



New Hamburg Skating Club/New Hamburg Power COVID -19 Education Resources

Please visit the following sites for Ontario Public health and hygiene information.

Ontario Public Health Public Resources: <https://www.publichealthontario.ca/en/diseases-andconditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

Hand Hygiene-<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en>

Physical Distancing-<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en>

How to Self Monitor-<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en>

How to Wear a Mask-<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-wear-mask.pdf?la=en>

How to Self Isolate-<https://www.publichealthontario.ca/-/media/documents/covid-19/pub/2020/04/factsheet-covid-19-how-to-self-isolate.pdf?la=en>

You were tested for COVID-19: What you should know-<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/2020/06/factsheet-covid-test-what-you-should-know.pdf?la=en>