



May 1, 2020

## **Community Update**

Thank you to the residents of Ottawa who continue to support planking the curve – staying home and keeping physical distance. We can change the impact that this pandemic has on our city when we all work together.

**It is important to recognize that the COVID-19 situation is evolving very quickly. Please refer to [OttawaPublicHealth.ca/Coronavirus](https://OttawaPublicHealth.ca/Coronavirus) to stay up-to-date on the latest information.**

The actions that members of your groups and organizations are taking will save lives and make a difference for your friends, family, neighbours, and colleagues. Remember that COVID-19 affects everyone: regardless of age and current health status. It is important for all of us to continue to practice physical distancing. This means:

- Stay home as much as possible. Only leave your property for essential travel such as grocery shopping, visiting a pharmacy or engaging in responsible physical activity;
- Stay at least 2 metres (6 feet) away from people outside of your household;
- **[Wash your hands](#)** with soap and water thoroughly and often;
- Do not touch your face with unwashed hands;
- Stay home if you are sick - do a self-assessment using the **[Ontario Government self-assessment tool](#)**
- Clean phones and other devices, and frequently touched surfaces regularly.

For more information on physical distancing visit: [OttawaPublicHealth.ca/PhysicalDistancing](https://OttawaPublicHealth.ca/PhysicalDistancing)

## **We want your opinion!**

The City and OPH are currently exploring how we can safely reopen the city in a gradual, phased approach while aligning with the Province of Ontario's [framework](#) for reopening the province.

We want to hear from you about the changes you have made to protect yourself and your loved ones from COVID-19, how easy it has been for you to receive and understand information from different levels of government, what kinds of supports you have accessed, your ideas on how to maintain physical distancing into the future and much more.

The information you provide will help to ensure we develop a plan for recovery that meets the needs and expectations of our community as much as possible.

Please visit [www.engage.ottawa.ca/covid19](https://www.engage.ottawa.ca/covid19) , and check back regularly as we will update this page to seek ongoing feedback as we continue to navigate next steps.

## National Immunization Awareness Week

This week is National Immunization Awareness Week (NIAW)! It is an annual event held at the end of April to recognize the importance of immunization in Canada. This year's theme is "Trust. Protect."

Here are some great immunization links for Health Care Professionals:

[Canadian Immunization Guide](#) (CIG)

[National Advisory Committee on Immunization](#) (NACI)

The **Kids Comes First Health Team** (CHEO, OPH, community pediatricians and CANImmunize) has opened a [Children's Immunization Clinic for infants and children under two](#) (2) years of age in the Ottawa region who are unable to get their routine series of immunizations due to COVID-19 closures.

## Staying Active

Our [Being Active](#) page now contains this new [Staying active outdoors during COVID-19 Infographic](#)

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### Staying active outdoors during COVID-19

**✓ Do**

- Keep a 2 metre distance from others. Step-aside or pass\* others quickly with a smile.
- Stay well back from others when running, rolling, cycling, or rollerblading, and stagger yourselves to not be directly behind others.
- Stick to sidewalks, streets and multi-use paths in your neighbourhood as much as possible.
- Change your route or the time of day you go out to avoid areas with lots of people.

**✗ Do not**

- Travel to destinations that may attract a crowd and make physical distancing too difficult.
- Stay and play or stop for a picnic in parks.
- Exercise with anyone outside your household.

\*Passing someone on the sidewalk is not considered a close contact or a significant risk for exposure to COVID-19.

Ottawa Public Health.ca | 613-580-6744  
Santé Publique Ottawa.ca | TTY/ATS : 613-580-9656

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## [Living in Shared Accommodations & COVID-19 Factsheet](#)

Here is [a link](#) to an in-depth factsheet for those living in shared accommodations.

The factsheet discusses

- How to keep yourself healthy
- How to clean your space
- How to use shared areas responsibly
- What to do if you are sick or have been instructed to self isolate
- How to take care of your mental health

## [Recommendations for Farmers' Markets and Community Agricultural boxes \(CSA's\) including pickup and delivery options](#)

Farmer's Markets have been deemed an essential business, under the current Order from the Province of Ontario. Ottawa Public Health has worked with partners to establish objectives to keep people safe. Please note that market organizers require landowner permission to operate while Provincial orders in place. Market organizers must also contact Ottawa Public Health to review their plans before operating.

