

Coronavirus: COVID-19
Current Update – April 16, 2020

As of April 16, 2020, Canada has a total of 28,381 confirmed cases of COVID-19. Ontario itself has 8961 cases with Toronto having 2670 cases. **At this time, residents of North Yorkers continue to remain symptom free and staff members continue to self-monitor.** If this changes, we will notify all staff, residents and stakeholders as soon as possible.

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It has been over a month now that we have been social distancing and staying home as much as possible. Everyone is looking for things to do while at home during the COVID-19 Pandemic. Now seems like a good time to relax, but when you've been cooped up for weeks, and still can't hit the malls or movie theaters, how can you spend your time? There are many great activities that you may not have thought of. Use the list below to inspire your creativity!

1. Improve your cooking

- Try a new recipe
- Eat breakfast for dinner
- Host an international dinner date
- Film a cooking show
- Bake and decorate
- Have a cocktail evening

2. Family Fun

- Build a pillow fort
- Read a book together
- Have a scavenger hunt
- Paint a canvas or even the walls
- Have a family photo shoot
- Have a fashion show

3. Just for you

- Start a journal
- Scrapbook

- Write a letter to your future self
- Have a home spa day
- Learn a new skill

4. Spring Cleaning

- Sort the closets
- Clean your vehicle
- Fix the fixer-uppers

5. Get Active

- Meditate
- Dance
- Create a workout routine

6. Play Games

- Hide and seek
- Charades
- Board games
- Jenga
- Karaoke Night

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In previous updates, we have provided you with the many guidelines and protocols that we expect all staff members of North Yorkers to practice in order to prevent the spreading of COVID-19 within the residence. We would now like to provide you with information on **what you should be doing if you have someone at home who is COVID positive.** Public Health Ontario has made many great suggestions on the things you can do to keep yourself safe from contracting COVID-19 from your loved one, and in turn keeping it out of the community.

Wash your hands often

- Wash your hands soap and water after each contact with the infected persons.
- Use an alcohol-based hand sanitizer if soap and water are not available.

Wear masks and gloves and dispose after use

- Wear a mask and glove if you must get in close contact with person's saliva or other bodily fluids
- Take gloves off right after you provide care and dispose of them in the garbage
- Clean hands with soap and water before removing your mask
- Clean your hands again with soap and water after mask is removed

Avoid sharing household items

- Do not share dishes, drinking glasses, utensils, bedding, etc.
- After use, all items should be washed with soap and warm water.
- Do not share cigarettes

Clean frequently

- Clean your home with regular household cleaners
- Clean frequently touched items such as toilets, sink taps, doorknobs, bedside tables, etc. every day, even multiple times per day.

Wash laundry thoroughly

- There is no evidence that laundry needs to be separated but you should wear gloves when handling.
- Clean your hands thoroughly after removing gloves.

Be careful when touching waste

- All waste can go into regular garbage bins
- Line all garbage bins with a plastic bag to make disposal easier.
- Clean hands with soap and water after emptying all garbage bins.

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If you think you may be experiencing symptoms of COVID-19, take the self-assessment at www.ontario.ca/coronavirus. Follow all directions from your medical provider or your local health unit at the following phone numbers:

Telehealth Ontario: 1-866-797-0000

Toronto Public Health: 416-338-7600

Peel Public Health: 905-799-7700

Durham Region Health Department: 905-668-7711

York Region Public Health: 1-877-464-9675

Please refer back to previous updates as lots of important information has been provided that may still be relevant. If you have any questions or require more information on how you can protect yourself and those around you from the COVID-19 virus, please contact our Outreach Communication Facilitator Jessica, at 416-222-4448 or Jessica.nydp@gmail.com