

August 26, 2020

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

Dear college students:

Welcome back! We are pleased to have you with us this school year.

COVID-19 makes this school year very different. We encourage all students to be COVID-19 SMART to reduce the risk of developing COVID-19 infection or spreading it to others.

S – [Self-isolate](#) if you have [symptoms of COVID-19](#). [Consider getting tested](#).

M – Wear a [mask/cloth face covering](#) when in enclosed public spaces and when physical distancing is a challenge outdoors.

A – Avoid touching your face.

R – Remain 2 metres/6 feet apart from people you do not live with and people not in your [social circle](#).

T – Take time for regular [hand washing](#) and [hand sanitizing](#) and respiratory etiquette.

If you become ill, then please complete the [provincial self-assessment tool](#). If you are directed to an Assessment Centre then you can visit the Brockville one at the Memorial Centre at 100 Magedoma Avenue, Monday to Friday 10:00am–5:30pm and Saturday and Sunday 10:00am–2:30pm. You must also follow Public Health instruction to isolate if you have tested positive for COVID-19 or self-quarantine or if you have come in contact with an infected COVID-19 individual.

As a community member, your cooperation and adherence to public health guidelines also ensures our businesses and services can stay open and prevent our health care system from becoming overwhelmed.

I encourage you to view the Leeds, Grenville and Lanark Health Unit Website www.healthunit.org to learn more about COVID-19 and our communities. Masks are required in [enclosed public spaces](#), including bars and restaurants. Hand hygiene protocols and products are to be followed and used in these settings.

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 Brockville By-law or police services. We encourage you to keep to your social circle of less than 10 people as per the provincial guidelines. It is the safest choice.

Currently, people aged 20 to 29 years of age are the most at-risk group for becoming infected with COVID-19. 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 is grateful to you for doing so.

Sincerely,

A handwritten signature in cursive script that reads "Paula Stewart".

Paula Stewart MD, FRCP(C)
Medical Officer of Health/CEO