



**FOR IMMEDIATE RELEASE**  
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**SPOKESPERSON:** Jim Ginn, Warden  
519.524.8394 x3224  
[warden@huroncounty.ca](mailto:warden@huroncounty.ca)

## Fighting Pandemic Fatigue in Huron County

**Huron County, Ontario** – As the second wave of COVID-19 has reached Ontario and Huron County has been elevated to the Yellow: Protect level in the [COVID-19 Response Framework for Keeping Ontario Safe and Open](#), pandemic fatigue is a real concern. With regional case numbers on the rise, it is now more important than ever for Huron County residents to continue to adhere to local public health directions.

“Rural communities may be experiencing more pandemic fatigue than urban centres because we haven’t seen the same numbers in cases locally,” said Warden Jim Ginn. “But this doesn’t mean we can let our guard down.”

Community members are reminded that the public health safety measures in place are not just about protecting oneself, they are about protecting those in local communities who may be more vulnerable. COVID-19 safety measures are about the common good.

“Everyone needs to take action now. The second wave is here and this is no longer just a big city issue. Let’s keep Huron safe”, adds Warden Jim Ginn.

Community members are cautioned that while local case numbers do not look the same as urban areas, the risk of spread remains the same. Residents are urged to shrink their social bubbles and reduce physical contact with those outside their household.

### **Tips on how to avoid pandemic fatigue this fall and winter:**

- To avoid pandemic fatigue this winter, make a plan. Prepare for activities, for yourself and family, that are safe and enjoyable so that you will not to not be tempted to engage in higher risk activities;
- Follow [Ontario’s West Coast](#) on [Facebook](#) to find out how you can safely support local businesses and participate in safe and entertaining local activities this winter;
- Follow the [Huron County Museum](#) and [Huron County Library](#) for a wide variety of virtual activities and resources for the whole family;

- Stay connected. Physical distancing does not require social isolation. Continue to reach out to family and friends virtually;
- Be mindful of your surroundings and take the appropriate health protections to keep yourself and those around you safe. Stay vigilant about COVID-19 safety; and
- Continue to practice patience and kindness.

Huron County residents are reminded to continue to take actions to prevent the spread of COVID-19 and to be an advocate for Public Health adherence in your own homes and communities:

- Physically distance (2m) from those outside your household;
- Avoid non-essential travel;
- Wash hands frequently or using 70% alcohol hand sanitizer;
- Wear a face covering; and
- Stay home if you are unwell.

The County of Huron and its local municipalities extend its deepest thanks to the health care workers that have worked tirelessly in responding to this pandemic for the past eight months and everything they continue to do to care for the Huron community.

The *Yellow: Protect Framework for Keeping Ontario Safe* health measures can be found online at: <https://www.ontario.ca/page/covid-19-response-framework-keeping-ontario-safe-and-open#yellow>

Watch Warden Ginn, Mayors' Grace and McNeil talk about Pandemic Fatigue on local one news: <https://www.facebook.com/thestaysh/videos/1352593141599450>

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*Huron County continues to urge all residents to practice physical distancing and proper hygiene protocols outlined by the [Provincial Medical Officer of Health](#). Stay informed on the Coronavirus (COVID-19) situation in Huron County by visiting the [Huron-Perth Public Health website](#).*