



MADAWAN MASENYGUN

DO KNOW THE SIGNS OF EXCESSIVE HEAT

And speaking of extreme weather did you know excessive heat has caused more deaths than all other weather events? While it might not seem as severe, be sure to prepare for those hot days if you plan to stay outside.

DO...

☞ Stay hydrated by drinking plenty of fluid throughout the day.

☞ Wear lightweight and light-colored clothing. Avoid dark colors, as they absorb the sun's rays.

☞ Take frequent breaks when working or playing in the sun.

☞ Check on your pets to make sure they aren't suffering from the heat. Make sure they have plenty of water and shade.

DO NOT...

☞ Leave children or pets unattended in a car. The interior of a car can quickly reach upwards of 120 degrees.

☞ Take your pets on long walks on the asphalt. If it's too hot for you to leave your hand on the pavement, it's definitely too hot for their paws.

JULY FLOWERS OF THE MONTH



Larkspur



Water Lily

INSIDE THIS ISSUE

- Do Know The Signs of Excessive Heat
- How To Stay Safe This Summer
- What You Need To Know About Wearing Masks In Apartments
- Protect Kids From Open Windows, Police Urge
- Summer Safety Tips
- Top Tips To Prevent Against House Fires
- Top Tips To Prevent Against House Fires
- Latest COVID-19 News
- Recipe of The Month
- Joke Corner

HOW TO STAY SAFE THIS SUMMER

Flip inflatable kiddie pools to prevent rain-water buildup that children could fall into.

Summer is just ahead when we all spend a lot of time outside, enjoying the outdoors. But this year summer fun will be different due to the ongoing COVID-19 pandemic. The American Red Cross offers safety tips you can follow.

If your community is re-opening, know what precautions to take in public settings.

☞ Keep at least 6 feet between yourself and others.

☞ Wear cloth face coverings, especially in crowded areas. Do not place them on children under age 2.

☞ Help limit your risk by taking steps to reduce

the number of places you go and your exposure to other people.

☞ Order food and other items for home delivery or curbside pickup, if possible.

☞ Visit the grocery store and other stores in person only when necessary.

☞ Stay at home if you are sick.

WHAT YOU NEED TO KNOW ABOUT WEARING MASKS IN APARTMENTS

QUESTION

I live in an apartment building in Ottawa. On Tuesday morning I read in Postmedia that everyone is now required to wear a mask in all public spaces. I don't understand why masks were not required weeks or months ago! But I still see my neighbours out in the hallways, the elevator and the laundry room without a mask on. I don't feel safe. Isn't the landlord supposed to make sure that tenants follow the law inside the building?

ANSWER

It is true that masks have been made mandatory in enclosed public spaces such as retail stores, hotels, restaurants, places of worship and many recreation facilities. However, because apartment buildings and condo buildings are not open to the public, they are not considered to be public spaces. Therefore, the mandatory rule from the public health agencies does not apply inside apartment buildings.

However, it is certainly a good idea to wear a mask in the common areas of an apartment building. That applies especially when you may end up within two metres of another person.

It is not advisable to take a mask up and down because that puts your hands near your mouth and nose

unnecessarily. As a result, the recommended action is to wear a mask in the common areas of apartment buildings such as the hallways, the elevator, the laundry room and the lobbies. In those areas, you can easily come within two metres of others without being able to avoid the close contact.

Wearing a mask helps to trap COVID-19 if you are sick, and protects people who are around you. Since some people who are infected with COVID-19 do not know they have it, wearing a mask helps to protect the wearer and everyone they come physically close to.

Many landlords have posted signage or sent notices urging their tenants to wear masks in the common areas of apartment buildings. Tenants should follow those requests, just as condo owners should follow similar requests.

Note that there are some exceptions to the advice to wear a mask. Masks should not be placed on:

- ☞ Children under two years old
- ☞ Children under the age of five years (either chronologically or developmentally) who refuse to wear a mask and cannot be persuaded to do so by their caregiver
- ☞ Individuals with medical conditions rendering them unable to safely wear

a mask, including breathing difficulties or cognitive difficulties

- ☞ Anyone who has trouble breathing
- ☞ Anyone who is unable to remove the mask without help
- ☞ Anyone who is unconscious or incapacitated

As well, someone who is deaf or hard of hearing may need a mask wearer to remove their mask to speak to them so that they can read the mask wearer's lips.

Mask wearing cannot guarantee protection from COVID-19 and should not replace proven measures such as frequent handwashing, avoiding touching your eyes, nose or mouth with unwashed hands, staying two metres away from others whenever possible and staying at home if you are sick.

On its website, Ottawa Public Health has information about the use of reusable cloth masks, how to dispose of masks and many other topics related to mask use. Ottawapublichealth.ca also has updates on COVID-19 and advice about many other issues related to staying healthy and safe.

**BY DICKIE & LYMAN LLP
WHO PRACTICE LANDLORD/
TENANT LAW AND OTHER
AREAS OF LAW**

**Wash Your Hands Frequently With
Soap and Water**

**Try Not To Touch Your Eyes,
Nose, Mouth,**

**Cough and sneeze into your
sleeve and not your hands**



RECIPE OF THE MONTH

TOP TIPS TO PREVENT AGAINST HOUSE FIRES

Skillet Mac & Cheese

Ingredients

2 cups uncooked elbow macaroni
 2 tbs. butter
 2 tbs all-purpose flour
 1 1/2 cups half-and-half cream
 3/4 lbs. process cheese (Velveeta),
 diced
 Optional toppings: fresh arugula,
 halved cherry tomatoes and coarsely
 ground pepper

Directions

Cook macaroni according to package
 directions; drain

Meanwhile, in a large cast-iron or
 other heavy skillet, melt butter over
 medium heat. Stir in flour until
 smooth; gradually whisk in cream.
 Bring to a boil, stirring constantly.
 Cook and stir until thickened, about 2
 minutes. Reduce heat; stir in cheese
 until melted.

