

PUBLIC HEALTH ALERT

HOLIDAY GATHERINGS



Together, let's keep our community and loved ones safe from COVID-19 over the holidays. Variants of concern, including Omicron, are circulating in Ontario making it important than ever to practice good public health measures.

The best defense against serious illness is to get vaccinated with two doses of a COVID-19 vaccine, and with a third dose as soon as you are eligible.



SOCIAL GATHERINGS

Holiday gatherings and celebrations should **only include those living in your immediate household.**



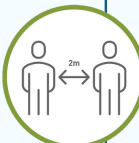
HOLIDAY TRAVEL

Avoid all non-essential travel until further notice.



CONTINUE TO FOLLOW PUBLIC HEALTH RECOMMENDATIONS

- Avoid indoor visits to other people's homes
- Wash hands often
- Wear a mask when with people who do not live with you
- Cover your cough and sneeze
- Practice physical distancing of 2 metres when outside your home
- **If you have any symptoms of COVID-19, 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 WELLNESS RESOURCES

Feelings of stress are common during the holiday season.

If you require mental health support, call:

- 911 or the local emergency help line
- The Canada Suicide Prevention Service (1-833-456-4566)
- @KidsHelpPhone (1-800-668-6868) or text (686868)
- The Hope for Wellness Help Line (1-855-242-3310) and <https://hopeforwellness.ca>
- If you are in a remote or isolated community, you may also contact your local nursing station



TIP

As long as you continue practicing physical distancing, going outside for exercise is a great way to help with mental health and well-being, even in colder temperatures!