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Ontario Dental Hygienists' Association



**COVID-19
Update**

March 24, 2020 update

Ontario Human Rights Commission statement

The Ontario Human Rights Commission (OHRC) issued a statement on the COVID-19 pandemic urging Ontarians to keep human rights principles under Ontario's *Human Rights Code*, the Canadian *Charter of Rights and Freedoms* and relevant international human rights treaties at the centre of decision-making during the coronavirus (COVID-19) pandemic. The OHRC and relevant human rights laws are recognizing the importance of balancing people's right to non-discrimination and civil liberties with public health and safety, including the need to address evidence-based risks associated with COVID-19. Read the full statement here: http://ohrc.on.ca/en/news_centre/ohrc-policy-statement-covid-19-pandemic

Mental health resource

The Centre for Addiction and Mental Health (CAMH) has launched a *Mental Health and the COVID-19 Pandemic* section on their [website](#). The current pandemic situation is stressful for everyone and it is normal to be anxious and worried. The CAMH site is designed to provide information and suggestions about how best to cope in this difficult time. Find valuable information and resources including strategies to maintain your mental wellness during the COVID-19 pandemic. [Visit the CAMH website](#).

To increase accessibility, COVID-19 email communications will be posted on the [COVID-19 update page](#) on the ODHA website.