

## Coronavirus Update - Hamilton Urban Core is Committed to Keeping you Updated & Informed

In effort to prevent community spread of novel coronavirus (COVID 19) and following the recommendations from the Ministries of Health and The City of Hamilton Public Health, Hamilton Urban Core Community Health Centre has implemented the following changes to our services:

1. If you have a cough, breathing problems and/or a fever, and have recently travelled outside of Canada, please stay home and call your primary care provider for guidance. If you see a doctor or nurse practitioner at Hamilton Urban CHC, call us at (905) 522-3233.

If you have no symptoms appointments for any service may be rebooked after the recommended self isolation period which is 14 days after your return to Canada.

2. All clients, staff and or volunteers are asked to self screen before coming to the Centre. All clients will be screened before any in-person appointment. You will be asked if you have a cough, breathing problems and/or a fever, and have recently travelled outside of Canada. You may be asked to rebook your appointment or not attend the appointment if you are unwell.
3. As of Monday March 16th, to Monday April 6th, **all non-essential appointments, services, groups and volunteer programs** at Hamilton Urban Core Community Health Centre have **been cancelled**.

This includes all street drop-ins, diabetes education, anger management, homework club, cooking classes, social groups/gatherings and other volunteer-lead activities and more. The complete listing of cancelled programs will also be available.

Hamilton Urban Core Health Centre is following key public health and clinical recommendations as we learn more about the COVID-19 situation in Ontario.

### **Good hygiene tips: your best defence against getting sick**

- Wash your hands often with soap and water or use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, and mouth
- Avoid close contact with people who are ill

- Stay home when you are ill
- Cover your cough or sneeze with a tissue, then immediately throw the tissue in the garbage and wash your hands.
- Clean and disinfect frequently touched objects and surfaces.
- "Practice Social Distancing" which means keeping a distance of 2 metres or 6 feet between you and other people

**For the latest updates about Coronavirus:**

- Hamilton Public Health: <https://www.hamilton.ca/node/95791>
- Public Health Ontario: <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus>
- World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- City Closures What you need to Know: <https://www.hamilton.ca/node/98886>

If you have any questions about cancellations, please contact Nadine, Office Administrator/ Corporate Support 905-522-3233 ext. 248. or by Email [administration@hucchc.com](mailto:administration@hucchc.com)