



Keep Our Distance

Lake Cowichan – April 6th, 2020

As more Canadians succumb to the global Covid-19 pandemic, it becomes imperative that we take this contagious disease very seriously. We may be tempted to let our guard down thinking this disease only affects those with pre-existing health conditions or those with weaker immune systems. Do not be fooled. The very young have also lost their lives in recent days.

As another week begins, continue to keep our distance from our fellow workers and friends if we value our lives. Stay 2 meters or 6 feet from one other except from family members unless they have flu-like symptoms. We must do our part to stop the spread of Covid-19.

We are fortunate to have grocery stores and pharmacies and other essential services still open for business. Please follow the guidelines established by those businesses so we may all be safe. We want those serving us to remain healthy and so should everyone else that they serve.

Stay home if you are ill even if you consider the symptoms mild. We cannot afford to take chances.

If you are not working outside the home only venture out if you absolutely must.

Take good care of yourself and everyone around you by maintaining a 2-meter distance from others. I would like to commend our residents who are following the recommended procedures stipulated by our Provincial Health Officer and others. We are proud of you.

Wash you hands with soap and water frequently.

All of us need to get through this pandemic safe and healthy.

Rod Peters
Mayor