

Corporation of the Town of Carleton Place

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COVID-19 UPDATE #9

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The Town of Carleton Place continues to monitor new information regarding the COVID-19 pandemic.

We thank all residents who are following the directives from the Medical Officer of Health, and Federal and Provincial Governments to self-isolate when returning from out-of-country travel and monitoring themselves for symptoms for up to 14 days and for practicing social (physical) distancing.

What is Social (Physical) Distancing versus Social Self- Isolation

Social (Physical) Distancing

Social (physical) distancing is proven to be one of the **most effective ways** to reduce the spread of illness during an outbreak. It means making changes in your everyday routines to minimize contact with others including:

- Avoiding crowded places and non-essential gatherings;
- Avoiding common greetings, such as handshakes;
- Limiting contact with people at higher risk (e.g. older adults and those in poor health);
- Keeping a distance of at least 2 arms lengths (approximately 2 metres) from others as much as possible.

If possible:

- Use food delivery services or online shopping;
- Exercise at home or outside;
- Work from home

Social Self-Isolation

It is **critical** that people who are returning from travel outside of Canada, follow the strong recommendations of Dr. Williams, Ontario's Chief Medical Officer of Health and self-isolate for 14 days when you and your family return. This means staying at home



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and avoiding contact with other people to help prevent the spread of disease to members of your family who may not have travelled with you or to your community.

If you think you or a family member have coronavirus (COVID-19) symptoms or have been in close contact with someone who has it, in addition to self-isolation, please take the self- assessment test [here](#) to help determine how to seek further care. This site will also provide you with all the information you need to keep you and your family healthy and safe.

For further information on these two topics, please see the information graphics on the Town's website [here](#)

Supports for Dealing with Children's Fear Regarding COVID-19

Although this virus has been characterized and spoken about largely in terms of physical impacts, we need to acknowledge and respond to the sense of fear and concern that your children may be feeling, especially for our younger learners.

During this time, you are encouraged to continue to have open conversations with your children about COVID-19 and acknowledge that their reactions to this period — however emotional — are understandable and normal. There are many resources available to you and your children, notably [Kids Help Phone](#), which is Canada's only 24/7 national support service. They offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. Please visit their website: www.kidshelpphone.ca, call: 1-800-668-6868, or text CONNECT to 686868.

Extended Provincial Legislated Timeframes Approved

The Ontario Government has passed Regulation 73/20 to extend any timeframes or limitation periods outlined in provincial law to be suspended for the duration of the COVID-19 emergency and these suspensions are retroactive to March 16, 2020. For example, this new Regulation would extend timeframes:

- under the Planning Act which identify how long the Municipality has to process planning applications for Subdivisions, Development Permit approvals and Official Plan Amendments;
- under the Building Code Act for the Municipality to conduct inspections

