



## MENTAL HEALTH

This is already our second edition. We hope you had the time and the pleasure to read our first newsletter in April. We would like to congratulate Andrew, the winner of the Easter draw. We also wish a happy Mother's Day to all the moms and grandmothers on our team.

May is the start of good weather. To start the season the right way, you should do some spring cleaning in your house, your car and elsewhere. A good cleaning will help you feel better.

Also, as you all know, we are still living in the global health crisis. Therefore, stay safe and healthy.

Good reading!



## HAPPY BIRTHDAY

We would like to wish a wonderful day to our May birthdays.

Happy birthday and good health to Marie-France, Colleen, Ivo, Greg, Alfonso, Rasheed, Domenico, Nancy, Annie, Jordan and Deborah.

## SPRING CLEANING

With the arrival of summer, also comes spring cleaning. But where to start? What to do and what to leave out?



### **Here are some suggestions**

- Dust the light fixture
- Clean the bottom of the walls and remove the traces made by snowy boots
- Clean the windows
- Clean the mirror and the light switches
- Remove dirt from the entrance mat or replace it if it is too old.

In this preventive isolation period, you need to take care of yourself. Staying in touch with your friends and family by phone or virtually. Talking or asking for help from someone that you trust is not a sign of weakness; it is a great way to combat isolation. Physical activity will also help you release tension. To help reduce the stress, you should take the time to do something pleasant. You will be able to get through these difficult times better, by using your personal strengths. Keep in mind that by staying home, you will help save lives. Your actions are important.

### **Resources**

If you are feeling stressed, anxious or depressed by the current epidemic in Québec, call Info-Social at **811 (option 2)**.

## WEARING A FACE COVERING IN PUBLIC SETTING

### **When?**

When physical distancing in public settings is not possible, such as when you are shopping or taking public transportation.

**If you are sick, stay home.** If you need to go to a medical clinic or hospital, you should wear your face covering until you are given a procedure mask.

### **Why?**

Not everyone that has COVID-19, has symptoms. Some people do not even realize that they are infected. Wearing a face covering may reduce the risk of an infected person unknowingly transmitting COVID-19 to others. Wearing a face covering in public settings must be accompanied by other protective measures, which include proper hygienic practices and physical distancing. Your face covering must be properly used only by you, and regularly washed.

### **How to use your face covering**

- Wash your hands before and after use
- Put on the mask by placing the rigid edge up
- Mold the rigid edge of the mask on the nose
- Lower the bottom of the mask under the chin
- When your mask is on your face, avoid touching it, shaking it, touching your eyes and other parts of your face.



