:admin@hiltontownship.ca).

The provincial government is currently relaxing more measures as part of its “re-opening” plan. This is the result of a downward trend in new cases due largely to so many individuals doing what was asked of them – “**Stay Home – Wash Your Hands – Physical Distance**”. Thank you to Everyone for your efforts! It is no understatement to say your efforts have likely saved someone’s life. It is so important that everyone continues to be careful throughout the summer to lessen the impact of a “second wave” of spread, which medical experts state is a statistical certainty.

Summer weather allows us to spend more time outdoors, which is a good thing. Reports are that instances of spread in non-crowded outdoor settings is low. However, we need to continue to make responsible choices in our day-to-day activities.

**Physical distancing remains key.** The province is advising that “social gatherings” with up to 10 people not from your household may be okay, but these should only happen outdoors with physical distancing of at least 6 feet, or 2 metres.

In addition, the province has said that “social circles” or “social bubbling” of up to 10 people is allowed (especially with close relatives) where close contact can occur. However, it must be noted that this is different from “social gatherings”, and will only work if every person in the group does not also come in close contact with others outside the circle/bubble.

**Wearing a non-medical mask is advised.** Wearing a mask or face covering in instances when you may come in close contact (indoors, closer than 6 feet) with others diminishes the possibility of spread.

**Contact Tracing is important.** This simply means that if someone begins to show signs of infection, medical personnel can advise those that the patient may have come in contact with so that they can be tested as well. You can help with this by keeping a daily journal of instances where you may have come in contact with people outside your household. For instance, if you go to a store, write down where you went, approximate time and if there was anyone you came in close contact with. Every couple of weeks you can dispose of old journals.

In addition:

- Practice good hygiene, with thorough handwashing.
- Plan your shopping ahead of time, limit the frequency, and don’t make it a family outing.
- If you have travelled to Canada from abroad, you are required to self-isolate for 14 days. Also, if you have travelled to the Island from a region within Canada with a high level of COVID-19 cases, self-isolation is advisable.

### ***Handy Contacts:***

#### **Meals-on-Wheels, Transportation to Essential Medical Appointments:**

Dr. Harold S. Trefry Memorial Centre – **705-246-0036** ([Facebook.com/Trefrycentre](https://www.facebook.com/Trefrycentre)).

#### **Friendly phone visiting & Vulnerable Persons Calling:**

Dr. Harold S. Trefry Memorial Centre – **705-246-0036** ([Facebook.com/Trefrycentre](https://www.facebook.com/Trefrycentre)).

#### **Delivery or curbside pick-up for groceries, hygiene items or over-the-counter medicine:**

The Island Market (**705-246-2500**) and Kentvale Home Hardware (**705-246-2002**).

#### **St. Joseph Island & Area Food Bank:**

The foodbank is for anyone, no questions asked. If you need help getting food, they are here to help. Please contact **Rita (705-246-1687)**, or **Adrian (705-246-1893)**. Open Wednesdays from 1-3 pm for pick-up at the United Church in Richards Landing (next to the hospital).

**Deliveries:** The St. Joseph Island Lions’ Club has offered to help with deliveries of any essential items. Please call **705-206-3229** or **705-971-0997**.

**Algoma District Services Administration Board (ADSAB):** Assistance with bills or housing.

Phone: **705-356-2263** or 1-800-461-7263 Email: [info@adsab.on.ca](mailto:info@adsab.on.ca) Website: [www.adsab.on.ca](http://www.adsab.on.ca)

#### **Algoma Public Health:**

- COVID-19 testing questions: **705-759-5404** or **1-866-892-0172 ext. 5404**
  - Mental Health Case Management & Housing Services Addiction Services: **705-759-3935**
- Addiction Assessment, Counselling & Housing Services: **705-942-4646, Ext. 314**