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Ontario Dental Hygienists' Association



**COVID-19  
Update**

## **March 26, 2020 update**

### **Federal Government update**

In a press conference today, Prime Minister Justin Trudeau strongly urged travellers returning to Canada to self-isolate. Travellers are to go straight home from the airport and not leave their home for 14 days. Prime Minister Trudeau added those not complying with self-isolation requests may face large fines and even jail time. ODHA continues to urge member dental hygienists who have travelled or returning from travel to self-isolate and follow Federal and provincial government guidelines to ensure the safety of all Ontarians and Canadians.

### **Mental health resource**

The current pandemic situation is stressful for everyone and can lead to feelings of anxiousness or worry. ODHA will continue to share helpful resources to maintain mental wellness during this time.

Starling Minds, a leading digital mental health platform, has announced the launch of a free, confidential digital mental health program to help combat stress, anxiety, and worry during the COVID-19 crisis. Learn more: <https://www.newswire.ca/news-releases/starling-minds-launches-free-access-to-digital-mental-health-program-to-combat-covid-19-stress-amp-anxiety-898461278.html>

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