



**GRAND LODGE OF
A.F. AND A.M. OF CANADA
IN THE PROVINCE OF ONTARIO**

GRAND MASTER

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Brethren,

The outbreak of the new coronavirus continues to evolve. Our Public Health Experts publish an update daily at 10:30 am. Here is the link: <https://www.ontario.ca/page/2019-novel-coronavirus>

Here is their advice:

How to protect yourself

Coronaviruses are spread mainly from person to person through close contact, for example, in a household, workplace or health care centre.

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses. Take these everyday steps to reduce exposure to the virus and protect your health:

- wash your hands often with soap and water or alcohol-based hand sanitizer
- sneeze and cough into your sleeve
- avoid touching your eyes, nose or mouth
- avoid contact with people who are sick
- stay home if you are sick

Your risk of severe disease may be higher if you have a weakened immune system. This may be the case for:

- older people
- people with chronic disease (for example, diabetes, cancer, heart, renal or chronic lung disease)

Brothers who are older and those with chronic diseases may wish to take the added precaution of staying home from lodge.

I remind you that shaking hands at a lodge meeting is not mandated and can be avoided.

Check with the authorities for updated reports regularly and be safe.

David J. Cameron
Grand Master