

COMMUNITY UPDATE ON COVID-19

Please be advised the Little NHL and Niagara Falls Trip has been cancelled. All Programs will be cancelled for the next month and will be reassessed as we move forward. The Diners Club will be cancelled and looking at other ways such as meals on wheels, etc. The Library will be closed during this period as well. We may livestream programs to you such as a cooking class by your Diners Club Cook, livestreaming different education and awareness on a variety of topics.

The World Health Organization (WHO) declared a pandemic and Atikameksheng Anishnawbek we will be implementing prevention measures for the community and the programs we deliver. Atikameksheng Anishnawbek has an Emergency Response Plan and Pandemic Plan.

As you may be aware, there has been a confirmed positive case of COVID-19 in Sudbury. We have been advised that the individual attended the PDAC during the week of March 2 – 6, 2020 in Toronto, ON. While we did have a staff member and community attend a portion of the PDAC conference, the individuals are not currently experiencing any symptoms of COVID-19. However, as a precautionary measure, the staff member will be working from home for the remainder of the incubation period. We have also taken measures to notify the community member and advise of best practices and self-isolation recommendations. Again, it is important to note that these individuals are not experiencing symptoms at this time. Further, the annual PDAC conference itself has attracted more than 25,000 attendees in recent years. At this time, given these facts, our Health team is advising that the risk level remains low here in Atikameksheng.

Please be advised that Janitorial Services in all building have increased their sanitation/cleaning efforts.

While Public Health Agency of Canada (PHAC) has continued to assess the public health, risk associated with COVID-19, we do ask that you as individuals take extra precautions during this time to implement increased prevention and hygienic measures. Now and always during cold and flu seasons, please stay home if you are sick. Please also encourage those you know are sick to stay home until they no longer have symptoms. Since respiratory viruses, such as the one that causes COVID-19, are spread through contact, change how you greet one another. In terms of greeting others, instead of a handshake or a hug, a friendly wave or elbow bump is less likely to expose you to respiratory viruses. Please also practice frequent hand hygiene as well as coughing and sneezing etiquette.

Further prevention measures include cleaning and disinfecting frequently touched objects and surfaces, such door handles. These are the most important ways that you can protect yourself and your family from respiratory illness, including COVID-19.

The following pages will show you proper handwashing techniques and resources we obtained through the Public Health Sudbury and Districts website. This is a trusted source of information along with the World Health Organization (WHO).

As developments occur, we will try our best to keep you informed by way of flyers, websites and livestreaming.

At this time, please do not panic, ensure you are taking precautionary measures for you and your family. Teach your children the importance of handwashing, not touching their faces with unwashed hands, re: cough etiquette. If you have any questions please do not hesitate to contact the Sudbury and District Health Unit at 705 522 9200 and choose option 1.

Further information regarding the COVID-19 virus can be found on the following Public Health – Sudbury & Districts dedicated information sites;

<https://www.phsd.ca/>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html>

Below is directly taken from the Health Sciences North website as of March 13, 2020, it reads....

Important information on COVID-19

Updated March 12, 2020

- **HSN has no admitted patients who have tested positive for COVID-19.**
- **We continue to monitor our situation closely. At this time, we continue with regular operations. Patients will be alerted to changes in their appointments and procedures.**
- **We ask that patients coming to the emergency department with suspected symptoms of COVID-19 to not take visitors with them. We also ask those coming to HSN's Emergency Department for other issues to only take visitors if it is absolutely necessary. Visitor restrictions have not been put in place in other parts of the hospital, however to ensure we keep our patients and staff safe visitors who are not feeling well should not come to the hospital.**
- **As part of enhanced screening measures, we have additional triage at the entrance to our emergency department. This means we no longer need patients to call ahead to the hospital if they are coming to the ED with suspected symptoms of COVID-19.**

Patients entering the Emergency Department are asked to observe the signage posted related to COVID-19. You may be asked to wear a mask while waiting for or receiving treatment to prevent the spread of illness.

As our patient volumes continue to be above 100% capacity, we encourage people to consider other care alternatives such as walk-in clinics for non-urgent medical issues.

- Symptoms of COVID-19 can range from mild to severe and include fever, cough, and difficulty breathing (shortness of breath).
- If you suspect you have symptoms of COVID-19, call Telehealth Ontario for medical advice at 1.866.797.0000 (TTY 1.866.797.0007) or Public Health Sudbury & Districts at 705.522.9200 (toll-free 1.866.522.9200). Be sure to mention your symptoms and your travel history, including the countries you recently visited.

If you need immediate medical attention, please call 911 and mention your travel history and symptoms.

At this time, the virus is not circulating locally. However, this is a rapidly changing situation requiring that our agency, community, and individuals be prepared for the potential wider spread of the infection in the community.

Visit [phsd.ca/COVID-19](https://www.phsd.ca/COVID-19) for information about how you can prepare for the spread of COVID-19, how to monitor your health, and what to do if you think you are sick.