



# COVID-19 Handbook 2: Home Guidance

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## Preamble

This second Handbook is an update for community members of Wiikwemkoong Unceded Territory to continue help keep community members updated on the Coronavirus (COVID-19) procedures and current educational materials.

## Coronavirus Transmission

Just a reminder that Coronavirus (COVID-19) is transmitted by:

- Droplets when coughing, sneezing, touching contaminated surface then touching eyes, nose or mouth. (T-Zone)
- Direct or close contact with a sick infected person
- Surfaces recently touched by an infected person

The incubation period is between 2 to 14 days after exposure. Therefore, it is recommended that people self-isolate for a period of 14 days.

## Vulnerable/High Risk Groups

Certain age and current health-condition groups are at greater risk of more severe outcomes for example:

- Infants
- Elderly (aged 65 years and older)
- Compromised immune systems
- Underlying chronic medical conditions
- Chronic lung problems
- Cardiovascular disease
- Diabetes
- Recently travelled outside of Canada

To help decrease the chance of these groups contracting the Coronavirus please take these measures:

- Practicing regular hand washing with soap and warm water for 20 seconds, or the use of alcohol-based hand sanitizer if soap and water are not available
- Cough or sneeze into your upper sleeve, rather than into your hands, or into a tissue and discard the tissue promptly into a waste bin
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose or mouth (T-Zone)
- Staying home when you are sick to avoid transmitting the illness to others
- Cleaning and disinfecting frequently touched objects and surfaces
- Cleaning and disinfecting with the use of regular household cleaning spray or wipes
- Self-isolate for 14 days upon returning from travelling outside of Canada

## What are the symptoms

Symptoms of the Coronavirus may take up to 14 days to appear after you have come into contact with it and may include:

- Fever (higher than 38°Celsius)
- New or worsening cough
- Difficulty breathing or shortness of breath

## How to get tested/assessed

If you feel you have one or more of the symptoms stated above proceed to do the following:

### Ministry of Health COVID-19 online self-assessment

If you think you have coronavirus (COVID-19) symptoms or have been in close contact with someone who has it, use the online Ministry of Health self-assessment to help determine how to seek further care. <https://covid-19.ontario.ca/self-assessment/#q0>

**\* If you are having difficulty breathing or experiencing other severe symptoms, call 911 immediately. Advise them of your symptoms and travel history.\***

### Manitoulin Health Centre COVID-19 Assessment Centres

If you do not have access to internet you may call the one of the following numbers to get screened for Coronavirus symptoms. These numbers are accessible from 9:00am to 5:00pm daily and if you advised to get tested the COVID Assessment Centres are open Monday to Friday from 1:00pm to 5:00pm by appointment only. For more information you can go to: <http://www.mhc.on.ca/covid-19>

**\*These centres are for clients who require further assessment and possibly testing. Appointments are required. Walk-ins will not be seen. Not everyone will be tested. DO NOT present yourself at an emergency department or health care provider's office.\***

Mindemoya 705-859-5311

Little Current 705-368-2300

### Public Health Sudbury & Districts

For further information you can go to the Public Health Sudbury & Districts website or call 1 (705) 522-9200; Toll Free 1-866-522-9200 during their regular business hours.

### Wikwemikong Health Centre Screening

As cases in Ontario and Canada continue to increase NAADAHWECHIGE-GAMIG Wikwemikong Health Centre is taking preventive measures to reduce the risk for

Community members, staff and affiliated partners. The following is the new screening procedures for Wikwemikong Health Centre clientele:

1. Call to book an appointment
2. Reception will confirm and provide a telephone reminder of appointment; reception will screen patient prior to appointment
3. If patient answers YES to any screening questions their appointment may be done through Teleconference
4. If appointment is direct contact patient will come to Wikwemikong Health Centre and be screen upon entry. Facial masks, gloves and hand sanitizer will be offered to patient to use during appointment.

In addition to the changes with appointments at Wikwemikong Health Centre there will also be courtesy telephone check-ins with out vulnerable/high risk community members to check how their health conditions are, prescriptions, and if they need other related health supplies.

## Prevention

There are ways you can help reduce you and your loved one's risk of contracting the Coronavirus by:

- Staying home if you are sick or have travelled outside of Canada
- Practicing frequent hand hygiene and cover your cough or sneeze
- Cleaning and disinfecting frequently touched objects and surfaces
- Ensuring regular medications are refilled
- Checking current medications and supplements are not expired
- Limiting close contact with others
- Avoiding non-essential travel and exposure to crowded places

## Physical Distancing

The new term physical distancing is replacing the previous term social distancing because there are still ways to be social without physical contact or closeness.

Therefore physical distancing can be done in the following ways:

- Maintaining 2 metres (6 feet) apart from another person
- Holding virtual meetings/gatherings
- Avoiding non-essential travel and shopping
- Avoiding visitations to areas when high risk groups reside (i.e. long-term care homes)
- Cancelling group gatherings

## Self-monitoring

Self-monitoring is done when you feel you may have been in contact with someone who is positive for COVID-19 or you have been advised from a medical professional to do

so. You will monitor yourself for 14 days after believed contact for the symptoms of Coronavirus (COVID-19). Ways to self-monitor are done by:

- Avoiding crowded areas and limit personal contact with others
- Cleaning and disinfecting frequently touched objects and surfaces

## Self-isolation

### Who should isolate, when and how to do it?

Self-isolation is done for someone who has mild or severe symptoms previously stated of the Coronavirus, has been in close contact with someone who has tested positive for the Coronavirus, or has travelled outside of Canada.

