

COVID-19

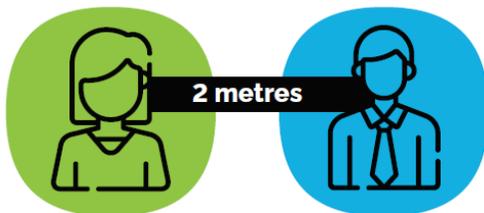
This is a time when everyone needs to support each other. Remind yourself that COVID-19 is a serious but temporary illness, and that life will return to normal in time. It is important we take care of each other during this time and do our part of social distancing to help decrease the spread of the virus. Grey County Housing asks that you cooperate with the notices posted in your building in our efforts to minimize the spread of the Covid-19.

If you know of neighbors who may have mobility or health issues that make it more difficult to obtain food and other groceries, you could consider reaching out to them and offering your support directly.

Practice social distancing

2019 Novel Coronavirus (COVID-19)

Practice social distancing



Do your best to keep at least two metres away from others.

Tax Clinics

Income tax clinics will be postponed at this time. Instead of an April 30 filing deadline for the 2020 tax filing season, Canadians will have until June 1 to submit their income tax returns.

Prevention

Additional preventative measures to protect yourself and others from contracting COVID-19 are:



Wash your hands



Avoid touching your face



Avoid contact with sick people



Cover your mouth



Stay home



Clean and disinfect surfaces regularly

After Hour Emergencies

For all after hours emergencies, please call 519-376-5744 and press #1 to reach the after hours contact.

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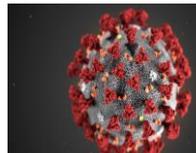


The United Way has created the below site where individuals can sign up to volunteer or report needs during the COVID-19 (Novel Coronavirus) pandemic. For more information on this program, please visit <http://www.thedo.ca/> or call the United Way Grey Bruce at: 519-376-1560

- Stay in your kitchen when using the stove. Turn your stove off if unattended.
- Stay alert and don't cook if you are sleepy, fatigued or drowsy.

Learn More about COVID-19

There are a number of resources to stay connected and learn more about the coronavirus outbreak. Please visit the following links below:



of
the

[Government of Canada Website](#)

[Public Health Website](#)

[County of Grey Website](#)

Ways to connect and stay busy

- Stick to your normal routine as much as possible
- Choose activities that are calming or give you purpose/joy, such as playing board games, reading, putting together puzzles or having a warm bath.
- Call, text, Facetime, Skype daily with others to ensure a sense of connection and a feeling of community

- Find ways to laugh weather reading cartoonists or watching a funny movies or comedy show
- Stay active by walking outside or in your living area, doing a workout video or yoga

Contacting Staff

In an effort to maintain services and slow the spread of COVID-19 our office is working remotely at this time. Please call the main housing phone line at 519-376-5744 and if your call is not answered please leave one detailed message including your name and phone number and a staff member will respond within one business day.

Phone: 519-376-5744

Fax: 519-376-0445

Email: housing@grey.ca

If you have an emergency after hours such as no heat or beeping smoke detector or a flood please contact 519-376-5744 x1.