

Dear Community Members,

Once again, I am writing to provide an update on the novel coronavirus (COVID-19). The situation continues to evolve with new cases now identified in multiple countries. I would like to reiterate that to date, there have been no confirmed cases in Halton Region. While the risk to our community continues to remain low, we encourage you to stay informed by regularly visiting our website at halton.ca/coronavirus.

Symptoms of COVID-19 infection include fever or cough or breathing difficulty. At this time, there is no specific treatment for coronavirus infection and no vaccine. Most people with novel coronavirus infection will recover on their own.

Travel Health Advisory

Prior to travelling, please refer to the Government of Canada [travel health advisory](#) for the most updated information on COVID-19 impacted areas. As of February 29, 2020, this list includes China, Hong Kong, Iran, Italy, Japan, Singapore, and South Korea.

All travelers from COVID-19 impacted areas need to self-monitor for symptoms for 14 days upon return. If symptoms develop, please immediately self-isolate and call Halton Region Public Health at 311, 905-825-6000 or toll free at 1-866-442-5866.

How to Prevent the Spread of Respiratory Viruses

The best way to prevent the spread of respiratory viruses including COVID-19 is to:

- Wash hands thoroughly with soap and water or alcohol-based hand sanitizer;
- Cover mouth and nose when coughing or sneezing; if no tissue is available, then sneeze or cough into the sleeve or arm;
- Clean and disinfect objects and surfaces regularly; and
- Stay home if ill until your symptoms resolve.

The health and well-being of our community remains our highest priority. Halton Region Public Health will continue to keep you updated as new information becomes available.

Dr. Hamidah Meghani
Medical Officer of Health, Halton Region
February 29, 2020