**To reduce risks, OPH recommends implementing strategies that encourage physical distancing, including:** More information can be found [here](#)

- Sale of food products only
- Pre-order, pre-pay, and use e-payments
- Pre-package food items
- No sampling permitted
- Limit the number of people inside the market to allow for physical distancing – encourage one member per family
- Limit number of vendor's at each stall to ensure 2 metre physical distancing
- Provide barriers between staff, volunteers and customers where possible
- Vendor stalls/vehicles to be at least 2 metres/6 feet apart
- If line-ups do occur inside, support clients to physically distance by providing markings on the floor for 2 metre/6 feet distance
- Establish line management practices for any customers waiting outside to enter the market that require 2 meters/6 feet physical distancing
- Encourage organized/staggered appointments for food pick-up to reduce the number of people on-site at the same time
- Upon customer pick-up:
  - ensure physical distance is maintained
  - recommend no contact pick-up, by encouraging customers to stay in vehicle and place items in trunk
- Practice hand hygiene with either soap and water or an alcohol-based hand sanitizer immediately after each interaction

- If delivering food, items should be left at the door rather than a face-to-face interaction take place
  - Delivery person can knock at the door to alert receiver, then walk away,
  - Alternatively, place the items at the door and step back or to the side 2 metres/6 feet
  - Practice hand hygiene with either soap and water or an alcohol-based hand sanitizer before and after each delivery
  - Clean and disinfect high contact surfaces and objects in delivery vehicles, including any re-usable delivery containers, at least twice daily
- Use non-physical forms of greetings instead of shaking hands, avoid direct contact with other people outside of your immediate family

## Masks

Medical masks and N95 respirators should not be worn by healthy community members.

Wearing **non-medical masks** may offer additional protection, especially when physical distancing is hard to maintain (e.g. in a grocery store, on the bus). Non-medical masks may include those that are made from cloth (for example cotton); those that have pockets to insert filters; and those that are used to cover other masks or respirators to prolong their use. Wearing a non-medical mask is NOT a replacement for physical distancing, hand washing, and monitoring your health.

For more information about the use of masks to prevent the spread of COVID-19, please visit:

[OttawaPublicHealth.ca/Masks](https://OttawaPublicHealth.ca/Masks)



## Symptoms and Testing Criteria

If you are in distress (e.g. significant trouble breathing, chest pain, fainting, or have a significant worsening of any chronic disease symptoms), do not go to the Assessment Centre or a COVID-19 Care clinic. Go to the nearest Emergency Department or call 9-1-1.

- COVID-19 has **common symptoms** such as fever, cough, or difficulty breathing.
- COVID-19 also has **less common symptoms** such as unexplained fatigue, delirium (a serious medical condition that involves confusion, changes to memory, and odd behaviours), falls, acute functional decline, worsening of chronic conditions, nausea, vomiting, diarrhea, abdominal pain, chills, headaches, croup, or loss of taste/smell.
- COVID-19 may also present as new or worsening respiratory symptoms such as: sore throat, runny nose, sneezing, nasal congestion, hoarse voice, or difficulty swallowing

The following list of individuals are recommended to be tested for COVID-19 **IF** they have at least one common symptom of COVID-19 **OR** one less common symptom of COVID-19 **OR** one new or worsening respiratory symptom (see list of symptoms above):

- Healthcare workers or staff who work in health care facilities and members of their households;
- Residents and staff in long-term care homes, retirement homes, correctional facilities, homeless shelters, mental health institution, hospice, and other congregate living settings;
- Hospitalized individuals and those who likely will be hospitalized;
- Members of remote, isolated, rural, and/or indigenous communities;
- Caregivers and care providers;
- First responders such as firefighters, police, and paramedics;
- Individuals with frequent healthcare contact such as patients with cancer or undergoing chemotherapy, dialysis therapy, pre- or post-transplant, pregnancy, and newborns.

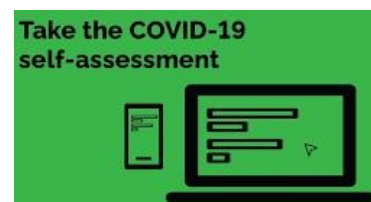
The following list of individuals are recommended to be tested for COVID-19 **IF** they have at least one common symptom of COVID-19 such as fever, cough, or difficulty breathing.

- Close contacts of confirmed or probable cases;
- Returning international travelers who seek medical attention;
- Critical infrastructure workers – this includes grocery stores, food services, maintenance and transportation workers, and utilities.

Patients who meet the criteria above will be tested for COVID-19, which involves taking a sample from the throat or nose with a swab.

