

Coronavirus: COVID-19
Current Update – April 20, 2020

As of April 20, 2020, Canada has a total of 35,392 confirmed cases of COVID-19. Ontario itself has 11,184 cases with Toronto having 3546 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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The numbers for COVID-19 continue to rise, and NYDP remains focused on doing what we can to ensure all staff and residents are safe. We are very pleased that the residents continue to remain symptom free and we monitor this by ensuring each resident is screened once daily, including temperature monitoring.

We have updated our staff screener to include the most up-to-date information and we require all staff members to complete this screener at the beginning of each shift. On Friday April 17th, we provided our staff with an updated “best practice procedures” that they are required to sign off on ensuring that they understand and will follow our new protocols, as directed by Public Health.

Public Health has just started mobile testing within the health care sector, including Supportive Housing. The first cluster care organization to be tested happened on Friday, and management of North Yorkers will contact Public Health to see when it can be scheduled to have this type of testing completed for our staff and residents.

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If the fear of the coronavirus and social distancing has been getting you down, please know that you are not alone. Living in uncertain times causes our existing feelings to be amplified, or we may have new feelings we have never experienced before. If you are looking for some guidance on how to navigate your feelings, check out some of the best Mental Health Apps that you can download right to your phone from the Google Play Store or the Apple App Store.

Best Overall: Moodfit

"Whether you're experiencing anxiety, depression, or high levels of stress, Moodfit is designed to help you feel better."

Best for Learning Coping Skills: MoodMission

"MoodMission recommends 'missions' based on how the user is feeling and each mission can improve mood and coping skills."

Best for Stress Relief: Sanvello

"Sanvello teaches mindfulness skills and provides mood and health tracking tools that can be used to improve mental and physical health."

Best for Meditation: Headspace

"Headspace was started by Andy Puddicombe, a Buddhist monk whose made it his mission to teach meditation and mindfulness to as many people as possible."

Best Fun App: Happify

"Happify provides science-based activities and games that are meant to reduce stress, build resilience, and overcome negative thoughts."

Best for Depression: Depression CBT Self-Help Guide

"The Depression CBT Self-Help Guide provides education on depression and the best strategies for managing the symptoms."

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We know you have questions about the ongoing coronavirus pandemic and now is the opportunity to get answers straight from the most trusted sources. Toronto's top doctor Eileen de Villa will answer your questions about COVID-19, live online, for 30 minutes on Wednesday April 22, from 12:30 p.m. to 1:00 p.m. EST.

Submit your questions about COVID-19 in the chat window during the live stream, or post them on Twitter using the hashtag #COVIDanswers.

Live Online: <https://toronto.citynews.ca/2020/04/19/coronavirus-ama-dreileendevilla/>

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If you or someone you know uses Augmentative and Alternative Communication (AAC), and requires any resources related to COVID-19, please contact Jessica (Jessica.nydp@gmail.com) and she can assist you in accessing and/or creating various communication tools.

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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