

GIGNUL 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

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.

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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**

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 when-

ever 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 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.

CURBSIDE GARBAGE COLLECTION

When and where to put your garbage

Put garbage at the curb any time after 6:00 p.m. the evening prior to your collection day and no later than 7:00 a.m. on your collection day.

Place bags or cans on the ground as close as possible to the roadway, but not on the sidewalk, roadway or on top of snow banks.

Disposing of bulky items

During COVID-19, we ask that you hold on to bulky items like furniture, mattresses, couches for the months of April, May and June.

Minimizing the set out at the curb of your large items and extra waste from spring cleaning, it will allow the collection operators to do their job efficiently and maximize their physical distancing.

How often is garbage collected?

Garbage is collected every two weeks.

Green bins are collected every week. Recyclables are picked up on alternating weeks (black bin one week, blue bin the next).

Blue bins and garbage are picked up the same week.

Leaf and yard waste is collected with your green bin.



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 traffic Saturdays until at least August 8th.

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

(Updated July 10th)

{} Be careful when cooking outside: there's nothing better than a barbeque on a sunny day, but cooking outside can increase the risk of fires. Make sure there are no overhanging branches or nearby fences before you start your barbeque and that it's placed securely on a flat surface.

{} 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 indoors.

{} 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 cooking. Make sure barbeques are properly 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 shining onto mirrors or glass ornaments on sunny days can be reflected onto soft furnishings increasing the risk of a fire. Keep mirrors and glass ornaments away from windows and windowsills.

{} Take care of tumble dryers: remove lint from the tumble dryer after every load of clothes that you dry and do not cover any vent or openings on the machine. It's also important to regularly clean the machine and don't use them while you are sleeping or away from your home.

{} Have your air conditioner inspected: 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 a smurf and a cow?
(A) Blue cheese.

Knock knock. Who's there? King Tut.
 King Tut who?
 Well, King Tut-key fried chicken