Twitter Thread by Ottawa Public Health



Ottawa Public Health
@OttawaHealth



THIS IS A CATCHY & ATTENTION-GRABBING TITLE

Today, the Province will likely announce what zone of the reopening framework we'll shift into as of Tuesday. Whatever is announced, though, doesn't change what we need to do. Why?

Kindly read these 14 tweets & we'll tell you. (1/14)

Fun fact: COVID-19 does not follow us on Twitter. COVID doesn't know, or particularly care, if we're in the Red or Orange zone.

The behaviours of the virus do not depend on the current ‘zone’ of public health restrictions. And, to be perfectly candid, neither should ours. (2/14)

Once upon a time we used to say #WeAreInThisTogether in our messaging. Here's the thing: we are, but we aren't. Not everyone is experiencing this pandemic the same.

Nurses, doctors, paramedics & healthcare workers have experienced things much differently than most of us. (3/14)

Some people have been home & isolated for months, while others haven't been able to stop working.

Business owners & hospitality workers have been on a rollercoaster of openings & closures.

Students, parents, teachers & school staff have had to adapt to going from online (4/14)

to in-person learning (and back again) numerous times.
And this virus has disproportionately affected some groups more than others.

But there's the thing: while our experiences of this pandemic haven't been shared, we do have a shared goal.

And we can reach it together. (5/14)

Want to ease the strain on our healthcare workers? We can avoid gatherings, only socialize in-person w/those we live with & limit our non-essential outings.

Want to help ensure that once our local businesses reopen, they stay open? We can wear masks & physically distance. (6/14)

Keeping schools open & as safe as possible? We can monitor ourselves daily and we can get tested & isolate if we have COVID symptoms (got kids? Ditto).

Helping those who are isolated or have been disproportionately affected? We must get our vaccines when our time comes. (7/14)

Speaking of segues, the vaccine rollout plan (based on the current delivery schedule) will see the general population of Ottawa begin to get their vaccines in August.

Between now and then, we'll be following our COVID-19 Vaccination Plan: https://t.co/WoFmxjyXHW. (8/14)

This means 2 things: there's light at the end of this dark tunnel & we must do everything we can to keep that light bright.

No one is perfect. In fact, other than the song Tiny Dancer, perfection doesn't exist.

Yes, some of us haven't been 100% #COVIDwise every day. (9/14)

But the past is the past. This isn't a time for shaming, it's a time to recognize that we need to focus on continuing to be better today, and tomorrow, and next week, and next month, and...you get it.

Our actions matter. We know the lack of instant gratification is hard. (10/14)

It's not like you put your mask on & suddenly our active cases drop by 12. This is the marshmallow test, en masse.

It's about knowing our actions now will pay dividends later.

And with the new variants, we don't have a choice but to be as vigilant as we can, every day. (11/14)

These variants are new, but the ways to keep them at bay aren't. We know how to do it, we just need to commit to it.

If you ♥■ or RT this, do it because you're committing. Make it a sign. Your way of saying to your followers that you're on board.

And you won't be alone. (12/14)

Occasional slip-ups aside, the overwhelming majority of this community continues to follow the guidelines every single day & has been all along.

What we need to do now is commit to seeing this through to the end & ensure that we finish strong.

We know this is a lot. (13/14)

You've likely had a busy day today.

You’d probably like to lay down in sheets of linen.

But Tony Danza can't hold you closer right now.

If we all commit to doing our part, though, he'll be able to someday soon...once you’re both vaccinated, of course■.

-OPH out. (14/14)