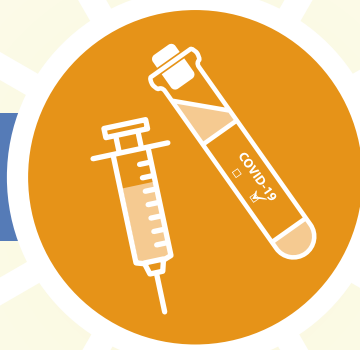


PUBLIC HEALTH ALERT

VACCINES AND VARIANTS



Although restrictions are starting to loosen across Ontario, **COVID-19 is not over**. New variants that transmit more easily are spreading rapidly. Get your second vaccine dose to protect yourself, your family and your community. Even after being fully vaccinated, it is still important to continue to follow public health measures.

GET YOUR SECOND VACCINE DOSE

- ▶ If you received a first dose of a COVID-19 vaccine, you are not fully vaccinated. You **MUST** receive a second dose for the vaccine to work best. It takes about two weeks after your second dose to develop significant protection against COVID-19.



CONTINUE TO FOLLOW PUBLIC HEALTH RECOMMENDATIONS

- ▶ **Do not visit other people's homes**
- ▶ Wash hands often
- ▶ Wear a well-fitting 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**



SOCIAL GATHERINGS

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



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!



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