



Northwestern
Health Unit

www.nwhu.on.ca

210 First Street North
Kenora, ON P9N 2K4

May 19, 2020

Re: Domestic Travel Recommendations

At this time, Northwestern Health Unit (NWHU) strongly recommends that residents do not travel outside of the community that they live in, unless for essential purposes.

Individuals who travel outside of their community should self-monitor for 14 days, and self-isolate if symptoms develop. Anyone with symptoms can and should get tested for COVID-19. For more information about testing, the public can call NWHU's COVID-19 hotline at 1-866-468-2240.

People who decide to travel outside of their community are reminded to practice personal protective measures, including physical distancing and hand hygiene throughout their time away from home.

Sincerely,

A handwritten signature in black ink, appearing to read 'Ian Gemmill'.

Dr. Ian Gemmill
Acting Medical Officer of Health
Northwestern Health Unit
(807) 468-3147