



## Think carefully!

**For most people, staying at your primary residence will be the safest solution with best access to health care resources!**

### You may experience challenges:

- Limited ways to access the health care system other than ER, which has limited capacity to handle an increase in visits
- Severe shortage of health care professionals and staff
- Limited or no ICU beds/ventilators for very sick patients
- Limited or no COVID-19 testing, and a longer wait for results
- Limited medication and grocery supply
- COVID-19 *is* circulating in many small towns!



### "Do's and Don'ts" for Cottaging During the COVID-19 Pandemic

#### Do:

- ✓ Heed advice from local mayors requesting you not visit/stay at your cottage
- ✓ Self-isolate for 14 days if you were out of the country BEFORE heading rural
- ✓ Consider that travelling rural requires prep-work that exposes you to others
- ✓ If you go, self-isolate for 14 days before shopping locally
- ✓ Support your small-town neighbours and show community pride!

#### Don't:

- ✗ Visit your cottage if you have cold or flu-like symptoms
- ✗ Leave your cottage if you develop symptoms, instead call Public Health
- ✗ Stock up on groceries and prescriptions at the local grocer/pharmacy
- ✗ Head rural if your chronic health conditions (e.g. heart conditions, diabetes) are not stable
- ✗ Travel back and forth between residences as this increases the risk of spreading the virus to your community and the pit-stops along the way