



Resources for  
Individuals  
and families

# Health Resources & Supports during COVID-19 Social Distancing

During these challenging times, we want to make it easier for people to access information and resources to support themselves and their loved ones. Below you'll find phone numbers and links to resources that will hopefully help you understand COVID-19 better and know who to connect with if you have any concerns.

## Get health information from reputable sources

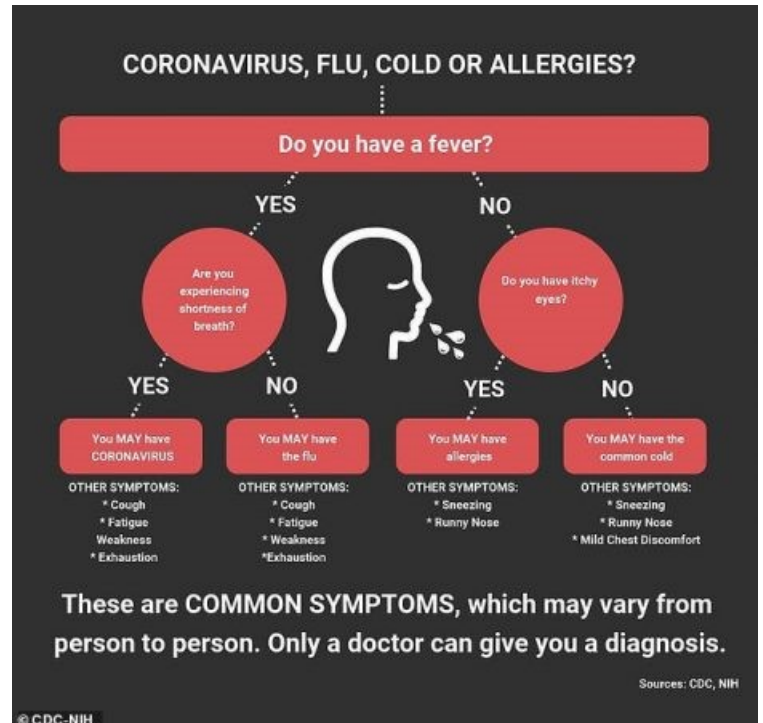
**Telehealth Ontario (if you're feeling unwell)**  
1-866-797-0000

**Haliburton, Kawartha, Pine Ridge  
District Health Unit**  
1-866-888-4577 ext. 5020  
www.hkpr.on.ca

**Government of Ontario (info and facts)**  
www.ontario.ca/covid19

**COVID-19 Self Assessment Tool**  
www.ontario.ca/page/2019-novel-coronavirus-covid-19-self-assessment

**US John Hopkins Medicine**  
*Myth versus Fact*  
www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/2019-novel-coronavirus-myth-versus-fact



© CDC-NIH  
<https://hartfordhealthcare.org/about-us/news-press/news-detail?articleid=24722&publid=395>



www.sirch.on.ca



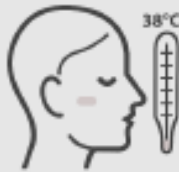
an unwavering belief in people and possibilities

## Coronavirus Disease 2019 (COVID-19)

# How to self-monitor

Follow the advice that you have received from your health care provider.  
If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your public health unit.

### Monitor for symptoms for 14 days after exposure



Fever



Cough



Difficulty breathing

### Avoid public spaces

- Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

### What to do if you develop these or any other symptoms?

- Self-isolate immediately and contact your public health unit and your health care provider.
- To self-isolate you will need:
  - Instructions on how to self-isolate
  - Supply of procedure/surgical masks (enough for 14 days)
  - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and sit in the back seat.

#### Contact your public health unit:

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#### Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: [ontario.ca/coronavirus](https://ontario.ca/coronavirus)

## Coronavirus Disease 2019 (COVID-19)

# How to self-isolate

Follow the advice that you have received from your health care provider. If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your local public health unit.

## Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.
- Your health care provider or public health unit will tell you when it is safe to leave.



## Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).



## Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- After emptying the wastebasket wash your hands.



## Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.



## Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two metres of other people.



# What does social distancing mean?



## AVOID

Group Gatherings  
Sleep Overs  
Playdates  
Concerts  
Theater Outings  
Athletic Events  
Crowded Retail Stores  
Malls  
Workouts in Gyms  
Visitors in Your House  
Non-essential Workers in Your House  
Mass Transit Systems

## USE CAUTION

Visiting a Local Restaurant  
Visiting a Grocery Store  
Getting Take Out  
Picking Up Medications  
Visiting the Library

## SAFE TO DO

Take a Walk  
Go for a Hike  
Yard Work  
Play in Your Yard  
Clean Out a Closet  
Read a Good Book  
Listen to Music  
Cook a Meal  
Family Game Night  
Go for a Drive  
Group Video Chats  
Stream a Favorite Show  
Check on a Friend  
Check on Elderly Neighbor

<https://www.gradyhealth.org/social-distancing/>

### COVID-19 PREVENTION



Wash your hands often with soap and water for at least 20 seconds.



Avoid touching your eyes, nose, and mouth.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.