As you probably already know: our region is moving into the red zone as per [Ontario’s framework](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ontario.ca%2Fpage%2Fcovid-19-response-framework-keeping-ontario-safe-and-open&data=04%7C01%7Cinfo%40on.legion.ca%7C21a7303a790b41b9b6c008d8e0bebf6a%7Cfe060ed490b84dce8d5a7557daf2eef3%7C0%7C0%7C637506457902182728%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=OmHKl9EKW3uo%2FwDaMZjXJbkgIT0TOdGBGmPJFdJOzzA%3D&reserved=0) on Monday, March 8th.

The Regulation that applies in this new zone is [O. Reg. 263/20](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ontario.ca%2Flaws%2Fregulation%2F200263&data=04%7C01%7Cinfo%40on.legion.ca%7C21a7303a790b41b9b6c008d8e0bebf6a%7Cfe060ed490b84dce8d5a7557daf2eef3%7C0%7C0%7C637506457902192724%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=AAx0HQUZ6fMGwqoe7kVNVcBnX8QJGYkwg%2FBmLnAkjhg%3D&reserved=0).

**Please see restrictions below**. (New rules highlighted.)

**Restaurants, bars and other food and drink establishments**

* Capacity limits, where physical distancing can be maintained:
  + 10 patrons maximum seated indoors
* Limit of 4 people may be seated together
* Outdoor dining, take out, drive through, and delivery permitted, including alcohol
* No buffet style service
* Line-ups and patrons congregating outside venues managed by venue; 2 metres distance and face covering required
* Active screening of patrons is required, in accordance with [instructions issued by the Office of the Chief Medical Officer of Health](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcovid-19.ontario.ca%2Fscreening%2Fcustomer%2F&data=04%7C01%7Cinfo%40on.legion.ca%7C21a7303a790b41b9b6c008d8e0bebf6a%7Cfe060ed490b84dce8d5a7557daf2eef3%7C0%7C0%7C637506457902192724%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=tnaEd%2FwInCzjDr5vJvtgjI5I%2BWX90L7mwIkZUaTd%2Biw%3D&reserved=0)
* Require patrons to be seated; 2 metres minimum or impermeable barrier required between tables
* Require contact information for all seated patrons
* Face coverings required except when eating or drinking only
* Personal protective equipment, including eye protection required when is a worker must come within 2 metres of another person who is not wearing a face covering
* Establishments must be closed from 10 p.m. to 5 a.m.
* Liquor sold or served only between 9 a.m. to 9 p.m.
* No consumption of liquor permitted between 10 p.m. to 9 a.m.
* Dancing, singing and the live performance of music is prohibited
* Limit volume of music to be low enough that a normal conversation is possible
* Night clubs and strip clubs only permitted to operate as restaurant or bar
* A [safety plan](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ontario.ca%2Fpage%2Fdevelop-your-covid-19-workplace-safety-plan&data=04%7C01%7Cinfo%40on.legion.ca%7C21a7303a790b41b9b6c008d8e0bebf6a%7Cfe060ed490b84dce8d5a7557daf2eef3%7C0%7C0%7C637506457902202712%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=AxHKu2s2nVbe7KwPDA%2FGwn05713HezT8jXDYF%2FSoNdI%3D&reserved=0) is required to be prepared and made available upon request
* Food court eating areas not permitted to operate
* Verbal attestation that patrons wishing to be seated together are from the [same household](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.peterboroughpublichealth.ca%2Fwp-content%2Fuploads%2F2021%2F03%2FAttestation-that-the-patron.pdf&data=04%7C01%7Cinfo%40on.legion.ca%7C21a7303a790b41b9b6c008d8e0bebf6a%7Cfe060ed490b84dce8d5a7557daf2eef3%7C0%7C0%7C637506457902202712%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=dYD2YDrFqaBMta1pIlyET%2FBJSA798XgSlwzn%2BiT1bYQ%3D&reserved=0). (More information, including forms can be found here: [https://www.peterboroughpublichealth.ca/public-health-orders/](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.peterboroughpublichealth.ca%2Fpublic-health-orders%2F&data=04%7C01%7Cinfo%40on.legion.ca%7C21a7303a790b41b9b6c008d8e0bebf6a%7Cfe060ed490b84dce8d5a7557daf2eef3%7C0%7C0%7C637506457902212713%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=nyq4N%2FOgj%2BV5Fs5%2F3HS1%2Fo%2FxaHAmYIVNKjhpApwhe4w%3D&reserved=0))

