



# #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

Since the beginning of our fight against COVID-19 I have taken on a lead role in which I had the challenge of not only quickly training myself but training and mentoring many of my colleagues to allow them to be comfortable enough to increase our Health Unit's capacity to join the fight!

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

*"Every one of us is experiencing this pandemic but we are all living it differently...be kind, be understanding and take care of each other."*

### MY ROLE IN PUBLIC HEALTH

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

For the past 14 years I have been a public health nurse with the Haliburton, Kawartha, Pine Ridge District Health Unit working in the sexual health program where I have joy of working in our sexual health clinic, following up on reportable sexually transmitted infections as well as providing education through various community settings. I can honestly say I love coming to work every day!

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

I would like to see us take what we have learned through this experience and create a dedicated framework within each Health Unit that will increase our capacity and effectiveness at fighting a pandemic should we ever face it again.