



COVID 19 Comprehensive

The following data has been compiled from the Thunder Bay District Health Unit Website.

Not everyone in Oliver Paipoonge has access to Internet services, so hopefully this information is helpful to you. This Covid 19 Pandemic has changed our World. We are all having to cope with this the best way we can. Knowledge can help us stay as safe as possible; but this “Human Chain” is only as strong as its weakest link. We are all more dependant on each other, than we ever knew....a Life Lesson

What is a Coronavirus?

Coronaviruses are a large family of viruses that can cause illness in people and other can cause illness in animals. Human Coronaviruses are common and are typically associated with mild illness, similar to the common cold.

What is COVID-19?

COVID-19 is a new disease that has not been previously identified in humans. Rarely, animal Coronaviruses can infect people, and more rarely, these can then be spread from person to person through close contact.

Symptoms can include:

- fever (38°C and over)
- chills
- new or worsening cough
- barking cough
- making a squeaky or whistling noise while breathing
- shortness of breath
- sore throat
- difficulty swallowing
- hoarse voice
- runny nose
- stuffy or congested nose
- lost sense of taste or smell
- headache
- digestive issues (nausea, vomiting, diarrhea, stomach pain)
- fatigue
- falling down more than usual
- in children: sluggishness or lack of appetite

Those who have COVID-19 may have little to no symptoms. People may not know they have symptoms of COVID-19 because the symptoms are similar to a cold or flu. Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known incubation period for this disease.

How can COVID-19 be spread?

Human Coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:

- respiratory droplets generated when you cough or sneeze
 - close, prolonged personal contact, such as touching or shaking hands
 - touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands
- The Public Health Agency of Canada is currently investigating if the virus can be transmitted to others if someone is not showing symptoms. While experts believe that this is possible, it is considered to be rare.

How can the spread of COVID-19 be reduced?

Here are some infection and prevention control measures to help reduce the spread of COVID-19:

- Wash your hands frequently using soap and water for at least 20 seconds or use an alcohol-based hand sanitizer (minimum 60% alcohol).
- Avoid touching face, in particular your mouth, nose or eyes.
- Cover your mouth and nose with a tissue or your upper sleeve or elbow when you cough or sneeze. Immediately throw away used tissues and wash your hands with soap and water or an alcohol-based hand sanitizer.
- Clean and disinfect high-touch areas frequently.
- Practice physical distancing by staying two meters away from others.
- Avoid all non-essential gatherings of any size.
- All people who are sick should stay at home.

Can dogs transfer COVID-19?

The Coronavirus can survive up to 2-3 days depending upon surfaces (dog’s coat) There is much we presently do not know. Provided the owner handles their own dog and maintains physical distancing, the risk is minimal.

How is COVID-19 diagnosed?

Coronavirus infections are diagnosed by a healthcare provider based on symptoms and are confirmed through laboratory tests. The Assessment Centre in Thunder Bay is located on-site outside of the Thunder Bay Regional Health Sciences Centre’s Emergency Department. The Assessment Centre is only available to those who have been directed there by the Thunder Bay District Health Unit or Telehealth Ontario to attend it. The need to perform a COVID-19 swab test will be determined by strict medical directives as outlined by the province.

How long does it take to get test results after testing for COVID-19?

It usually takes approximately 2-3 days to receive test results for COVID-19. Please continue to self-isolate while awaiting test results. Waiting time is subject to change based on laboratory resources and capacity (e.g. weekends and location of testing).

Why can't everyone be tested?

In order to keep the public and healthcare environments as safe as possible, testing is prioritized based on risk factors for COVID-19 (travel history, symptoms, contacts, etc.) as outlined by the province. The testing guidelines allow for the use of resources at a pace that will help us keep the highest number of people safe and allow us to test when we need it most.

What is case and contact management?

This includes identifying close contacts for every positive COVID-19 case in the Thunder Bay District. The identification and management of these close contacts is one of the tools public health uses to slow the spread of COVID-19.

With regards to confirmed cases of COVID-19 in the TBDHU area, individuals who have not been contacted by public health would not be considered a close contact of confirmed cases.

What is a close contact?

There are different types of close contacts:

- *Household Contacts* (people who live in the same house) are generally the highest risk group with most exposure;
- *Community Contacts* The community contacts could be people in close contact during flights, close contact in personal care, or other people the person had interacted with closely for a significant amount of time.
- Other individuals who had similar close physical contact including face-to-face contact within 2 metres and for more than 15 minutes.
- A Public Health Nurse will contact any individual that is found to be a “close contact” of a person with COVID-19. Close contacts that do not have symptoms will be advised to self-isolate and close contacts that do have symptoms will be advised to self-isolate and get tested for COVID-19.

What is physical distancing?

Physical distancing involves taking steps to limit the number of people you come in close contact with. This will help to limit the spread of COVID-19 in the community. Everyone in the Thunder Bay District should be practising physical distancing. Examples of physical distancing include, but are not limited to:

- staying home as much as possible
- avoiding non-essential trips in the community
- avoiding handshakes and direct contact with others
- maintain a 2 metre distance from others
- cancelling group gatherings

What is self-isolation?

Self-isolation is when a person has been instructed to separate themselves from others with the purpose of preventing the spread of the virus, including those within their home.

Do not go outside for a walk, bike ride, etc.

If you do not have any symptoms you can go in your own backyard and property but must ensure you can keep 2 metres from any public space. If you do have symptoms, you must stay indoors. If you live in an apartment, do not go into any communal or shared areas, such as hallways, gym, public washrooms, elevators, stairwells, laundry rooms, etc. Finally, do not leave your place of isolation unless it's to seek medical attention.

Individuals who live with someone who has returned from travel outside Northwestern Ontario and is symptomatic are strongly recommended to self-isolate.

We all have to do our part to protect ourselves and others by following these important measures. As individuals, we are responsible for ensuring our actions do not put others at risk. We can also educate and encourage others to do the same.

Compiled by Alana Bishop (Councillor)

