

August 26, 2020

St. Lawrence College  
2 St. Lawrence Drive  
Cornwall, ON  
K6H 4Z1

Dear College Students:

Welcome back! As you well know, COVID-19 makes this school year very different. Though the pandemic is new, and we continue to learn more about it, we know the choices we make - the choices you make - impact transmission rates in our community.

For those of you who are returning to Cornwall for the school year, we expect you to join our community with the same spirit the we are very proud of: putting in the work to reduce the impact of this virus.

As a community member, your cooperation and adherence to public health guidelines influences whether we can keep our businesses and services open and prevent our health care system from becoming overwhelmed.

The Eastern Ontario Health Unit has enacted several orders and directives for our region. This means that while you live here, [face coverings must be worn at all times](#) inside commercial establishments, including bars and restaurants and that hand hygiene protocols and products are to be followed and used. You must also follow Public Health instruction to isolate if you have tested positive for COVID-19 or self-quarantine if you have come in contact with an infected COVID-19 individual.

The Eastern Ontario Health Unit takes community safety very seriously. Large parties are not allowed. Indoor public or social gatherings over a maximum of 50 people, and outdoor over a maximum of 100 people, will be enforced under the Emergency Management and Civil Protection Act by the City of Cornwall By-law or Police Services. We encourage you to stick to your social circle of less than 10 people as per the provincial guidelines. It is the safest choice.

Making the effort to practice physical distancing (staying 2 metres away from others), wearing a mask where you cannot physically distance, cleaning your hands frequently to maintain hand hygiene, [getting tested if you think you have symptoms of COVID-19](#), and staying home if you are sick, will prevent community transmission.

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Si les renseignements sont requis dans un autre format, veuillez appeler au 1 800 267-7120 et faire le 0.

Currently, people aged 20 to 29 years of age are the most at-risk group for becoming infected with COVID-19, directly impacting the pandemic in Canada. This is because young people who become infected at bars or parties, and who often have mild versions of the COVID-19 illness, unknowingly transmit the virus, before they know they are sick, and transmit the virus to people in the community, including older family members and people at high risk of serious illness because of other health conditions.

The choices you make and the efforts you take to follow public health advice will keep all of us safe. The community will be grateful to you for doing so.

For some of you, this may be the first time you're away from home. I urge you to set a good example for yourself and your friends by showing how you choose to act in your own life. We all want to continue to reopen Ontario businesses and public spaces safely and gradually. We don't want to have to pause or tighten public health measures. The Eastern Ontario Health Unit is working hard to support adjustments to ensure your school experience, though different this year, is fulfilling and rewarding. We want you to have a successful year and, with your help, we will steer this new normal to keep our infection rates low to collectively continue to protect our community.

Sincerely,



Dr. Paul Roumeliotis, MD, CM, MPH, FRCP(C)  
Medical Officer of Health and CEO

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