### When should you self-isolate?

Self-isolation is done upon the day you return to Canada, the day your symptoms start or the day you believed you were in close contact with someone who is positive for the Coronavirus and is done for 14 days.

### How do you self isolate?

- Post a self-isolation sign on Entrance door or in a window visible to possible visitors
- DO NOT go to work, school or public areas.
- Stay at home or in one designated area of your household if possible
- Avoid or restrict contact with other people
- Cover your coughs and sneezes by coughing or sneezing into sleeve/arms
- Wash your hands often with soap and warm water for 20 seconds or use alcohol-based hand sanitizer when clean water is not available
- Avoid sharing personal household items; or clean after each use and change frequently (i.e. dishware, utensils, towels, bedding)
- Clean and disinfect frequently touched objects and surfaces

## Plan for a Primary Caregiver

If you become sick or are advised to self-isolate when you are the primary caregiver for your children or family you can follow these methods to help reduce the risk of spreading the Coronavirus to others in your household:

- Secure a backup caregiver if possible
- Ensure prescriptions and supplements are refilled to last the 14 day period
- Ask if a friend or another family member can shop for groceries to last the 14 day period and deliver to you
- Ensure you have enough cleaning and disinfecting supplies to last the 14 days period
- Wash dishes after each use and wash laundry frequently

## Plan for Caring for a Dependent

If someone you are caring for someone who becomes ill from the Coronavirus or is advised to self-isolate there are precautions you will need to take at home. A doctor will advise you if intensive medical care is needed.

Some precautions to take at home are:

- Making sure your loved one understands and follows their healthcare provider's instructions for medication(s) and care.
- Wear Personal Protective Equipment (facemask, gloves, gowns when providing care with basic needs
- Other household members should stay in another area of the home and avoid area sick dependent is in
- Prohibit visitors who do not have an essential need to be in the home
- Do not handle pets in home and avoid pet going into area of sick dependent
- Ensure that shared spaces have good air flow.
- Ensure that handwashing is completed often with soap and water. Alcohol based hand sanitizer is also recommended when clean water is not readily available.
- Avoid touching eyes, nose and mouth (T-Zone) with unwashed hands.
- Sick people should wear a facemask when around other people.
- Wear a facemask and disposable gloves when you have contact with a sick person and dispose of the facemask and gloves after using them in a lined container before disposing them with other household waste. Wash hands with soap and water immediately after handling the items.
- Avoid sharing personal household items, clean after each use and change frequently (i.e. dishware, utensils, towels, bedding)
- Clean all "high touch" surfaces everyday – doorknobs, counters, tabletops, bathroom fixtures, toilets, phones, keyboards, tablets, bedside tables, etc.

## Talking to Children about COVID-19

Our younger generation look to the older generation for guidance and will respond to stressful events based on our actions and reactions. Therefore we need to help teach and educate our children and youth during this time by:

- Reassuring children that adults are working hard to ensure that people stay healthy.
- Helping children cope with anxiety and stress by providing accurate prevention information and facts without causing undue alarm.
- Teaching children preventative measures, talking to them about their fears, and giving them a sense of control over their risk of infection can help reduce anxiety.
- Encourage your children to practice hand hygiene daily
- Practicing physical distancing activities
- Providing social activities in other forms (i.e. FaceTime, land-based activities, craft making, etc.)

## Updates from Reliable Sources

If you wish to keep informed and updated on latest news or government directives on the Coronavirus (COVID-19) the following is a list of reputable sources:

- NAADAHWECHIGE-GAMIG Wikwemikong Health Centre
- Public Health Sudbury & Districts
- Public Health Ontario
- Other Provincial and Territorial public health authorities
- The Public Health Agency of Canada
- The World Health Organization

## Important Numbers:

NAME	NUMBER
<b>Emergency Services for Ambulance, Police, or Fire</b>	<b>911</b>
<b>Wiikwemkoong Unceded Territory</b>	<b>1-705-859-3122</b>
<b>Mindemoya Hospital</b>	<b>705-377-5311</b>
<b>Little Current Family Health Team Clinic</b>	<b>705-368-2300</b>
<b>Telehealth Ontario</b>	<b>1-866-797-0000</b>
<b>Noojmowin Teg Health Centre</b>	<b>1-705-368-2182</b>
<b>Assiginack Family Health Team</b>	<b>1-705-859-2170</b>
<b>Mnis I.D.A. Pharmacy</b>	<b>1-705-859-2866</b>
<b>Manitowaning Guardian Pharmacy</b>	<b>1-705-859-2323</b>
<b>Wiky Tribal Police Services</b>	<b>1-705-859-3141</b>
<b>Wikwemikong Health Centre</b>	<b>1-705-859-3164</b>
<b>Public Health Sudbury &amp; District</b>	<b>1-705-522-9200</b>



## Glossary of Terms

**Self-Assessment:** evaluating yourself and symptoms

**Screening:** the process of screening another and their symptoms

**Non-essential:** not absolutely necessary for personal daily activities or care

**Essential:** necessary for personal daily activities or care

**Close contact:** being within 2 metres (6 feet) of someone for a prolonged period of time

**Teleconference:** conversing through virtual methods like telephone, computer, video

**Primary Caregiver:** a main person who provides direct care to an another person

**Dependent:** someone who relies on another person for support and care

**Health Care provider:** a certified person or organization that provides health services

## Conclusion

NAADAHWECHIGE-GAMIG Wikwemikong Health Centre, Wiikwemkoong Unceded Territory's Administration and Chief & Council continue to monitor and keep Community members updated as much as possible as the situation continues to change daily.

We ask that community members continue to take preventive measures and help decrease the risk of the virus reaching and spreading in the community.

Please see attached handouts for further information and personal use.