

PUBLIC HEALTH GUIDELINES FOR CONTROLLING THE SPREAD OF COVID-19

In order to keep our members safe, please read the following COVID-19 recommendations.

Be COVID-**WISE**.

W: Wear a mask or face covering whenever you are in indoor public spaces (mandatory in Ottawa). It is also recommended that you wear a mask in private indoor spaces and outdoors when you cannot maintain a physical distance of 2 meters

I: Isolate yourself from others when you are sick and get tested promptly if you have symptoms

S: Stay 2 meters (6 feet) apart from those outside your household at all times, both indoors and outdoors.

E: Exercise proper hand hygiene, washing your hands regularly or using hand sanitizer.

Source: Ottawa Public Health website, under Public Health topics -> Diseases -> Novel Coronavirus (August 4, 2020) <https://www.ottawapublichealth.ca/en/public-health-topics/novel-coronavirus.aspx>

Cross reference: Ontario Provincial COVID-19 site, <https://covid-19.ontario.ca/>, and the Public Health Agency of Canada site, Coronavirus (COVID-19) -> Your Health -> Prevention and Risks. <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html>

Guidelines can change quickly so please check for any updates on these sites.

The following legal allowances should be noted. The Province of Ontario has allowed most regions, including Ottawa, to progress into Stage 3 of reopening for businesses, which allows for up to 50 people to attend meetings indoors and 100 outdoors. The City of Ottawa has passed a temporary bylaw requiring residents to wear masks in all enclosed public spaces.