



June 19, 2024

UPDATE TO ALL FAMILY AND FRIENDS

Hello,

Outbreak Status

We are currently outbreak free!

Heat Advisory

With the Heat Advisory in effect today, we are recommending that our residents stay indoors as much as possible. If going outdoors, residents and families should please consider the following;

- Wear a hat
- Apply sunblock/sunscreen
- Wear light coloured clothes
- Drink plenty of water/Bring water with you
- Find shade
- Limit your time outdoors

Ottawa Public Health provides further information regarding how to “beat the heat” on the Extreme Heat and Humidity page of their website: <https://www.ottawapublichealth.ca/en/public-health-topics/extreme-heat-and-humidity.aspx>

Be well and stay safe,

Monique Patterson

Interim President and CEO