

# Sherwood Forrest

## neighbourhood news

### Important COVID-19 Information

Unless you've had no outside contact with the outside world for the last month, by now you are quite familiar with COVID-19 (coronavirus). But we thought it would be good to recap a few important points.

#### Symptoms of coronavirus:

Those infected with COVID-19 may have little or no symptoms. Symptoms may take up to 14 days to appear after exposure and may include:

- fever
- cough
- difficulty breathing
- muscle aches and headaches
- pneumonia in both lungs

#### Coronavirus is most commonly spread from:

- coughing, sneezing or close personal contact, such as touching or shaking hands

- touching something with the virus on it, then touching your mouth, nose or eyes

#### How to prevent the spread of coronavirus:

- wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food
- use an alcohol-based hand sanitizer with at least 70% alcohol if soap and water are not available
- cough or sneeze into a tissue or the bend of your arm, not your hand
- avoid touching your eyes, nose, or mouth with unwashed hands
- frequently clean high-touch surfaces in your home (counters, phones, remotes, door handles) with household cleaners or diluted bleach (1 part bleach to 9 parts water)

- stay at home and self-isolate as much as possible (i.e., social distancing)
- especially avoid older adults and those with chronic conditions or compromised immune systems
- have supplies delivered to your home instead of running errands
- most pharmacies deliver, so call ahead instead of going in
- if you must leave home maintain a 2-metre distance from others

**If you have symptoms or are concerned about your health, stay home and call your family doctor or Telehealth Ontario at 1.866.797.0000 and speak with a registered nurse.**

For the latest information on the coronavirus, please visit the government of Canada website at: [canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html](https://canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html)

### Helping Out

Thanks to Erica, one of our residents, the neighbourhood helped some very thankful people. We couldn't do this without your donations! Erica continues to accept all sorts of items... clothing for ANY season, blankets, shoes and toiletries. Please leave donations on her porch at 2396 Marisa Court. Thanks again neighbours!



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# The Scoop on Dog Poop

There are many rites of spring we look forward to... buds blooming, birds chirping and flowers breaking ground. One that we do not: finding dog poo on our lawn, sidewalk or street. Most dog owners in Sherwood Forrest are responsible and pick up after their pet. But others don't have the decency to scoop the poop. Some have even been caught on camera! While we don't want to shame anyone (but shame on you!), one of our residents has provided the following info to dispel some myths over dog poop.

It's just poop, it's natural, it's fertilizer. Not true! Dog waste is actually so high in nitrogen and phosphorus that it can have the opposite effect of fertilizer. It can actually burn your lawn if you don't pick it up.

If you don't pick up after your dog, you are putting other people and other dogs at risk of getting sick. Dog waste has more disease-causing bacteria and parasites than other types of waste. These are harmful to humans and can spread disease to other dogs. Dog waste is full of E. coli, salmonella and is a common carrier of the following: Worms, parvovirus, coronavirus, giardiasis, salmonellosis, cryptosporidiosis, and campylobacteriosis. These bacteria and parasites can actually linger in the soil for years.

Another common misconception is that if you don't pick it up, it will quickly break down or wash away. This is not the case with dog poop. In fact, dog waste can take as long as a year to naturally break down, especially since we live in a climate with a cold winter season. So even if you leave the poop on the ground and it does eventually break down, all of those bacteria and parasites will be left to linger there for several more years.

**So, dog owners and walkers, PLEASE pick up after your dogs. And then dispose of your dog's waste in your garbage can at home or the park, NOT your green bin. And please don't leave bags of your dog's poop anywhere else!**



**Sherwood Forrest  
Residents Association**

**SFRA has a new look!**

You may have noticed that the SFRA logo has been redesigned. Compliments of Mary Zizek and Pinch & Dash Marketing, the updated logo has kept some key elements from the old logo, namely the use of green and a house icon, while making it both welcoming and more contemporary. We hope you feel that it reflects our neighbourhood's personality.

## Did you know?

While researching the history of the Dundas Street access for Carmel Heights, the CHRC discovered that our neighbourhood was originally slated to be called "Magic Meadows," but was (thankfully!) named Sherwood Forrest by the daughter of the developer.

Also, the two 'r's in Forrest was a typo!



Meet Chum-Chum. He's 6 years old and you can spot him around Sherwood Forrest, not walking but in the basket of Soni's stroller. He loves cheese, cuddles and sleep!



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