

# PUBLIC HEALTH ALERT HOLIDAY GATHERINGS



Spring is here and with it comes warmer weather and holiday gatherings. While it's important to get outside to get exercise and some fresh air, we need to continue to keep ourselves and our community safe from COVID-19.

## SOCIAL GATHERINGS

- ▶ **Social gatherings and celebrations should only include those living in an immediate household**



## HOLIDAY TRAVEL

- ▶ **Avoid all non-essential travel until further notice**



## CONTINUE TO FOLLOW PUBLIC HEALTH RECOMMENDATIONS

- ▶ **Do not visit other people's homes**
- ▶ Wash hands often
- ▶ Wear a mask
- ▶ Cover your cough or sneeze
- ▶ Practice physical distancing of 2-metres when outside of your home
- ▶ **If you have any symptoms**, get tested immediately and stay away from others
- ▶ Self-isolate until you have your test results
- ▶ **Even after you've been vaccinated, you still need to follow public health recommendations**



## MENTAL HEALTH

- ▶ Feelings of stress are common during this time
- ▶ If you require mental health support, call:
  - 911 or the local emergency help line
  - The Canada Suicide Prevention Service (1-833-456-4566) and @KidsHelpPhone
  - The Hope for Wellness Help Line (1-855-242-3310) and <https://hopeforwellness.ca>
  - For those in remote and isolated communities you may also contact your local nursing station



**TIP** As long as you continue practicing physical distancing, going outside for exercise and fresh air is a great way to help with mental health and well-being!

