

NEWS RELEASE

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Enjoy Family Activities, But Don't Forget Public Health Measures!

NIPISSING & PARRY SOUND, ON – Finding family activities in line with public health measures can be challenging. The North Bay Parry Sound District Health Unit (Health Unit) has put together a list of activities for individuals and families to do during the Stay-at-Home Order that will help ensure a fun and safe time for everyone involved, and boost individuals' well-being. Remembering to follow the Stay-At-Home order guidelines is especially important, as the Health Unit has seen an increase in COVID-19 cases with no known exposure, meaning they don't know where they caught the virus.

"It is important to stay active, even if the public health recommendations ask that everyone stays home," says Dr. Jim Chirico, Medical Officer of Health. "We have to remember to follow public health measures, use good judgement in all activities we do and limit our travels outside the household. However, it is possible to take advantage of the nice weather with the people we live with."

The Health Unit recognizes the importance of staying connected with family and friends, whether it is by doing activities with members of your household, or by connecting virtually with others not living with you. In addition, the Health Unit strongly recommends physical activity and time spent outdoors, which both have beneficial effects on physical and mental health. Here are some recommended activities for all ages:

Activities to Get you Moving with People in Your Household:

- Explore a new nature trail (look for signs of the changing seasons, spot wildlife, take pictures)
- Create an indoor or outdoor obstacle course or scavenger hunt
- Go for a walk, run, bike ride or rollerblade
- Do an at-home family workout (e.g., follow an online video, have a family dance party or create your own workout)
- Start a gardening project – consider patio planter gardens if you have limited space

Activities to Help you Stay Connected with People Outside Your Household:

- Make a recipe together with someone on video chat
- Organize a virtual walk and talk
- Play a game together online
- Start a virtual club (e.g., book, article, podcast, fitness challenge or documentary club)
- Learn something new together (e.g., hobbies, DIY projects, crafts, virtual tours)

The provincewide Stay-at-Home Order is currently in place until May 19, 2021. Individuals must stay home and limit travel outside the household to essential trips only, such as going to work if unable to work from home, getting groceries, exercising, getting vaccinated or attending medical appointments. Everyone must

follow guidelines issued by the province and continue to follow public health measures. The Health Unit recognizes that many individuals miss their loved ones, but reminds the public that gatherings are to be avoided, including outdoors.

Visit [Ontario's website](#) to learn more about how the province continues to protect Ontarians from COVID-19.

For additional resources, visit our [Stay Active, Stay Connected webpage](#).

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Media Inquiries:

Catherine Levac-Lafond, Bilingual Media Relations Coordinator

P: [705-474-1400](tel:705-474-1400), ext. 5221 or [1-800-563-2808](tel:1-800-563-2808)

E: communications@healthunit.ca