

## **Landline Broadcast from Mayor Steve Clarke on April 30, 2020**

Hi. It's Steve Clarke, Mayor of the City of Orillia. I can be reached at [mayor@orillia.ca](mailto:mayor@orillia.ca) or at 705-325-1311, 8:30 to 4:30.

I want to first and foremost thank Orillia residents and businesses for making the health and safety of our community a top priority during the fight against COVID-19.

Together, we are doing what we must to support our frontline health care workers and other frontline workers and flatten the curve of the virus, but we cannot stop now.

If you are a senior in our community, it is imperative that you heed the advice of our public health officials.

Take care of your own health as a top priority.

Please reach out to your family and members of the community who are less vulnerable to help you get the supplies you need, such as groceries and prescriptions. If you don't know who to call, reach out to 2-1-1 for community assistance. It is a wonderful service.

Take advantage of home delivery options or "seniors only" service hours. If you must go out in public, maintain a minimum distance of at least 2 metres or 6.5 feet between you and anyone else.

Equally as important as taking care of your physical health is taking care of your mental health.

Stay in touch with loved ones through phone calls, email or video conferencing.

It's important to stay well informed (we get that), but make sure to turn off the news every once in a while to give yourself a break from COVID-19 updates.

And take care of your body – stretch and breathe deeply. Go for a walk indoors and if you do go outside for a walk, maintain a space of 2 metres between you and anyone else not in your household.

All of us must do everything we can to protect the health and well-being of our community, particularly the most vulnerable.

COVID-19 does not discriminate – we are all in this together and we will get through this together.

Stay safe. Stay healthy. And I will talk to you soon.