

Berkeley Castle Covid 19 - Tenant Update

#25 - August 31, 202

- **I'm not a Doctor – but:**

One of my closest friends is a family Doctor at a large family health clinic, and she also sits on the infectious disease committee at Michael Garron Hospital. It's a group of medical professionals that have been meeting almost weekly (virtual of course) since the beginning of COVID to discuss, review and advise the East Toronto medical community. With rates of infection that now reflect stage 3 having opened, and kids getting ready to go back to school, there was a lot for them to discuss last week.

She and I go jogging together at least 4 hours a week, which gives me loads of time to ask questions, and for her to keep me well informed.

My key take away this week, re-emphasizes the importance of wearing your mask whenever you are inside a public place. Your mask prevents the spread of droplets *. If you are taking it off in places like an elevator, public washrooms, or in hallways, there is the possibility that droplets can land on a surface that someone will touch within the next hour.

So, please, wear your mask all the time while inside Berkeley Castle, and any other public place. Wait until you get to the privacy of your own desk/office to drink that yummy coffee you brought in with you.

And, if you have young children, we all understand how difficult it may be to get them to keep a mask on and to wear it properly. Practise with them. They will get used to it, and better that they wear it some of the time, than none of the time.

* If you read a recent article in Time magazine that talks about aerosol and possible spread of the virus through non medical masks, please bear in mind, that real life is not inside a lab, and our biggest everyday concerns are droplets that spread when masks are not worn.

- **Art for kids in the Berkeley Castle Courtyard:**

On Thursday evening, presented by Jamii (a local arts based charity) and in cooperation with Canstage, we were able to host "WAYO" children's festival in the safety and security of our own courtyard. There was live music with a singalong, story telling, and a hoops acrobatics performance. The children also participated in variety of multidisciplinary arts and craft.

If it weren't for COVID, we would have never been asked to host. We had the perfect location, and the event was a huge success. We now hope to be able to make it an annual event.

All photos courtesy of: @delphyphotoz



Together, let's limit the spread of COVID-19 and prevent future outbreaks.
[download COVID alert](#)

Linda L.

Linda Leistner
Berkeley Castle Investments
(p) 416-366-3704
www.BerkeleyCastle.ca



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