



Town of Deep River

100 Deep River Road, P.O. Box 400,
Deep River, ON K0J 1P0
613-584-2000 www.DeepRiver.ca



Deep River FOOD DELIVERY

**Self Isolation - Covid-19
Do not go shopping**

As per Federal and Provincial orders the Town of Deep River STRONGLY ENCOURAGES anyone that is in self isolation stay home to keep our community as safe as possible during this crisis.

In an effort to support this The Town of Deep River will be working with Jan's Valu-Mart and the Deep River Giant Tiger to provide food delivery to those in self isolation that do not have their own support systems in place through family and friends.

Please contact the following stores to arrange your order, payment and delivery:

- Jan's Valu-Mart:**
mon02673@loblaw.ca
If you do not have access to e-mail please phone the store for other arrangements 613-584-3893
- Giant Tiger:** Phone and ask to speak with the store supervisor at 613-584-3048

While delivery is taking place we ask that you remain inside your residence until delivery is complete and personnel have left.



Read Carefully

**Returned from
INTERNATIONAL TRAVEL
on or after March 13
or have COVID 19 symptoms*?**

***Covid 19 symptoms: new cough,
fever, difficulty breathing.**

Return Home and self isolate for 14 days.

Have symptoms?

**Call Tele-Health Ontario:
1-866-797-0000**

If you think you are experiencing symptoms:

Contact Telehealth Ontario at 1-866-797-0000 or your local public health unit if you're experiencing symptoms of the 2019 novel coronavirus.

**Please do not visit an assessment centre unless you have symptoms.
Do not call 911 unless it is an emergency.**

Local Public Health Unit
Renfrew County and District Health Unit
7 International Drive, Pembroke, ON K8A 6W5

**Tel: 613-732-3629
Toll: 1-800-267-1097
Fax: 613-735-3067
Web: www.rcdhu.com**

SOCIAL DISTANCING

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

What does Social Distancing mean?

- This means making changes in your everyday routines in order to minimize close contact with others, including:
- avoiding crowded places and non-essential gatherings
 - avoiding common greetings, such as handshakes
 - limiting contact with people at higher risk (e.g. older adults and those in poor health)
 - keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible

Here's how you can practice social distancing:

- greet with a wave instead of a handshake, a kiss or a hug
- stay home as much as possible, including for meals and entertainment
- shop or take public transportation during off-peak hours
- conduct virtual meetings
- host virtual playdates for your kids
- use technology to keep in touch with friends and family if possible,
- use food delivery services or online shopping
- exercise at home or outside
- work from home

Remember to:

- wash your hands often for at least 20 seconds and avoid touching your face
- cough or sneeze into the bend of your arm
- avoid touching surfaces people touch often

If you're concerned you may have COVID-19:

- separate yourself from others as soon as you have symptoms
- if you are outside the home when a symptom develops, go home immediately and avoid taking public transit
- stay home and follow the advice of your Public Health Authority, who may recommend self-isolation
- call ahead to a health care provider if you are ill and seeking medical attention

**FOR MORE INFORMATION:
1-833-784-4397 canada.ca/coronavirus**

COUNCIL AND COMMITTEE MEETINGS <https://deeperiver.civicweb.net/Portal/MeetingTypeList.aspx>
Essential Service at Town Hall
For any essential service at Town Hall please call 613-584-2000 to make an appointment.

Deep River Town Hall and Facilities Closed
The Town of Deep River has suspended all spring recreational activities including swimming lessons and aquatic programming/courses.

Online registration has been taken off line until further notice. When safe to do so and programming can continue updates will be made on the town's website, Facebook and in the NRT.

Millers Road Landfill LIMITED ACCESS
Millers Road Landfill will be closed to Public access until further notice due to COVID-19
Contractors: Please contact 613-584-2000 ext 107 to secure a permit and schedule access into the Millers Road Landfill.
Community members that require urgent access to the Millers Roads Landfill are asked to contact Public Works at 613-584-2000 extension 107.

Deep River Public Library
We miss your in-person visits, but library staff are available to update accounts, register new ones, and answer your questions via phone or email, Monday-Friday from 11:00am – 1:00pm.

- A few friendly reminders:
- We've waived all fines. Keep enjoying your books and DVDs (even interlibrary loans) without worry!
 - Please keep your books and DVDs until we open again. The dropbox is available if you need it.
 - Our digital library is always open. Access thousands of great eBooks and eAudiobooks for free with your library card. Check out our Resources page at deeperiverlibrary.ca for links and instructions.
 - Free time at home? The Resources page has links to Mango Connect (learn a new language), PebbleGo (kids' learning), Chilton Auto Repair, and more!
 - We'll keep stocking a cart of used books out front for those that prefer paper. Please do not return these items to the library.
 - As always, our free WIFI is accessible outside the building.

Questions?
Contact us: 613-584-4244, info@deeperiverlibrary.ca, or find us on Facebook and Instagram.
We will keep updating via social media and our website at deeperiverlibrary.ca.

April 2020						
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5	6	7	8	9	10	11

Recycling
fibre
container