We are working to update our website and will have these restrictions listed [here.](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.peterboroughpublichealth.ca%2Fnovel-coronavirus-covid-19%2Fcovid-19-framework-response%2F%3Fhighlight%3Dframework&data=04%7C01%7Cinfo%40on.legion.ca%7C21a7303a790b41b9b6c008d8e0bebf6a%7Cfe060ed490b84dce8d5a7557daf2eef3%7C0%7C0%7C637506457902212713%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=FOWnuoK5JVlCQT7ggaLFT6jWfR8vGo7ICNEvn5N1ljY%3D&reserved=0)

………..

As you know, COVID-19 is **not** a food service industry disease; it’s a respiratory disease that’s primarily spread through close contact with others while not wearing a mask. Prolonged contact of this nature increases the risk.

*Can people make irresponsible decisions outside of a public-facing business?* **Yes.**

*Are other businesses/activities zero risk?* **No.**

*Has the food service industry been hit particularly hard due to the nature of the interactions that tend to take place within them?* **Unfortunately, yes.**

COVID-19 cases have [the potential to spread exponentially](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fipac-canada.org%2Fcoronavirus-resources.php&data=04%7C01%7Cinfo%40on.legion.ca%7C21a7303a790b41b9b6c008d8e0bebf6a%7Cfe060ed490b84dce8d5a7557daf2eef3%7C0%7C0%7C637506457902222707%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=54kpYIYUT%2F391ewHKAODjC2kP0NYFlS8IAOXC6GbLME%3D&reserved=0) without precautions in place. (*One person spreads it to two people, two people spread it to four people...etc*.)

Common respiratory viruses like seasonal influenza [don’t have the potential to spread like that](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.publichealthontario.ca%2F-%2Fmedia%2Fdocuments%2Fncov%2Fipac%2F2020%2F09%2Fkey-features-influenza-covid-19-respiratory-viruses.pdf%3Fla%3Den&data=04%7C01%7Cinfo%40on.legion.ca%7C21a7303a790b41b9b6c008d8e0bebf6a%7Cfe060ed490b84dce8d5a7557daf2eef3%7C0%7C0%7C637506457902222707%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=IocTqWv9Sss2P%2FuE%2FEUIw3TWtCcIWeOt%2FUFvJgKCTM8%3D&reserved=0). (*One person spreads it to 1.3 people, 1.3 people spread it to 1.7 people...etc*.)

The virus at the root of this pandemic [doesn’t cause most people to suffer a serious illness](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ontario.ca%2Fpage%2Fcovid-19-stop-spread&data=04%7C01%7Cinfo%40on.legion.ca%7C21a7303a790b41b9b6c008d8e0bebf6a%7Cfe060ed490b84dce8d5a7557daf2eef3%7C0%7C0%7C637506457902222707%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=fcVXJfuH%2B1xPi%2FthaMwpiTrqc1lUatC0WS%2F7ackeIeo%3D&reserved=0). It’s partially because of this that the virus is able to continue jumping from person to person so effectively. Those people that *do* experience severe symptoms, however, often suffer through a miserable illness that can cause a sense of suffocating. In the highest-risk groups that contract COVID-19, [many don’t survive](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhealth-infobase.canada.ca%2Fcovid-19%2Fepidemiological-summary-covid-19-cases.html&data=04%7C01%7Cinfo%40on.legion.ca%7C21a7303a790b41b9b6c008d8e0bebf6a%7Cfe060ed490b84dce8d5a7557daf2eef3%7C0%7C0%7C637506457902232701%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=AA2HZM0FZLLC04pMwkFk%2BUtz28Q%2BIvJ%2B9pvz%2BPAoo3U%3D&reserved=0).

There’s no way to sugarcoat this situation.

It’s difficult to see any light, but the vaccine *is* being rolled out, and warmer weather is approaching.

Thanks for everything you’ve already done and continue to do.

**Matt Faris**, CPHI(C)

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**Peterborough Public Health serves the residents of Curve Lake and Hiawatha First Nations, and the County and City of Peterborough.**

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