



Town of Deep River

100 Deep River Road, P.O. Box 400,
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613-584-2000 www.DeepRiver.ca



COUNCIL AND COMMITTEE MEETINGS

Please visit the Town of Deep River website at the following link to view the schedule of upcoming meetings:

CORONAVIRUS DISEASE (COVID-19) VULNERABLE POPULATIONS AND COVID-19

While diseases can make anyone sick, some Canadians are more at risk of getting an infection and developing severe complications due to their health, social and economic circumstances.

Organizations, staff and volunteers play an important role in helping to prevent these populations from getting or spreading the COVID-19 virus. Start by sharing simple things they can do to help keep themselves and others healthy, guide them to help if they develop any signs and symptoms and learn ways help care for sick clients recovering from COVID-19.



Vulnerable populations may include:

- Anyone who is:
 - An older adult
 - At risk due to underlying medical conditions (e.g. heart disease, hypertension, diabetes, chronic respiratory diseases, cancer)
 - At risk due to a compromised immune system from a medical condition or treatment (e.g. chemotherapy)

Anyone who has:

- Difficulty reading, speaking, understanding or communicating
- Difficulty accessing medical care or health advice
- Difficulty doing preventive activities, like frequent hand washing and covering coughs and sneezes
- Ongoing specialized medical care or needs specific medical supplies
- Ongoing supervision needs or support for maintaining independence
- Difficulty accessing transportation
- Economic barriers
- Unstable employment or inflexible working conditions
- Social or geographic isolation, like in remote and isolated communities
- Insecure, inadequate, or nonexistent housing conditions

Educate staff about ways to prevent the spread of COVID-19:

- Washing hands often with soap and hot water or use of alcohol based sanitizer
- Increasing access to hand hygiene and cough etiquette supplies (e.g. alcohol-based hand rub, soap, paper towels, tissues, waste containers)
- Cleaning frequently used spaces, surfaces and objects (kitchens, common areas, dining areas, desks, shared sleeping spaces, doorknobs, and faucets)
- Staying home when sick
- Avoiding the use of shared personal items
- Sharing information about what to do if staff or a client shows symptoms of becoming sick



Sharing steps about how to care for and isolate people living in a crowded facility (including the use of separate washrooms, if available)

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION, VISIT

Canada.ca/coronavirus or contact 1-833-784-4397

How organizations can support vulnerable populations during COVID-19 outbreaks

Take the time to learn the facts:

- Know more about COVID-19 by visiting canada.ca/coronavirus
- Keep up-to-date about the current situation in your community
- Contact local, provincial, territorial public health officials to get relevant COVID-19 information, resources and guidance

Take time to get prepared:

- Review your business continuity plan so you and your staff know what to do
- Plan ahead for potential disruptions
- Identify and plan how to continue providing the most critical services
- Partner with organizations that provide similar services to share resources and strategies
- Be prepared to answer questions from staff, volunteers, and clients
- Consider stockpiling general supplies and cleaning supplies
- Prepare for shelters and communal space limitations

Suggestions for supporting vulnerable populations during COVID-19 outbreaks

Provide clear instructions about how to wash hands and cover coughs using:

- The most commonly used language in the community
 - Short messages that explain simple steps they can take
 - Large font and graphics
 - Accessible instructions (e.g. braille, pictorial); and
 - By posting signs in common areas: near sinks, entrances, intake areas, restrooms, sleeping areas, recreation areas, waiting rooms
- Consider supporting alternatives such as:
- Using volunteer drivers and subsidized taxi fares instead of public transportation
 - Putting in place alternative outreach measures or a "buddy" system
 - Including policies to allow sick clients to rest in shelters during the day
 - Providing access to food, drinks and supplies, as possible
 - Reminding clients to fill or refill prescriptions, and necessary medical supplies

If you suspect a client is sick from COVID-19, please contact your local **Public Health Authority**



Read Carefully

Returned from **INTERNATIONAL TRAVEL** on or after **March 13** or have **COVID 19 symptoms*?**

***Covid 19 symptoms: new cough, fever, difficulty breathing.**

Return Home and self isolate for 14 days.

Have symptoms?

Call Tele-Health Ontario:

1-866-797-0000

2019 Novel Coronavirus (COVID-19)

What you need to know to help you and your family stay healthy



Wash your hands with soap and water thoroughly and often.

Cough and sneeze into your sleeve or a tissue. Dispose of tissue immediately and wash your hands.



Keep surfaces clean and disinfected.



Stay home when you are sick.

If you have symptoms, call Telehealth Ontario at:

1-866-797-0007 TTY: 1-866-0007
Or contact your public health unit

For more information, visit Ontario.ca/coronavirus



March 2020						
S	M	T	W	T	F	S
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Recycling
fibre
container

RECREATION

613-584-2000 ext. 103
pool: 613-584-2000 ext 181

For the Deep River Library, Community Pool and Arena, please check the town website and/or Facebook page for updates.

CORONAVIRUS DISEASE (COVID-19) HOW TO ISOLATE AT HOME WHEN YOU HAVE COVID-19

Isolation means staying at home when you are sick with COVID-19 and avoiding contact with other people to help prevent the spread of disease to others in your home and your community. If you have been diagnosed with COVID-19, it is expected that you take the following measures.

Limit contact with others

- Do not leave home unless absolutely necessary, such as to seek medical care.
- Do not go to school, work, other public areas or use public transportation (e.g. buses, taxis).
- Arrange to have groceries and supplies dropped off at your door to minimize contact.
- Stay in a separate room and use a separate bathroom from others in your home, if possible.
- If you have to be in contact with others, keep at least 2 metres between yourself and the other person. Keep interactions brief and wear a mask.
- Avoid contact with individuals with chronic conditions, compromised immune systems and older adults.
- Avoid contact with pets if you live with other people that may also be touching the pet.

Keep your hands clean

- Wash your hands **often** with soap and water for at least 20 seconds, and dry with disposable paper towels or dry reusable towel, replacing it when it becomes wet.
- You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Cough or sneeze into the bend of your arm or into a tissue.

Avoid contaminating common items and surfaces

- At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes.
- Do not share personal items with others, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- Use regular household disinfectants or diluted bleach (one part bleach and nine parts water) to disinfect.
- Place contaminated items that cannot be cleaned in a lined container, secure the contents and dispose of them with other household waste.
- Put the lid of the toilet down before flushing.

Care for yourself

- Monitor your symptoms as directed by your healthcare provider or Public Health Authority.
- If your symptoms get worse, immediately contact your healthcare provider or Public Health Authority and follow their instructions.
- Get some rest, eat a balanced diet, and stay in touch with others through 'communication devices'.

Supplies to have at home when isolating

- Surgical/procedure masks (do not re-use)
- Eye protection
- Disposable gloves (do not re-use)
- Disposable paper towels
- Tissues
- Waste container with plastic liner
- Thermometer
- Over the counter medication to reduce fever (e.g. ibuprofen or acetaminophen)
- Running water
- Hand soap
- Alcohol-based sanitizer containing at least 60% alcohol
- Dish soap
- Regular laundry soap
- Regular household cleaning products
- Bleach (5% sodium hypochlorite) and a separate container for dilution (one part bleach to nine parts water)
- Alcohol prep wipes
- Arrange to have your groceries delivered to you