

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

As of May 20, 2020, Canada has a total of 79, 112 confirmed cases of COVID-19. Ontario itself has 23, 774 cases with Toronto having 8866 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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List of businesses now given green light to reopen in Ontario

As the province continues its fight against COVID-19, more businesses are being given the go ahead to reopen, while adhering to specific public health measures.

The move comes as the province's recoveries from the novel coronavirus continue to outweigh confirmed active cases. As well, Ontario's top health officials have said in recent days that community spread transmission of the virus, as well as within long-term care homes, appears to be on the decline, a trend that has been described as "encouraging."

Here is the list of the retail businesses that can reopen as per the government's website. Click the link below to view all other businesses allowed to re-open as of May 19, 2020.

Retail

- In addition to retail operating online, or with curbside pickup and delivery, all retail can open under the following restrictions and guidelines:
- No indoor malls
- Must have a street-front entrance
- Open in-store by appointment and/or by limiting the number of people in the store at any one time. Retailers would need to restrict the number of customers per square metre to ensure physical distancing of 2 metres at all times.
- Only fitting rooms with doors would be used, not curtains, to facilitate disinfecting. Retailers will need to restrict use to every second fitting room at any one time to allow for cleaning after use and ensure physical distancing.

<https://www.cp24.com/news/list-of-businesses-now-given-green-light-to-reopen-in-ontario-1.4927635>

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Importance of Handwashing

Regularly washing or sanitizing your bare hands offers more protection against contracting COVID-19 than wearing gloves in a public setting, according to the Public Health Agency of Canada (PHAC). PHAC warned that gloves can easily become contaminated if they make contact with objects or surfaces that contain the virus on them and if a person were to touch these objects or surfaces while wearing gloves and then touch their face, for example, they can become infected with COVID-19. Disposable gloves should never be reused and instead thrown out once taken off. Instead of wearing gloves, PHAC recommends practising good hand hygiene by frequently washing your hands with soap and water for at least 20 seconds or using either an alcohol-based hand

sanitizer containing at least 60 per cent alcohol or a non-alcohol based hand sanitizer approved by Health Canada. Other recommendations made by the agency include not touching your face, and practising respiratory etiquette by coughing into a tissue or sleeve instead of out into the open.

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How Isolation is changing our use of substances

In today's Big Story podcast, have you found yourself joking about drinking your way through quarantine? You are, anecdotally and statistically, not alone. We know more people are reporting increased use of substances — but we still imagine there's a world of differences between people living with substance use disorders and those of us chasing boredom with beer. Why is that? Click the link below to listen to today's podcast!

<https://toronto.citynews.ca/2020/05/20/substance-use-coronavirus-big-story-podcast/>

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If you or someone you know uses Augmentative and Alternative Communication (AAC), and requires 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