

**"Autumn...the year's last, loveliest smile"**

-John Howard Bryant



### **Staying Healthy this Winter:**

It is that time of year when colds and flus increase. Continue to practice good habits to help you stay healthy this winter.

- Avoid close contact and give yourself some space from others
- Wash your hands with soap and water
- Avoid touching your eyes, nose or mouth
- Cover your mouth and nose with a tissue if you are coughing or sneezing
- Practice other good health habits such as getting plenty of sleep, stay active, drink plenty of fluids and eat nutritious food
- Stay home when you are sick

Questions? Contact the WDG Public Health 1-800-265-7293  
Wdgpulichealth.ca

### **Fire Prevention Month**



October is Fire Prevention Month. Here are a few tips to stay safe:

- Call your Community Services Worker if your smoke detector is chirping or going off for no reason.
- Don't leave food cooking unattended – unattended cooking is a leading cause of home fires in Ontario
- Keep anything that burns a safe distance from the stove, including oven mitts, cooking utensils, dishcloths etc.
- Avoid overloading a circuit and use extension cords only as a temporary connection.
- Do not link extension cords together; use an extension cord that is long enough.
- Do not prop open your unit doors for any reason – the doors are fire rated and for them to work effectively they need to be fully closed
- During the holidays be sure to use indoor or outdoor lights that are CSA-approved

### **Snow and Parking Lots:**



The County staff do their best to keep the walkways and parking lots cleared of snow and ice. Tenants are responsible for clearing the snow from their assigned parking spot. To protect our tenants and ensure the ability to clear snow from the parking lot, we will be towing vehicles at all our locations that are not registered to the address. Please remember that blowing snow can accumulate quickly and ice may be present at any time. All tenants are encouraged to be careful, wear appropriate footwear, and not to carry too much at once. Remember to clear vehicles of all snow, including the roof. While driving, please go slow and check around you for other tenants and visiting children who might be playing in snowbanks. Please remind children not to play in parking lots.

**Smoking:**

The County of Dufferin is committed to promoting a healthy community with safe living and working environments.

Tenants that have moved in prior to April 2017 are permitted to smoke in their units and on their balconies.



Tenants that have moved in after April 2017 are not permitted to smoke in their units or on their balconies. These units are designated as smoke free. Smoking is also prohibited for all tenants in common areas of the building.

Smoking outdoors is permitted at a distance of five (5) metres (16.4 feet) or more away from all windows, entrances and exits (including the canopy) to the building.



211 is a free and confidential service that easily connects people to the critical social and community supports they need.



**Resources you can find by calling 211:**

- Community Program
- Emergency/Crisis Information
- Employment/Training Programs
- Family Services
- Financial Assistance
- Food Assistance
- Government/Legal Help
- Health Care
- Mental Health/Addictions
- Housing Support

**Regular Maintenance & After-Hours Maintenance Requests:**

If you have a regular maintenance request, please call (519) 941-6991 ext. 2199. You will leave a message stating your request and if staff have permission to enter your unit if you are not home. If an emergency maintenance situation arises, such as a flood, fire, or no heat, when the office is closed, please call the after-hours line: **519-941-8221**. Be sure to give your phone number, name, and address.

**Community Services Workers**

-  Harald Amoah: 519-941-6991 x 2116 [hamoah@dufferincounty.ca](mailto:hamoah@dufferincounty.ca)
-  Michelle Whyte: 519-941-6991 x2105 [mwhyte@dufferincounty.ca](mailto:mwhyte@dufferincounty.ca)

If you require information in an alternate format, please contact us at 519-941-6991 ext. 2021. We will work with you to understand your specific accessibility needs and to provide you with the information within a reasonable time frame.