



# #PublicHealthHeroes

RECOGNIZING PUBLIC HEALTH HEROES WORKING TIRELESSLY  
BEHIND THE SCENES TO KEEP COMMUNITIES HEALTHY AND SAFE

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### HOW I'M HELPING TO KEEP COMMUNITIES SAFE RIGHT NOW

In my role, I have been working hard to coordinate COVID-19 testing for high-risk populations, following-up with positive cases and their contacts, and working with long-term care and retirement homes to prepare for and prevent COVID-19 outbreaks.

### MY MESSAGE TO THE PUBLIC DURING THESE CHALLENGING TIMES

*"Wash your hands well and often, social distance, ask for help if you need it, and do your best to stay safe. As Dory would say, just keep swimming!"*

### MY ROLE IN PUBLIC HEALTH

#### What I'm championing every day to keep communities healthy:

Whether I am conducting case follow-up with someone who has tested positive, providing guidance to staff from a health care facility, or answering community members questions, I am continuously promoting the dissemination of up-to-date IPAC recommendations to prevent the spread of COVID-19 in our communities.

#### What I would like to see for the future of public health:

As individuals and as communities, we must learn to truly value and understand the importance of IPAC in our regular everyday lives. Things such as hand washing, disinfecting surfaces, and staying home when sick, just to name a few, absolutely need to be valued and be ingrained in our new normal post-pandemic.