

Coronavirus: COVID-19
Current Update – April 23, 2020

As of April 23, 2020, Canada has a total of 40, 824 confirmed cases of COVID-19. Ontario itself has 12, 879 cases with Toronto having 4069 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.

--

Although we have been asked to stay home and social distance during the COVID-19 pandemic, there are still times when we must leave our homes to purchase essential items. Victor Gascon, Treasurer/Past President of the Ontario Federation for Cerebral Palsy, and proud parent, shares his tips and tricks for staying safe when shopping for food.

Staying at home safe

The moment you step out of your home you are a risk of contracting the virus. Some of us need to gear up and go out shopping. Plan who goes shopping carefully, “Dr. Leon Rivlin, from Humber Hospital, recommends that people who are over 60, pregnant women and those with weakened immune systems and chronic health conditions, especially affecting the respirator system should avoid going out for groceries. Rivlin says try to pick the healthiest person in the family as your designated shopper”.

Shopping for food:

There are a several apps available where you can shop on line and choose your store. There are also many grocery stores who offer curbside pick-up.

If you are going to go to the store yourself remember to make a thoughtful list before you go. I’m not suggesting that you hoard, but definitely suggest that you buy enough so that you don’t need to come back on a regular basis.

Leaving for the store:

This is what I do to try and stay safe.



- Put your phone in a zip lock plastic baggie. Don’t make calls or text while you are shopping.
- I also grab 3 - 4 Lysol wipes, or saturate some paper towels with some rubbing alcohol or a mixture of bleach and water, (remember to squeeze out the excess water).
- Don your mask
- Put your bank card in a small baggie and keep it handy where you can easily reach it without going through your wallet, purse or pockets. (*remember everything you touch could be contaminated*)
- Keep a box of gloves in the car so you can grab them as needed,
- You can also prepare yourself baggies with 2 gloves in each bag. This way the gloves remain uncontaminated and are ready when you need them.
- And the most important thing is hand sanitizer. (*For this trip to the Grocery store be generous with the hand sanitizer, this is where you really need it.*)

Going into the store

- Wear your mask and gloves
- Keep your wipes hanging over the cart handle so that they are readily available
- Sanitize the handle
- Place your list in front of you, don't keep reaching in your pocket.
- Remember to keep a social distance while you are shopping
- Look carefully before picking up fruits and vegetable to avoid touching.
- Wipe your hands often with your wipes and even use hand sanitizer on your gloves.
- DO NOT touch your face. The gloves are a good reminder to not touch your face.

PAYING for your purchases.

- Many stores do not want to handle cash.
- Use debit or credit. If you can tap, that's the ideal.
- Put a dab of sanitizer on your gloves before handling your card and the key pad. Once you have paid, remember to wipe your card before putting it back in the plastic bag.
- If you are being over cautious you are probably in a safer place.

Placing the groceries in your car:

You're almost there, just keep up the good practices. Hand sanitize your gloves, take out your keys, unlock. If you have Lysol spray, give the surface of the trunk or seats a spray, a surface spray of your bags is a good practice also. Now you will place your bags in the car.

Keep a garbage bag with you to dispose of your gloves, don't throw them out in the parking lot. You would be contributing to other problems. Some stores have garbage cans near the cart racks. Sanitize your hands, take of your mask if you wish and spray it and put it in a paper bag.

I usually give my clothes a quick wipe or spray before I get into the car.



Unpacking and Washing your groceries:

This is the last stage of decontamination and staying safe. It's IMPORTANT that you clean all that you bring into the house and incorporate into your cupboards and refrigerator. (I was just made aware that the virus can live in the refrigerator for up to 21 days. Not good!).

1. Leave your shoes at the door, spray them.
2. Strip your clothes and throw them in the washing machine right away.
3. Have a shower.
4. Prepare soapy hot water with bleach in the sink, using 2-3 cap full of bleach
5. Have a clean sterile area ready to put the clean groceries on.
6. Put on gloves and start bringing in your groceries one bag at a time.

7. Wipe all thoroughly.
8. Fruits and vegies with a skin can be wiped, or a quick dip in the soapy water then rinse thoroughly with warm water. Place on a clean T-towel or paper towel to dry.
9. Remember to keep wiping the counter clean after every bag. Remember these bags could be contaminated especially inside.
10. You can rinse lettuce in water and vinegar
11. It's good practice to wipe down the door handle, fridge handle cupboard handles.
12. Wipe your plastic bag, take out your phone, re-wipe your credit or debit card.
13. If you need to use grocery bags, place them in a larger bag and give it a spray and let them sit in the bag for a while in a warm place.

Victor Gascon

Treasurer/Past President Ontario Federation for Cerebral Palsy

Most important title, Parent of a wonderful son who has C.P.

--

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.

Communication Disabilities Access Canada (CDAC) Communication Rights Toolkit

<https://www.cdacanada.com/resources/covid-19/covid-19-communication-rights-toolkit/>

--

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