



# COVID-19 INFORMATION

## **Key Contacts:**

<https://novascotia.ca/coronavirus/>

NS Department of Health: 1-800-387-6665

[https://www.canada.ca/en/public-](https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html)

[health/services/diseases/coronavirus-disease-covid-19.html](https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html)

1-833-784-4397

## **Should you get tested:**

**811.novascotia.ca** or call **811**

**Municipal Services** -<https://invernesscounty.ca/>

This information kit is to assist Inverness County residents in the reduction of the spread of  
COVID-19

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### Material Sources:

Public Health Agency of Canada

Nova Scotia Department of Health

Municipality of the County of Inverness

### Support for Business

<https://www.canada.ca/en/services/business/maintaingrowimprovebusiness/resources-for-canadian-businesses.html>

# ABOUT CORONAVIRUS DISEASE (COVID-19)

## WHAT IT IS

**COVID-19 is an illness caused by a coronavirus.**

Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

## HOW IT IS SPREAD

Coronaviruses are most commonly SPREAD from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

## IF YOU HAVE SYMPTOMS

If you have SYMPTOMS of COVID-19 — fever, cough, or difficulty breathing:

- ▶ stay home to avoid spreading it to others
  - if you live with others, stay in a separate room or keep a 2-metre distance
- ▶ call ahead before you visit a health care professional or call your local public health authority
  - tell them your symptoms and follow their instructions
- ▶ if you need immediate medical attention, call 911 and tell them your symptoms.

## SYMPTOMS

Symptoms may be very mild or more serious. They may take up to 14 days to appear after exposure to the virus.



FEVER



COUGH



DIFFICULTY BREATHING

## PREVENTION

The best way to prevent the spread of infections is to:



- ▶ wash your hands often with soap and water for at least 20 seconds



- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands



- ▶ avoid close contact with people who are sick



- ▶ when coughing or sneezing:
  - cover your mouth and nose with your arm or tissues to reduce the spread of germs



- immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards



- ▶ clean and disinfect frequently touched objects and surfaces, such as toys, electronic devices and doorknobs.



- ▶ stay home if you are sick to avoid spreading illness to others

## FOR MORE INFORMATION ON CORONAVIRUS:

☎ 1-833-784-4397

@ [canada.ca/coronavirus](https://canada.ca/coronavirus)

✉ [phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)

# KNOW THE DIFFERENCE: SELF-MONITORING, SELF-ISOLATION, AND ISOLATION FOR COVID-19

## SYMPTOMS OF COVID-19



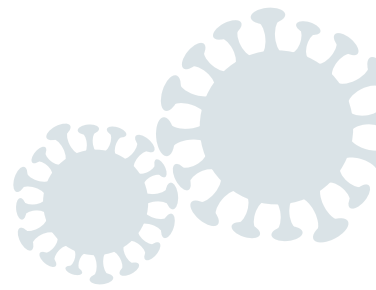
FEVER



COUGH



DIFFICULTY BREATHING



### SELF-MONITORING



You have:

- ▶ no symptoms
- AND
- ▶ a history of possible exposure to the novel coronavirus that causes COVID-19, in the last 14 days

**SELF-MONITOR** means to:

- ▶ **monitor yourself** for 14 days for one or more symptoms of COVID-19
- ▶ go about your day but **avoid crowded places** and increase your personal space from others, whenever possible



You need to **self-monitor** if:

- ▶ you have reason to believe you have been **exposed to a person** with COVID-19
- OR**
- ▶ you are in **close contact** with older adults or medically vulnerable people
- OR**
- ▶ you have **been advised to self-monitor** for any other reason by your Public Health Authority



If you develop symptoms, **isolate yourself from others immediately** and contact your **Public Health Authority** as soon as possible



### SELF-ISOLATION

You have:

- ▶ no symptoms
- AND
- ▶ a history of possible exposure to the novel coronavirus due to travel outside of Canada or close contact with a person diagnosed with COVID-19

**SELF-ISOLATE** means to:

- ▶ **stay at home** and monitor yourself for symptoms, even if mild, for 14 days
- ▶ **avoid contact with other people** to help prevent the spread of disease in your home and in your community in the event you become symptomatic

**Self-isolate** if:

- ▶ you have travelled **outside of Canada** within the last 14 days
- OR**
- ▶ your Public Health Authority has identified you as a **close contact** of someone diagnosed with COVID-19

If you develop symptoms, even if mild, **stay home, avoid other people** and contact your **Public Health Authority** as soon as possible

### ISOLATION

You have:

- ▶ symptoms, even if mild
- AND
- ▶ you have been **diagnosed with COVID-19** or are waiting for the results of a lab test for COVID-19

To be **ISOLATED** means to:

- ▶ **stay at home** until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others
- ▶ **avoid contact with other people** to help prevent the spread of disease in your home and in your community, particularly people at high risk of severe illness outcomes such as older adults or medically vulnerable people

