



DIRECTOR'S MESSAGE:

Hello, we are now well into our second year of the global pandemic. While it's hard to know how long this pandemic will continue, I am so proud of how our team has worked together to ensure our patients remain safe and protected. The arrival of the vaccine has added an additional layer of protection and watching the rollout of the vaccine within the community was inspiring.

While we still don't know what our new "normal" will look like, know that SDNPC will continue to provide care using our mix of phone, virtual and in person visits. As I said last year, we know that there are still a lot of unknowns in this pandemic journey but know that your health and safety is our priority. Yours in health, Jennifer.



What is Ontario's Vaccination Rate?

Ontario continues to be committed to COVID vaccination.

Curious?

<https://covid19tracker.ca/provincevac.html?p=ON>

Common COVID-19 Symptoms

- Fever
- Cough
- Tiredness
- Loss of taste or smell

Who Should Get Vaccinated?

People who are/have:

- 5 years of age and older
- Pregnant or breastfeeding
- Immunocompromised
- Booster Doses!!

How Can I Protect myself from COVID-19?

You can protect yourself and your family by staying informed, staying at home, minimizing interactions, avoid closed and crowded spaces, wear a mask, practice proper hygiene, clean and disinfect high touch surfaces and objects, and avoid non-essential travel.

Where can I book my COVID-19 vaccine?

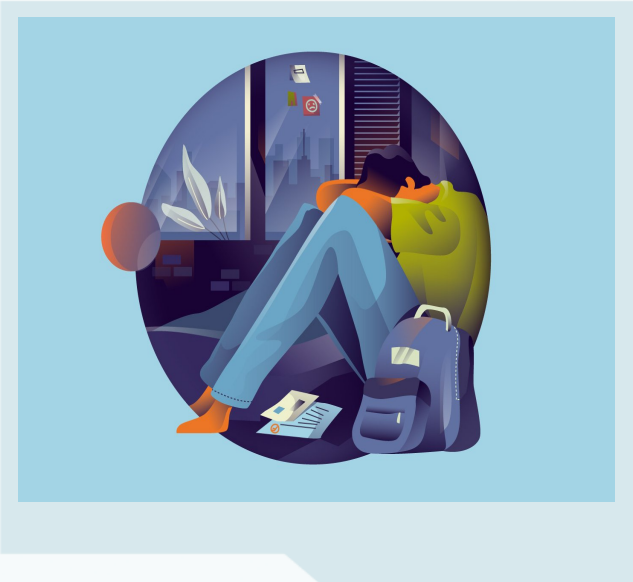
<https://covid-19.ontario.ca/book-vaccine/>

What is Stress?

A normal response to pressures as a part of everyday life. Reoccurring stress can sometimes lead to mental health and medical issues

What Can I do to Manage My Stress?

- Exercise
- Stay Connected
- Give yourself a pep talk
- Meditate
- Work on time management
- Ask for support
- Establish healthy boundaries
- Create a to-do list



Feeling Lonely?

In light of the pandemic, it is important that we take care of ourselves. Here are some coping strategies to help deal with the feeling of loneliness:

- Get creative! Try journaling, crafting, dance, or art
- Seek out books, movies, and tv shows that move you
- Put away phones during conversations with others. Try and be fully present
- Practice self-compassion

Resources for Mental Health

- CMHA Sudbury Manitoulin: sm.cmha.ca
- HSN Mental Health & Addictions: Self-refer by calling (705) 523-4988 ext. 4221
- NISA: www.nisa.on.ca or 705-671-2235

