

**Call 211** to speak to a person about issues you are facing regarding food, housing, transportation, mental health, or other concerns.

If you have a computer, you can also access 211 online at [www.211ontario.ca](http://www.211ontario.ca).

## Health Questions

### **Telehealth Ontario**

Call 1-866-797-0000

### **Huron-Perth Public Health**

Complete the online self- assessment tool at <https://covid-19.ontario.ca/self-assessment/#q0> or call 1-888-221-2133 if you're experiencing symptoms of COVID-19, which include:

- Difficulty Breathing
- Fever
- Cough & Respiratory Symptoms

If you do not have access to a computer, contact your family doctor for a phone assessment. If you do not have a family doctor, contact the Huron Perth Public Health at 1-888-221-2133.

If calling for a Virtual Assessment after hours and on weekends, call Telehealth Ontario at 1-866-797-0000 or Huron Perth Public Health at 1-888-221-2133 ext. 3267.

Please DO NOT visit the assessment centers unless you have been referred by a health care professional.

DO NOT call 911 unless it is an emergency.

### **Ontario Government Information**

<https://www.ontario.ca/page/2019-novel-coronavirus>

## Services

### **Food Banks:**

- For a listing of food banks, call 211 or visit [www.211ontario.ca](http://www.211ontario.ca).
- For the Perth County Emergency **Pet Food Bank**, call 519-273-6600 ext. 258, email [amber.gaynor@kwsphumane.ca](mailto:amber.gaynor@kwsphumane.ca) or visit [www.kwsphumane.ca/petfoodbanks](http://www.kwsphumane.ca/petfoodbanks)

### **Mitchell & Area Community Outreach:**

Offering a Meals on Wheels program, you have a choice of hot or frozen meals delivered to your home, as well as grocery delivery and essential medical transportation. Call 519-348-9765, email [macoreferrals@ritzalutheranvilla.com](mailto:macoreferrals@ritzalutheranvilla.com) or visit <https://ritzlutheranvilla.com/meals-on-wheels/> for further information.

### **CMHA Huron Perth:**

Mental Health and Addiction Services. Call 519-273-1391. <http://cmhahuronperth.com/>

### **Connect Youth – Perth Huron**

The Huron-Perth Crisis line can help with immediate assistance 24/7. Call 1-888-829-7484. For the Kids Helpline, call 1-800-55-1800 (only 2 numbers in third sequence).

## Seniors and People with Compromised Immune Systems

All persons over 70 years of age and individuals who are immunocompromised are advised to self-isolate until further notice.

Where possible, you should seek services over the phone or internet or ask for help from friends, family or neighbours with essential errands.

Volunteers are also able to help. See reverse for local volunteers. Sign up on the United Way website [www.perthhuron.unitedway.ca](http://www.perthhuron.unitedway.ca)

West Perth grocery stores, pharmacies and many restaurants are offering take out or delivery services during this time.

See reverse for details. 

### **Travellers**

If you have travelled outside Canada, including the United States, you MUST isolate yourself from others for 14 days.

During the COVID-19 crisis, the following pharmacies, grocery stores and restaurants are offering home delivery services or take-out to help maintain physical distancing. Please note that this list may change as conditions evolve.

**Pharmacies:**

Walther's IDA Pharmacy: 519-348-8833  
Mitchell Medical Pharmacy: 519-348-9100

**Grocery Stores & Fresh Produce:**

Walkom's Valu-mart: 519-348-8446  
Johnny's Meat & Deli: 519-348-0022

**Restaurants**

BJ's Dairy Bar	519-348-4440 <a href="http://www.facebook.com/bjsdairybar">www.facebook.com/bjsdairybar</a>	Mon-Fri 11am-7pm, Sat/Sun 12pm-7pm. Take out available. Delivery 2pm to close, tap on delivery, no cash, \$5 delivery charge, minimum \$20 order required.
Dublin's Family Restaurant	519-345-1346 <a href="http://www.facebook.com/dublinsrestaurant">www.facebook.com/dublinsrestaurant</a>	Takeout available. Delivery within 20km radius.
Godfathers Pizza	519-348-8600 <a href="http://www.godfathers.ca">www.godfathers.ca</a>	Takeout Sun-Thurs 11am-9pm, Fri/Sat 11am-10pm.
Mitchell Golf & Country Club	519-348-8991 ext. 202 <a href="http://www.facebook.com/MitchellGCC">www.facebook.com/MitchellGCC</a>	Takeout available, see menu on Facebook page.
Rose and Crown	519-348-9838 <a href="http://www.roseandcrownmitchell.ca">www.roseandcrownmitchell.ca</a>	Curbside pickup & free no contact delivery available Wed-Sat 5pm-9pm.
Subway	519-348-8828 <a href="http://www.subway.com">www.subway.com</a>	Limit of 2 persons in the store at one time.
The Sugar Maple Restaurant	519-348-0953 <a href="http://www.facebook.com/89AOntarioRd">www.facebook.com/89AOntarioRd</a>	Takeout available, follow on Facebook for up to date hours and daily menu.
Tim Hortons	519-348-0396 <a href="http://www.timhortons.ca">www.timhortons.ca</a>	Drive-thru 24/7; in store closed.

**Community Support Volunteers**

The following groups have volunteers able to assist with certain activities, such as deliveries from local grocery stores and pharmacies. No cash will change hands, and following physical distancing protocol, volunteers cannot be in direct contact with those they are helping. Priority will be given to seniors, the disabled, and people who are self-isolating. Please call the numbers below or send an email to reach a representative.

- Huron-Perth COVID 19 Resource Group – Help is Close to Home (Facebook Group)  
<https://www.facebook.com/groups/198346424935322/>
- Help Do Local Good, 519-271-7730 or visit <http://helpdolocalgood.ca/#services>
- United Way Perth-Huron, 519-271-7730 or visit <http://perthhuron.unitedway.ca/>

**For more information:**

Call the Municipality of West Perth at 519-348-8429 or visit and subscribe to the municipality's COVID-19 webpage at [www.westperth.com/covid19](http://www.westperth.com/covid19), or email [info@westperth.com](mailto:info@westperth.com) for any further questions.

Follow us on social media as well for regular updates:



@WestPerthON



Municipality of West Perth