



### **Information for Sarnia-Lambton Residents about COVID-19**

The safety of the residents of Sarnia-Lambton is the top priority of Bluewater Health and Lambton Public Health, and we are closely monitoring COVID-19 developments. We continue to work together based on the most current direction from the provincial Medical Officer of Health and the Government of Canada.

The Public Health Agency of Canada (PHAC) has assessed the public health risk associated with COVID-19 as low for Canada, and by extension, for Ontario and Sarnia-Lambton. Public health risk is continually reassessed as new information becomes available. As such, PHAC recommends standard respiratory illness precautions – the same precautions recommended every year for cold and influenza season.

We recently reviewed our pandemic plans and should it become necessary, we are ready to implement.

To reduce exposure to and transmission Public Health advises residents to:

1. Wash your hands with soap and water, or use hand sanitizer
2. Cover your coughs and sneezes with a tissue or your arm, not your hand
3. Frequently disinfect high-touch surfaces
4. Stay home if you are sick
5. Avoid contact with people who are sick

We will continue to post information from the Ministry of Health regarding the coronavirus (COVID-19) to our websites. Check frequently as new information will be posted in real-time.

Should you believe that you may be at risk of having the COVID-19 virus, and wish to be tested, we ask that you call your primary care provider first and do not head directly to the emergency department. Your primary care provider will help assess if you require testing, and if so, you will be directed to follow a specific process to access the hospital Emergency Department. Coming to the hospital with very mild symptoms may reduce our capacity to deal with more urgent needs.

We are ultimately working to establish a community-based Assessment Centre and until that time, your primary care provider will work with the hospital and Public Health to ensure you are tested safely, if appropriate.

Questions and concerns should be directed to your primary care provider (Physician or Nurse Practitioner) as they are supported and in contact with Public Health and Bluewater Health in Sarnia and Petrolia.

Sincerely,

Dr. Mike Haddad  
Chief of Staff, Bluewater Health

Dr. Sudit Ranade  
Medical Officer of Health, Lambton Public Health