

Public Health Information and Resources: COVID-19

The health and well-being of all students, staff, volunteers and community members is a priority for the Nipissing-Parry Sound Catholic District School Board (NPSC). NPSC works in collaboration with the North Bay Parry Sound District Health Unit on issues related to public health, including COVID-19.

The following usual precautions are recommended to reduce the risk of transmission of the flu and respiratory illnesses:

- Wash your hands frequently using soap and water or alcohol-based hand sanitizer
- Cough and sneeze into the bend of your arm, not into your hand
- If you use a tissue, throw it away immediately and wash your hands
- Avoid touching your nose, mouth or eyes with your hands
- Get plenty of rest, eat healthy and stay physically active to keep your immune system strong
- Stay home when you are sick and avoid contact with other people until you are better
- If you have not already done so, get the yearly influenza vaccination
- If you suspect that you are sick, avoid visiting people in long-term care, or individuals with health concerns

If your symptoms feel worse than a common cold (for example, fever, cough, difficulty breathing) and you have travelled to [an affected area](#) within 14 days of symptom onset, call Telehealth Ontario at 1-866-797-0000 or contact our local public health unit.

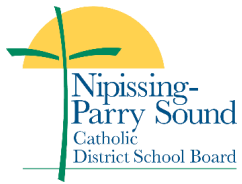
At this time, the Public Health Agency of Canada has assessed the public health risk as low for Canada. Please see the resources listed below for the most up to date information related to COVID-19.

- North Bay Parry Sound District Health Unit – <https://www.myhealthunit.ca/>
- Ontario Ministry of Health: <https://www.ontario.ca/page/2019-novel-coronavirus>
- Public Health Ontario: <https://www.publichealthontario.ca/>
- Public Health Agency of Canada:
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>
- Government of Canada Travel Advice and Advisory:
<https://travel.gc.ca/travelling/health-safety/travel-health-notice/210>
- The World Health Organization:
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

If you have additional questions, please contact the North Bay Parry Sound Health Unit.

Additional Resources:

- [Ministry of Health COVID-19 Fact Sheet \(pdf\)](#)
- [Did you wash your hands? \(pdf\)](#)
- [How to use Sanitizer poster \(pdf\)](#)



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- [Cover your cough \(pdf\)](#)
- [Hand Hygiene Fact Sheet \(pdf\)](#)