



Dear Cambridge Bay Residents and Visitors

- Stay home if you're sick:
 - Stay home if you are sick or showing any signs of illness (even mild symptoms), except to get medical care.
- Consider postponing travel into or out of Cambridge Bay.
- Cover coughs and sneezes:
 - Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow;
 - Throw used tissues in the trash;
 - Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- Wear a facemask if you are sick:
 - If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.
- Clean and disinfect:
 - Clean AND disinfect frequently touched surfaces daily at the Centre and in your home. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks;
 - If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.
- Re-consider multi-person gatherings on a case-by-case basis:
 - Consider whether a face-to-face meeting or event is needed. Could it be replaced by a teleconference or online event?
 - If a social gathering or meeting takes place, keep track of participants

and their contact information for at least one month. If someone at the meeting or event was isolated as a suspected COVID-19 case, the organizer should let all participants know this.

Take measures to protect yourself:

- Clean your hands often:
- Wash your hands often with soap and water for at least 20 seconds especially after blowing your nose, coughing, or sneezing;
 - If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry;
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact:
 - Avoid close contact with people who are sick;
 - Put distance between yourself and other people if COVID-19 (Nova Coronavirus) is spreading in the community.

The following websites are reliable sources of updated information:

[Public Health Agency of Canada](#)

[Government of Canada Travel Advice and Advisories](#)

[Coronavirus disease \(Covid-19\): Outbreak update](#)

[The World Health Organization](#)



Mayor Pamela Gross
March 12, 2020