

Social Distancing  
Keep 2 meters apart



# The Hamlets COVID-19 Update

July 9, 2020



A Community where  
Health & Happiness are a Way of Life

## OUR MESSAGE TO YOU:

As we continue through each phase of the pandemic we grow and learn from each other. We work together as a team to ensure we all remain safe. We want to reassure you that we continue our planning for Covid and practice simulations to make sure we are prepared in the event we do encounter an outbreak within our homes. Our team has worked hard making sure we have adequate PPE supplies, and team members trained on usage. We have connected with our health authorities and community support network as a secondary plan to obtain further PPE if it may be needed.

*Our goal is to ensure everyone's safety, please remember we are prepared!*

***Together we will get through this***

## Social Distancing:

Each of us need to remain vigilant in maintain our social distancing. Recently in one BC community, multiple positive Covid cases were confirmed as a result from a family/friend gathering. It only takes one of us to let our guard down and become a little too relaxed, to cause multiple and sometimes fatal results. Please remember that what each of us does could affect so many people, many of which are the vulnerable population that we care for. Global news recently released this report which we believe illustrates the importance of us all remaining vigilant:

**[https://globalnews.ca/news/7144745/bc-coronavirus-update-july-6/?utm\\_source=NewsletterBc&utm\\_medium=Email&utm\\_campaign=2020](https://globalnews.ca/news/7144745/bc-coronavirus-update-july-6/?utm_source=NewsletterBc&utm_medium=Email&utm_campaign=2020)**

## Your Health and Wellbeing:

We all need to remember not only are we caring for those around us, we need to care for ourselves. Our Mental Health and Wellbeing are crucial for us to remain healthy. Support can be accessed through friends and family, and also through the resource links and articles that upon receipt we will continue to forward to you. We would encourage taking the time to read through the material as we are confident there is a tip or technique that will speak to where you are at right now. If you are looking for something more specific, please reach out to your site General Manager or HR Assistant.

Here are a few resources for you to utilize:

**“Managing the Impact” from Homewood Health/Manulife:**

**<https://homewood.my.salesforce.com/sfc/p/#F00000006Dhr/a/5o000000Brz/wlf9RbhUlvo59opWDrt4SIPARW1A2NuGH8u9ZB8DgE>**

**“Care for Caregivers” – Mental Health Support for Health Care Providers:**

**<https://www.careforcaregivers.ca/caretospeak/>**



**Wash Your  
Hands**