You need to **isolate** if:

- ▶ you have been **diagnosed** with COVID-19
- OR**
- ▶ you are **waiting to hear the results** of a laboratory test for COVID-19
- OR**
- ▶ you have been **advised to isolate at home** for any other reason by your Public Health Authority

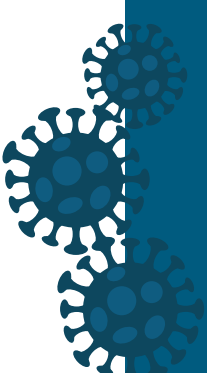
If your symptoms get worse, immediately contact your healthcare provider or **Public Health Authority** and **follow their instructions**

**WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION:**

1-833-784-4397

@ [canada.ca/coronavirus](https://canada.ca/coronavirus)

phac.info.aspc@canada.ca



# REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



1

Wet hands with  
warm water



2

Apply soap



3

For at least 20  
seconds, make  
sure to wash:



palm and back  
of each hand



between fingers



4

Rinse well



5

Dry hands well  
with paper towel



6

Turn off tap using  
paper towel



thumbs

 1-833-784-4397

 [canada.ca/coronavirus](https://canada.ca/coronavirus)

 [phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada



# For Nova Scotia Residents:

## COVID-19: When to call 811

We are experiencing higher than normal call volumes. It will take longer than usual to respond to your call. We are working hard to respond to all calls as quickly as possible. Thank you for your patience.

To help you better understand if you need to talk to 811, here is a simple questionnaire.

If you answer Yes to any of the questions under Section A and Yes to Question B, call 811:

### Section A

Within the past 14 days:

- I have travelled outside of Canada
- I have been in close contact (within 2 meters) with a person with a confirmed case of COVID-19
- I have been in close contact with a person with a fever greater than 38 C or who has a cough and has travelled outside of Canada within the past 14 days

### Section B

- I have a fever greater than 38 C or a new cough

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If you answer Yes to any of the questions in Section A but No to the question in Section B:

- and you have traveled to Italy, Iran, or Hubei Province in China, self-isolate for 14 days from the date you returned to Canada and self-monitor your health. If you develop a fever greater than 38 C or a cough, call 811.
- or you have traveled outside of Canada in the past 14 days or have been in close contact with a person who has a confirmed case of COVID-19 or a person you suspect may have COVID-19, self-monitor your health. If you develop a fever greater than 38 C or a cough with 14 days of your return to Canada, call 811.

### Section C:

You have traveled anywhere outside of Canada and you are a member of one of the following groups:

- Civil Servant;
- Public Sector Employee (provincial government);
- Health Care Worker (e.g. Doctor, Nurse, Physiotherapist or any other health care provider);

- Teacher;
- Student of Public School; or
- Children who attend regulated day care centres

If you have answered Yes that you are a member of any one of these groups, you are required to stay at home and self-isolate for 14 days after your return to the country.

If you answered No to all the questions in this questionnaire and

- you are looking for general information on COVID-19, please visit [novascotia.ca/coronavirus](https://novascotia.ca/coronavirus) or [canada.ca/coronavirus](https://canada.ca/coronavirus) or call the toll free line at 1-833-784-4397.
- you are looking for information on future travel, how to self-isolate or other information, please visit [canada.ca/coronavirus](https://canada.ca/coronavirus) or call the toll free line at 1-833-784-4397.

Last updated: March 13th, 2020

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# CORONAVIRUS DISEASE (COVID-19)

## HOW TO CARE FOR A PERSON WITH COVID-19 AT HOME: ADVICE FOR CAREGIVERS



If you are caring for a person who has been diagnosed with COVID-19, follow this advice to protect yourself and others in the home, as well as those in your community.

### Limit contact

- ▶ Only one healthy person should provide care.
- ▶ Do not share personal items with the ill person, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- ▶ Use a separate bathroom from the ill person if possible. If not possible, the ill person should put the toilet lid down before flushing.

### Protect yourself

- ▶ If possible, people who are at higher risk of serious illness from COVID-19 should not care for someone with COVID-19. These people include elderly persons, those with chronic medical conditions (e.g., heart disease, diabetes) or compromised immune systems
- ▶ If you need to be within 2 metres of the ill person, wear a mask, disposable gloves and **eye protection**.
- ▶ Wear disposable gloves when touching the ill person, their environment and soiled items or surfaces.
- ▶ Do not re-use masks or gloves.
- ▶ Clean your hands often for at least 20 seconds, especially after contact with the ill person and after removing gloves, masks and eye protection.
- ▶ Dry your hands with disposable paper towels. If not available, use a reusable towel and replace it when it becomes wet.
- ▶ You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- ▶ Avoid touching your eyes, nose and mouth with unwashed hands.

