

Dear Wellington County Residents,

For the County of Wellington and all of our Member Municipalities, **our people are our priority**. During this CoVID-19 situation, we are doing everything we can as your local leaders to look after our people – both our residents and our municipal and county staff.

While there are currently no confirmed cases of COVID-19 in Wellington County, we will continue to work closely with Wellington-Dufferin-Guelph Public Health and other health professionals to respond to this situation as it continues to evolve. As more information becomes available, the County of Wellington will make additional changes to slow the spread of COVID-19.

During this challenging time, we all have a role to play. Looking after yourself, your family, friends and neighbours is important.

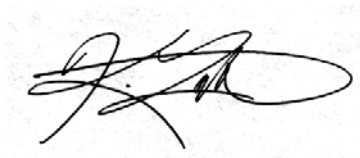
Here are some tips for all of us:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, take a walk and get plenty of sleep.
- Make time to unwind. Read a good book or visit www.wellington.ca/library for online resources to help pass the time indoors. There are films, ebooks, crafting ideas, things for the children, etc. available to you, 24 hours a day, 7 days a week.
- Connect with others. Talk, email or text with people you trust about your concerns and how you are feeling. If you are struggling emotionally, please call 1.844.HERE.247. Help is available to you. You are not alone.

To all the dedicated medical professionals, including and all of the staff at Wellington Terrace Long Term Care Home who are working around the clock to help keep us and our most vulnerable residents safe, we thank you.

For the most up to date information, please visit: www.wellington.ca or check our social media platforms. For additional information on COVID-19, and how to protect yourself, please visit www.wdgpulichealth.ca.

On behalf of the Mayors of Wellington County, let's work together to support each and every person in our communities.



Kelly Linton
Mayor, Centre Wellington
Warden, Wellington County

Allan Ails
Mayor, Erin

George Bridge
Mayor, Minto

Gregg Davidson
Mayor, Mapleton

Andy Lennox
Mayor, Wellington North

James Seeley
Mayor, Puslinch

Chris White
Mayor, Puslinch