Add macaroni; cook and stir until
 heated through. Top as desired.



LATEST COVID-19 NEWS

Starting July 7th, wearing masks will
 be mandatory in indoors, public
 spaces in Ottawa.

Some of Bank Street to close to traf-
 fic Saturdays until at least August
 8th.

Ontario has extended it emergency
 orders for the COVID-19 pandemic
 until July 22.

(Updated July 10th)

**⌘ Be careful when cooking out-
 side:** there's nothing better than a
 barbeque on a sunny day, but cook-
 ing outside can increase the risk of
 fires. Make sure there are no over-
 hanging branches or nearby fences
 before you start your barbeque and
 that it's placed securely on a flat sur-
 face.

⌘ Take care with outdoor flames:
 fire pits and outdoor candles can
 create an inviting ambience when
 spending time outside but can also
 be a fire risk. Make sure fire pits are
 set up on stable surfaces and avoid
 using during windy conditions. Safety
 screens should be used when using
 fire pits and outdoor candles properly
 extinguished once you go back in-
 doors.

⌘ Store barbeques away carefully:
 embers can remain hot hours after
 use if not properly extinguished and
 lead to a potential fire so keep a
 close eye on barbeques for a few
 hours after you have finished cook-
 ing. Make sure barbeques are prop-
 erly extinguished before storing
 away.

**⌘ Do not charge phones, laptops
 and other electronic devices near**

soft furnishings: devices and
 switches may overheat in the warmer
 months, especially if being charged
 under pillows or cushions, so take
 care when charging phones.

⌘ Beware of mirrors: sunlight shin-
 ing onto mirrors or glass ornaments
 on sunny days can be reflected onto
 soft furnishings increasing the risk of
 a fire. Keep mirrors and glass orna-
 ments away from windows and win-
 dowsills.

⌘ Take care of tumble dryers: re-
 move lint from the tumble dryer after
 every load of clothes that you dry
 and do not cover any vent or open-
 ings on the machine. It's also impor-
 tant to regularly clean the machine
 and don't use them while you are
 sleeping or away from your home.

**⌘ Have your air conditioner in-
 spected:** dirty coils, clogged filters,
 and worn wiring can all lead to fires
 as dust builds up in air conditioning
 systems. Regular maintenance of
 cooling systems can help prevent
 fires. When you are out of the house,
 keep air conditioners switched off.

⌘ Insurance details: Make sure you
 have the details of your insurer to
 hand should the worst happen.



JOKE CORNER

(Q) Where did Noah keep his bees?

(A) In the Ark hives.

(Q) What do you call a girl with an
 hourglass figure?

(A) A waist of time.

(Q) What do you get when you cross
 and smurf and a cow.

(A) Blue cheese.

PROTECT KIDS FROM OPEN WINDOWS, POLICE URGE

Four children in two months end up in hospital after falling from windows

Ottawa police are warning parents to keep windows secure after four incidents since mid-April in which a youngster was hurt falling from an open window.

The children, aged 23 months to seven years old, were all taken to hospital for assessment of injuries ranging from minor to serious after

the falls at houses or apartment, police said.

The combination of COVID-19 and hot weather is keeping kids at home more. If homes don't have air conditioning, open windows pose a risk.

Windows should be locked when small children cannot be supervised, police warned.

Parents can install window guards or

stoppers and should move furniture children could climb away from windows. Removing cranks from crank-open windows prevents children from opening them.

Visit Ottawa Public Health's Parenting in Ottawa site at parentinginottawa.ca for resources on preventing falls and keeping kids safe in hot weather.

SUMMER SAFETY TIPS

Now that summer is here, everybody's enjoying some fun in the sun. However, it's important to make sure you and your loved ones are safe while enjoying the summer from your backyard or the great outdoors.

DO's & DO NOT's of Summer Safety

Do take proper COVID-19 precautions

Be sure to take precautions whenever you venture into public:

☞ Keep about 6 feet between yourself and others

☞ Wear cloth face coverings, especially in crowded areas. However, do not place them on children under the age of 2.

☞ Limit your risk by reducing the number of places you go and your exposure to others.

And if you're heading to a public

beach or pool, be sure to maintain social distance both in and out of the water.

DO NOT...

☞ Wear a face mask in the water, as it will be difficult to breathe through when wet.

☞ Share goggles, nose clips, snorkels or other personal items.

DO PRACTICE FIRE SAFETY PRECAUTIONS

Who's ready to fire up the grill this summer? If you are, make sure to take precautions while you grill up a burger.

DO...

☞ Supervise a barbecue grill when in use.

☞ Make sure everyone, including children and pets, stays away from the grill.

☞ Keep the grill in the open, away from the house or anything that could catch fire.

☞ Use the long-handled tools made for cooking on the grill.

DO NOT..

☞ Add charcoal starter fluid after coals have been ignited.

☞ Grill indoors, not in the house, camper, tent or any enclosed area.