



Family Law

CALL US - BEFORE
YOUR EX DOES!



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LAWYER

Q

I am so scared right now and the news about what to do with the Covid virus around us, is overwhelming. Do you have some simple tips?

A

The best advice is to stay home, stay safe, save lives. Each of us individually can save lives and make a difference!

COMMON-SENSE TIPS IN UNCOMMON TIMES

1. **Stay at home;** avoid visits in person, call/ text/ email/ FaceTime or Skype instead;
2. **Wash your hands** frequently and thoroughly (sing the Happy Birthday song through 2x);
3. **Clean** the following hard surfaces (all handles on everything and counters / baths/ TV remotes / light switches / phones and computers to start) and do it over and over again, at least once a day EVEN IF NO-ONE IS SICK;
4. If you have bleach, the CDC recommends the following for cleaning: mix 5 tbsp. (1/3 cup bleach) to a gallon (16 cups) of water (wear rubber gloves or wash hands then lotion them, after cleaning);
5. If you feel ill:
 - Drink LOTS of HOT DRINKS (ideally with a tbsp. of honey as a natural antibacterial/antibiotic); a Stanford U study says this washes

the virus away from throat/ lungs to stomach which kills it;

- Gargle with a tbsp. table salt dissolved in ½ glass warm water at least 2x / day;
 - call TELEHEALTH Ontario 1 866 797 0000 if you develop Covid symptoms;
6. If you HAVE to go outside the home:
 - Immediately on return WASH thoroughly;
 - Place purchased ITEMS in the sink and wipe off the outside surfaces;
 - Change the CLOTHES you wore upon return (as virus survives approx. 4 hr on fabric);
 7. You have the gift of TIME right now; use it to organize those photos, touch base with an old friend, follow a web exercise program... stay productive, stay positive, stay thankful and stay safe.

Your friends at Shank Law.



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