



March 11, 2020

Dear Parents and Guardians:

I am writing to provide timely information on coronavirus (COVID-19).

Please note that the first positive case of [COVID-19](#) in the Sudbury and Manitoulin districts was confirmed on March 10. The male in his 50s presented himself to the emergency department at Health Sciences North on March 7, 2020. Having a confirmed case in our area is not unexpected given the transmission of this virus around the world. Although this is concerning, as a community and as a health system, we have been preparing for COVID-19. Our focus is on breaking the chain of transmission to limit the spread of infection.

While the risk to our community remains low, we encourage you to stay informed by regularly visiting Public Health Sudbury & Districts' website at [www.phsd.ca](http://www.phsd.ca).

Symptoms of COVID-19 infection can range from minor to severe and include fever or cough or breathing difficulty. Complications from the 2019 novel coronavirus can include serious conditions, like pneumonia or kidney failure, and in some cases, death. At this time, there are no specific treatments for coronavirus infection and there is no vaccine available. Most people with novel coronavirus infection will recover on their own.

Simple, easy, and routine hygiene practices can reduce the spread of germs and help you and your family stay healthy. These practices include:

- Wash your hands often
- Cover your mouth and nose when you cough or sneeze
- Don't touch your face
- Keep up to date on vaccinations
- Stay home when you're not feeling well
- Clean and disinfect

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**Rainbow Centre**

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**Sudbury East / Sudbury-Est**

1 rue King Street  
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**Espanola**

800 rue Centre Street  
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**Île Manitoulin Island**

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[phsd.ca](http://phsd.ca)



Letter to parents and guardians regarding COVID-19

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If you are planning to travel, it is important to be aware of the Government of Canada's travel advice related to COVID-19 and other matters. Always follow the latest travel information posted here: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#ath>. Note that at the time of writing, the Public Health Agency of Canada is recommending (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#cruise>) that Canadians avoid all cruise ship travel due to the ongoing COVID-19 outbreak. The Public Health Agency of Canada is also advising all travellers monitor their health for fever, cough and difficulty breathing for 14 days after arriving back in Canada. Should symptoms develop within 14 days, returning travellers are directed to self-isolate as quickly as possible and immediately call their health care professional or public health.

The health and well-being of our community remains our highest priority. Please visit Public Health Sudbury & Districts' website at [www.phsd.ca](http://www.phsd.ca) to keep updated with credible and accurate information.

Sincerely,

A handwritten signature in black ink, appearing to be 'Penny Sutcliffe', written over a horizontal line.

Dr. Penny Sutcliffe  
Medical Officer of Health and Chief Executive Officer

Enclosures (2)