



Tired of “COVID”?

If you usually stop reading articles after reading “COVID”, consider reading on today

First please know you are not alone. “COVID fatigue” is real. “COVID stress” is real. Please be aware of your fatigue and stressors and reach out as needed. There are people that want to help. COVID stress is a health priority. Check out <https://www.haliburtoncares.ca> or reach out to a health care professional for more details.

Reading this article today is important to assure our population knows how important it is that we support each other through this difficult time. Reading this article today is also important as it is time to again “flatten this curve”. Without change in human behaviours today – COVID stress and COVID fatigue could get worse. Renewed rigour in following public health recommendations is how we together can prevent worsened COVID fatigue, stress and more negative impact on our health care systems.

So far our health care systems locally have been strained by preventative measures. We have a small but mighty team. Our team too has COVID fatigue but has not stopped their rigour to protect you and our community.

Our health care system locally is small and has limited resources. Prevention will be much more sustainable for our team than caring for high counts of COVID cases. We have seen globally that health care has suffered when case counts get high. So let’s do our part to assure we flatten this curve, as without it, our families and our community could suffer. We can do this together!

You may feel like your actions alone won’t make the difference, however, have hope, there is so much you as an individual can do to help.

Ways proven to help

- Wearing Masks
- Staying home when you have any symptoms (you don’t need to feel sick to be contagious) – refer to the online self assessment tool <https://covid-19.ontario.ca/self-assessment/> for the symptoms
- Get tested if you have any symptoms or if you have had contact with someone with COVID-19. The Ontario COVID-19 website will show you your closest assessment centre options <https://covid-19.ontario.ca/>. If you are close to Haliburton call our Assessment Centre at (705) 457-1212, extension 6
- If you find out you have had close contact of someone with COVID-19, self isolate and reach out to our local health unit HKPR 1-866-888-4577
- Physical distancing
- Hand Hygiene
- Keeping interactions outside and distanced when possible
- Minimizing encounters where the above protective measures are not in place
- Following public health advice around gathering sizes
- Get your flu shot

So in summary, please take care of yourself! One idea would be to every day, ask yourself what one small thing you could do to help your health and that of a family member or friend? Perhaps sharing a phone call might help you both. Let’s be creative and share ideas on how we can maintain social contacts safely. Get lots of outdoor time. Be kind to those around us. Our mental health is important and this stress is real. There are resources to help.

Together we can keep these counts down. Please review the list above on what you *CAN DO* that can help. Check out our local, provincial and federal public health websites for updates. The World Health Organization also is a great resource. Realize that you *doing your part* to protect yourself and your community from COVID-19 can do a lot!