



# Media Release

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March 4, 2020

## COVID-19 Preparedness

To date, there have been 20 cases of the novel coronavirus (COVID-19) identified in Ontario. All of the cases are linked to travel to affected countries or a known case of COVID-19. There have not been any cases in the Grey Bruce region. We recognize the potential of the spread of this disease may eventually result in local cases.

The Grey Bruce Health Unit (GBHU) is escalating its response to safeguard the health of our communities. We are currently in a Containment Phase; the goal is to contain and eliminate the spread of the virus in Grey Bruce. As efforts ramp up, we may move to a Mitigation and Response Phase; responding to infectious diseases and outbreaks in our community.

### Our Message is Prevention

The COVID-19 virus is most commonly spread through contaminated saliva, which comes from coughs, runny noses, etc.

Everyone should practice good basic hygiene as a preventative measure to protect against the novel coronavirus and other viruses in this cold and flu season.

- wash your hands often with soap and water or alcohol-based hand sanitizer
- sneeze and cough into your sleeve
- avoid touching your eyes, nose or mouth
- avoid contact with people who are sick
- clean and disinfect frequently touched objects and surfaces
- stay home if you are sick

We encourage preparedness. A general overview of preparedness strategies for individuals and families can be found at <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html>

Residents who have returned from recent international travel and become ill with respiratory symptoms such as a cough and fever should report their travel history to any health professional, or any emergency room before they visit. Please contact Telehealth Ontario at 1-866-797-0000 for questions specific to an individual health concern.

Visit Ontario's [website](#) to learn more about how the province continues to protect Ontarians from COVID-19.

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A healthier future for all.

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