

# Probus Updates for Friday, March 20, 2020

1. **Handwashing** is an excellent prevention technique to decrease the spread of germs. In fact, The Centers for Disease Control reports that hand hygiene is one of the most important ways to prevent the spread of germs, including those resistant to antibiotics. It only takes 20 seconds to wash hands properly but unfortunately, many take on 5 seconds which is not enough to rid our hands of germs.
  - [WHO video on Hand Washing](#)
  - [WHO How to Hand Rub Poster](#)
2. **Recreation.** The outdoors awaits you for a peaceful walk! RVCA's outdoor facilities at their Conservation Areas remain open for public use! The public are invited to use the outdoor trails and boardwalks free of charge over the coming weeks. (Please note that interpretive centres and privies are closed due to COVID-19 restrictions.)
  - [RVCA Map.](#)
3. **Travel Insurance.** As the world's longest border (between Canada and the US) closes to travel and non-essential service, you may also be impacted by Johnson Insurance Travel Cancellations Insurance changes, now posted on our website.
  - [Note from Johnson Insurance ~ see sections on Travel / Trip Cancellation Insurance and Out of Country Medical Coverage](#)
4. **Mental Health and Happiness**
  - [The Psychology of Happiness Video – Dr. Richard Day](#)
  - [The Arkells Teach Music for People in Self-Isolation](#)