



Boys & Girls Club  
of Sarnia-Lambton

March 15, 2020

Dear parents & guardians,

In response to the announced closing of the Lochiel Kiwanis Center due to COVID-19, The Boys and Girls Club of Sarnia-Lambton will be suspending all programs and services for a minimum of 21 days.

We regret the negative impact that this may have on our families but believe that all of these decisions around closures have been made to help ensure the health and safety of the residents of Sarnia-Lambton. We will continue to offer families any support that we can by email or phone.

Attached to this letter is an official pamphlet from the government of Canada with information about COVID-19 - it includes advice to help reduce risk of infection or spread the infection to others. Please visit the Public Health Agency of Canada's website for the most current updates.

If you or a member of your family is experiencing any symptoms related to COVID-19 (fever, cough, or difficulty breathing), please immediately contact your family doctor or contact our local public health authority by dialing **1-866-797-0000**

If you have any questions or concerns, please contact me at the information below or you can reach, Lisa Lanouette at [llanouette@bgcsarnia.com](mailto:llanouette@bgcsarnia.com).

We encourage you to continue to check our website and our social media channels for further updates.

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# ABOUT CORONAVIRUS DISEASE (COVID-19)

## WHAT IT IS

**COVID-19 is an illness caused by a coronavirus.**

Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

## HOW IT IS SPREAD

Coronaviruses are most commonly SPREAD from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

## IF YOU HAVE SYMPTOMS

If you have SYMPTOMS of COVID-19 — fever, cough, or difficulty breathing:

- ▶ stay home to avoid spreading it to others
  - if you live with others, stay in a separate room or keep a 2-metre distance
- ▶ call ahead before you visit a health care professional or call your local public health authority
  - tell them your symptoms and follow their instructions
- ▶ if you need immediate medical attention, call 911 and tell them your symptoms.

## SYMPTOMS

Symptoms may be very mild or more serious. They may take up to 14 days to appear after exposure to the virus.



FEVER



COUGH



DIFFICULTY BREATHING

## PREVENTION

The best way to prevent the spread of infections is to:



- ▶ wash your hands often with soap and water for at least 20 seconds



- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands



- ▶ avoid close contact with people who are sick



- ▶ when coughing or sneezing:
  - cover your mouth and nose with your arm or tissues to reduce the spread of germs



- immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards



- ▶ clean and disinfect frequently touched objects and surfaces, such as toys, electronic devices and doorknobs.



- ▶ stay home if you are sick to avoid spreading illness to others

## FOR MORE INFORMATION ON CORONAVIRUS:

☎ 1-833-784-4397

@ [canada.ca/coronavirus](https://canada.ca/coronavirus)

✉ [phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)



Public Health  
Agency of Canada

Agence de la santé  
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