

Wearing a mask

Masks remain an important layer of protection that can reduce the spread of respiratory viruses, influenza and COVID-19.

Individuals who are recovering from COVID-19 or who have symptoms of COVID-19 should wear a well-fitted, high-quality mask outside the home for 10 days. Close contacts (such as household members) should also wear a mask during this time.

It is also encouraged at this time that individuals wear a mask in indoor public settings, particularly when in close contact with others or in settings that are crowded and/or poorly ventilated.

Hand hygiene and respiratory etiquette

Encourage your child to practice regular hand hygiene by washing with soap and water when available, or using an alcohol-based hand sanitizer.

Covering coughs and sneezes with a tissue or elbow is also important.

Thank you to all parents and caregivers for your ongoing efforts to help reduce the impact of these viruses on children, families, and schools.

Sincerely,

Dr. Janet DeMille, MPH, FRCPC
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