

# Media Release

FOR IMMEDIATE RELEASE

April 7, 2021



Thunder Bay District  
Health Unit

## Stay-at-Home Order Issued for Province

Starting Thursday April 8, 2021, the Government of Ontario has announced a [Province Wide Stay Home Order](#) to control the spread of COVID-19, that applies to the entire Thunder Bay District Health Unit (TBDHU) catchment area. Individuals are being asked to stay home, unless it is for essential reasons.

In addition, the province is also strengthening public health and workplace safety measures for non-essential retail under the [Provincewide Emergency Brake](#) announced April 1, 2021.

TBDHU encourages all residents to follow all [public health measures](#) to protect the health of individuals and our health system. These include:

- Stay in your home
- Only leave your home for essential reasons (work, groceries, medical appointments). It is also okay to go outside for exercise such as going for a walk; maintaining physical distancing from anyone not a part of your immediate household
- Limit your contact to **only** the people in your household; do not visit in-person with others and do not have visitors over to your home
- Work from home if possible

As usual, if you get any COVID-19 [symptoms](#), even mild ones, isolate immediately and arrange to get tested at your local [assessment centre](#).

Visit the [TBDHU Website](#) for more information or contact TBDHU at (807) 625-5900 or toll-free: 1-888-294-6630.

-30-

For more information - Health Unit Media: [news@tbdhu.com](mailto:news@tbdhu.com).