

**Health
Services**

Office of the
Medical Officer
of Health

PO Box 667
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peelregion.ca

December 17, 2020

Dear Peel Families,

On behalf of the Region of Peel-Public Health, I would like to extend my best wishes to you and your family for a very happy and safe holiday season!

Schools are an important part of our lives and community and we thank all Peel families for adapting to a school year that has looked quite different. I know the fall term was challenging and I want to thank all of you for adhering to precautions and helping to slow the spread of COVID-19.

As we head into the holiday season, it will be difficult not to see our family and friends and participate in the activities we are used to. However, Peel's COVID-19 rates of transmission and hospital capacity challenges remain very concerning, so it is important that we protect ourselves, our families and our community by finding different ways to celebrate the holidays. Let's make new traditions and stay safe through this unusual holiday season, with hope for a better celebration in 2021.

Staying Healthy and Safe this Season

The safest way to celebrate this year is by spending the holiday only with people that regularly live with you at your address. For everyone else, celebrate virtually—even if they are family or friends.

Remember to go out only for essentials, stay local and avoid travelling to other regions to reduce the risk of spread. If you are experiencing any COVID-19 symptoms, self-isolate and [complete an online assessment](#) to determine if you need to get tested. [Information about testing locations in Peel can be found online at www.peelregion.ca/coronavirus/](#).

Should you meet the criteria and get tested, ensure that you continue to self-isolate afterwards.

Avoid travelling elsewhere—in Canada or beyond. Travel should only be undertaken for the most essential reasons. Also, if you or anyone in your household travels outside of Canada, it is mandatory that they quarantine upon return to Canada for 14 days under federal law, even if they do not have symptoms.

More information on requirements for travelers is available from the [Government of Canada](#).

Measures Specific to Peel Region

Peel is currently in the Grey-Lockdown stage of Ontario's COVID-19 Response Framework. Peel residents must adhere to public health safety measures and rules specific to our region.

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We encourage you to visit Peel Public Health's website (www.peelregion.ca/coronavirus/) to learn more about current measures in Peel [and returning to school in the new year](#). This website is available in multiple languages. Look for the 'Translate this page' option at the right side of each of the Region's web pages.

While we continue to recommend limiting in-person contact outside of your home, if you must meet anyone beyond your home for an essential reason, please limit numbers and duration of meeting and remember the Core Four actions:

1. **Stay apart:** maintain 2 metres distance from anyone who doesn't live with you or isn't an essential caregiver.
2. **Lather up:** wash your hands often for at least 20 seconds with soap and water or use hand sanitizer.
3. **Mask up:** Wear a non-medical mask where maintaining physical distancing is difficult and where masks are mandatory, such as public transit.
4. **Get tested:** do not meet if you or anyone in your household is sick or has been exposed to someone with COVID-19. Instead, get tested and self-isolate.

Thank you for your continued support. I wish you all a safe and happy holiday season and best for 2021.

Sincerely,



Lawrence C. Loh, MD, MPH, FCFP, FRCPC, FACPM
Medical Officer of Health