



## UPDATE ON THE NOVEL CORONAVIRUS (COVID-19)

Dear Parents and Guardians,

This pandemic has been a stressful event for everyone. While it's normal to feel some anxiety, it's also important to acknowledge that we're all in this together and know that there are resources available to help. During times like this, it's especially important to get your information from reliable sources, such as [halton.ca/covid19](https://halton.ca/covid19) and [Ontario.ca/coronavirus](https://Ontario.ca/coronavirus). This Mental Health Week, I wanted to bring your attention to a few new mental health and related resources we now have available on our website that we hope can help support you and your family through these difficult times:

### Mental Health

- [Mental Health](#): lists supports available across Halton that you and your loved ones may find helpful during this time.
- [Mental Health](#) (Video)(2:20): reminds us that as we try to cope with the daily impact of COVID-19, it is completely natural to feel stress and anxiety.

### COVID-19

- [COVID-19 Social and Community Supports](#): includes information and links to social, financial and community supports available to you and the community.
- [COVID-19 Update](#) – May 1, 2020 (3:17): this short video and the attached [infographic](#) review our progress in flattening the curve.
- [Enforcement](#) (3:25): provides tips on how to ensure you are following new rules that have been put in place to tackle the virus.
- [COVID-19 Update](#) - April 18, 2020 (3:08): explains public health's role in responding to COVID-19.

I also wanted to let you know that while our buildings at Halton Region are closed, we continue to provide critical services for families including support via email, telephone and social media. Parents can connect with a public health nurse by emailing [haltonparents@halton.ca](mailto:haltonparents@halton.ca), by following Halton Parents on Facebook or Twitter, or by calling 311. For more information on available services, visit [Access to Regional Services During COVID-19](#) on our website.

I hope you will find these resources useful. As you'll see in the [COVID-19 Update video](#) and [infographic](#), we are taking steps in the right direction, but there is still more work to do. We need to be patient, stay on course and avoid going back to the start if we loosen up too quickly. To stay strong, it is especially important to take care of our physical **and** mental health.

Please, stay the course, stay well and stay positive!

Sincerely,

Dr. Hamidah Meghani  
Medical Officer of Health, Halton Region  
May 8, 2020

### Regional Municipality of Halton

HEAD OFFICE: 1151 Bronte Rd, Oakville, ON L6M 3L1  
905-825-6000 | Toll free: 1-866-442-5866