If you think you have COVID-19 symptoms or have been in close contact with someone who has it, use the [COVID-19 self-assessment tool](#) to help determine how to seek further care

This revised testing criteria has been added to the [Ottawa Public Health website: www.OttawaPublicHealth.ca](http://www.OttawaPublicHealth.ca)



### [Testing and Treatment Locations](#)

#### *Assessment Centre – Brewer Park*

151 Brewer Way

Accessed from Bronson Avenue opposite Carleton University

Open 9 a.m. to 3:30 p.m., 7 days a week

#### *COVID-19 Care Clinic – Moodie Location*

595 Moodie Drive

Monday to Friday, 9 a.m. to 4 p.m.

#### *COVID-19 Care Clinic – Heron Location*

1485 Heron Road

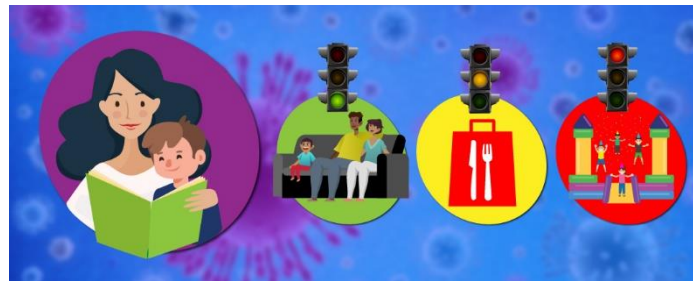
Monday to Friday, 9 a.m. to 4 p.m.



## [Helping children cope during the COVID-19 pandemic](#)

Being apart from friends and family can be challenging for everyone. For children and teens, it can be even more difficult. It is important that everyone practice [physical distancing](#), but this idea can be hard for young people to understand. Here are some things parents can do to help their children cope with this situation.

- Reassure them that they are safe;
- Encourage them to ask questions, and to talk about how they feel;
- Be understanding – they may have problems sleeping, be upset, and need extra care and attention;
- Remember that kids look to their parents to feel safe and to know how to respond – reassure them and let them know you'll tackle this together;
- Try to keep to normal routines and schedules – allow them to get outside and have supervised play. This is not a play date, so while out, remind them to keep 2 metres or 6 feet from others;
- Encourage them to keep in touch with their friends or other kids their age through supervised video chats or phone calls;



## [Physical Distancing for Parents, Teens, and Children](#)

Physical distancing involves taking steps to limit the number of people with whom you and your family come into close contact. As COVID-19 spreads from person-to-person through direct contact or over short distances by droplets through coughing or sneezing, this is critical to limit the spread of COVID-19 in the community. A person may also get COVID-19 by touching contaminated surfaces and then touching their mouth, nose, or possibly eyes. Though being apart from friends and family can be challenging even for adults, it can feel more like the end of the world for children and teens. Children can be more easily socially distanced than teens, who – quite frankly – push back more out of a need for greater independence.

The concept of physical distancing applies outside your home. Household contacts (people you live with) do not need to distance from each other unless they are sick or have travelled within the past 14 days. Physical distance and emotional distance are not the same. These recommendations are meant to keep physical space from other households, while staying emotionally connected!

## Support for Older Adults

Ontario's Chief Medical Officer of Health is strongly urging those over the age of 70 to stay at home and self-isolate. Follow these general instructions on [self-isolation](#).

While seniors' activity centres across Ottawa have shut down to limit the spread of COVID-19 among the vulnerable older adult population, senior/community centres continue to coordinate volunteers, plan meals, and reach out by phone.

Resources available:

- Ottawa Public Health – [Mental Health and COVID-19](#)
- [Aging Well in Ottawa Facebook Page](#)
- The Good Companions Seniors Centre offers over the phone programs or learning sessions for older adults and adults with physical disabilities:
  - [Senior Centres Without Walls](#)
  - [A Friendly Voice](#)
  - [The Good Companions](#)
  - [Ottawa Senior Pride Network](#)



For more information on activities and services, please visit our webpage for [Older Adults](#).

## Mental Health and COVID-19

Check in with yourself. It's OK not to be OK. It is normal for situations like these to affect your mental health.

- If you are in crisis, please contact the [Mental Health Crisis Line](#) (24 hours a day/7 days a week) at 613-722-6914 or if outside Ottawa toll-free at 1-866-996-0991.
- If you (or your child) are experiencing thoughts of suicide or harming yourself, please call 9-1-1.

Stay connected to others in different ways. Check in with others by phone or other technology. Find positive coping strategies that work for you. For more resources, please visit our [Mental Health and COVID-19 webpage](#).



Thank you again for all the actions you are taking as a community – these actions matter. Together we are making a difference.