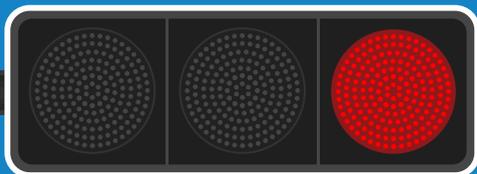


A Guide To Social Distancing

Social distancing is a way to slow down or stop the spread of infectious diseases by limiting contact between you and other people.

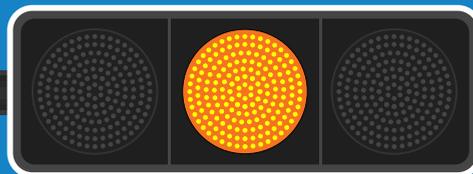


2 metres



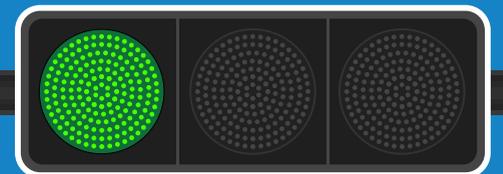
Avoid getting together with people.

- + group gatherings
- + sleepovers
- + playdates
- + concerts and events
- + malls and retail stores
- + gyms
- + small dinner parties



Use caution in daily activities.

- + restaurant take out
- + grocery store
- + pharmacy
- + playing at the park
- + local travel



Practise social distancing.

- + taking a walk or hike
- + yard work
- + spring cleaning
- + reading a book
- + listening to music
- + cooking family meals
- + playing outside
- + family movie night
- + video chatting
- + checking on a friend



Remember: Wash your hands often with soap and water for at least 20 seconds and avoid touching your face.

**Stop the spread of COVID-19 and flu-like viruses.
YOU can make a difference!**





Don Shropshire
Chief Administrative
Officer
Municipality of
Chatham-Kent

We're changing the way we can meet your needs.

The Municipality of Chatham-Kent thanks all residents for doing their part to prevent the spread of the COVID-19 virus.

We're determined to do our part as well as continuing to provide the best service we can by adapting our service to allow you to do as much as possible online and over the telephone. Our municipal phone line at 519-360-1998 continues to operate normal business hours from Monday-Friday 8:30a.m. to 4:30p.m.

To limit the spread of the virus, we have closed all municipal service and information centres, ServiceOntario, and Park Avenue Business Centre in Chatham to the public until further notice. Customers requesting urgent municipal services or information are required to call **519-360-1998** or email ckinfo@chatham-kent.ca for priority triage and appointments at the Chatham Municipal Centre (Civic Centre) and the Chatham ServiceOntario office. Only a few essential services will be deemed urgent and scheduled for in-person appointments with our customer service team. Customers that pre-schedule an appointment will be screened at the entrance of the facilities to determine we can provide in-person services. For inquiries about our services, please call **519-360-1998** or email ckinfo@chatham-kent.ca. For municipal service updates online, please visit www.chatham-kent.ca.

You have a role in stopping the spread of COVID-19 in our community.



Dr. David Colby
Medical Officer
of Health
Chatham-Kent
Public Health

Chatham-Kent Medical Officer of Health Dr. David Colby is urging local residents to help in the fight against the spread of the COVID-19 virus in Chatham-Kent." Each one of us can do our part by washing our hands, keeping a safe distance (two meters or six feet) from others and staying away from crowds and social settings," he said. Dr. Colby declared a local emergency March 13 as part of the effort to stop the worldwide pandemic of the virus.

As of March 17, anyone returning to Canada from outside the country in the past two weeks must self-isolate for 14 days from the day they arrived back in Canada. "We all have a role to play, and it is imperative that we work together and do what we must, now to ensure that we do not put ourselves in a position where increased and, quite frankly, impossible demands are placed on our healthcare system in weeks to come. The risk for the amplification or super-spreading within the community or a healthcare setting would be devastating, especially in a community such as ours where nearly 40% of residents are over the age of 55, and many more have serious, chronic medical conditions. When taken early, and when coordinated with additional efforts, these precautionary actions will help to prevent the impact that COVID-19 could have on Chatham-Kent residents."

Dr. Colby said the situation is changing rapidly and residents should visit the Chatham-Kent Public Health website at www.ckpublichealth.com/covid19, send an email to covid19@chatham-kent.ca or call at **519-355-1071 ext 1900**.