



July 31, 2024

## **UPDATE TO ALL FAMILY AND FRIENDS**

Hello,

### **Outbreak Status**

We are currently outbreak free!

### **Beat the Heat**

With the hot humid summer weather, 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