### Keep your environment clean

- ▶ Place used masks, gloves and other contaminated items in a lined container, secure the contents and dispose of them with other household waste.
- ▶ Place possibly contaminated laundry into a container with a plastic liner and do not shake. Wash with regular laundry soap and hot water (60-90°C), and dry well. Clothing and linens belonging to the ill person can be washed with other laundry.
- ▶ At least once daily, use household disinfectants or diluted bleach (one part bleach and 9 parts water) to clean and disinfect surfaces that people touch often (e.g., toilets, laundry containers, bedside tables, doorknobs, phones and television remotes). Clean touch screens with 70% alcohol wipes.

### Monitor yourself for symptoms

- ▶ If you have always used the recommended precautions, then monitor yourself for symptoms for 14 days following your last contact with the ill person.
- ▶ If you have had direct contact with body fluids of the ill person (e.g. were coughed or sneezed on when you weren't wearing a mask), contact your local **Public Health Authority** for further instructions.
- ▶ If you develop symptoms, isolate yourself as quickly as possible and contact your local **Public Health Authority** for further instructions.





# CORONAVIRUS DISEASE (COVID-19) VULNERABLE POPULATIONS AND COVID-19



While diseases can make anyone sick, some Canadians are more at risk of getting an infection and developing severe complications due to their health, social and economic circumstances.

Organizations, staff and volunteers play an important role in helping to prevent these populations from getting or spreading the COVID-19 virus. Start by sharing simple things they can do to help keep themselves and others healthy, guide them to help if they develop any signs and symptoms and learn ways help care for sick clients recovering from COVID-19.



## Vulnerable populations may include:

Anyone who is:

- ▶ An older adult
- ▶ At risk due to underlying medical conditions (e.g. heart disease, hypertension, diabetes, chronic respiratory diseases, cancer)
- ▶ At risk due to a compromised immune system from a medical condition or treatment (e.g. chemotherapy)

Anyone who has:

- ▶ Difficulty reading, speaking, understanding or communicating
- ▶ Difficulty accessing medical care or health advice
- ▶ Difficulty doing preventive activities, like frequent hand washing and covering coughs and sneezes
- ▶ Ongoing specialized medical care or needs specific medical supplies
- ▶ Ongoing supervision needs or support for maintaining independence
- ▶ Difficulty accessing transportation
- ▶ Economic barriers
- ▶ Unstable employment or inflexible working conditions
- ▶ Social or geographic isolation, like in remote and isolated communities
- ▶ Insecure, inadequate, or nonexistent housing conditions

## How organizations can support vulnerable populations during COVID-19 outbreaks

Take the time to learn the facts:

- ▶ Know more about COVID-19 by visiting [canada.ca/coronavirus](https://canada.ca/coronavirus)
- ▶ Keep up-to-date about the current situation in your community
- ▶ Contact local, provincial, territorial public health officials to get relevant COVID-19 information, resources and guidance

Take time to get prepared:

- ▶ Review your business continuity plan so you and your staff know what to do
- ▶ Plan ahead for potential disruptions
- ▶ Identify and plan how to continue providing the most critical services
- ▶ Partner with organizations that provide similar services to share resources and strategies
- ▶ Be prepared to answer questions from staff, volunteers, and clients
- ▶ Consider stockpiling general supplies and **cleaning supplies**
- ▶ Prepare for shelters and communal space limitations



Educate staff about ways to prevent the spread of COVID-19:

- ▶ Washing hands often with soap and hot water or use of alcohol based sanitizer
- ▶ Increasing access to hand hygiene and cough etiquette supplies (e.g. alcohol-based hand rub, soap, paper towels, tissues, waste containers)
- ▶ Cleaning frequently used spaces, surfaces and objects (kitchens, common areas, dining areas, desks, shared sleeping spaces, doorknobs, and faucets)
- ▶ Staying home when sick
- ▶ Avoiding the use of shared personal items
- ▶ Sharing information about what to do if staff or a client shows symptoms of becoming sick

Sharing steps about **how to** care for and isolate people living in a crowded facility (including the use of separate washrooms, if available)

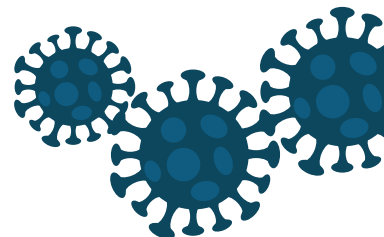


## Suggestions for supporting vulnerable populations during COVID-19 outbreaks

- ▶ Provide clear instructions about how to wash hands and cover coughs using:
  - The most commonly used language in the community
  - Short messages that explain simple steps they can take
  - Large font and graphics
  - Accessible instructions (e.g. braille, pictorial); and
  - By posting signs in common areas: near sinks, entrances, intake areas, restrooms, sleeping areas, recreation areas, waiting rooms
- ▶ Consider supporting alternatives such as:
  - Using volunteer drivers and subsidized taxi fares instead of public transportation
  - Putting in place alternative outreach measures or a “buddy” system
  - Including policies to allow sick clients to rest in shelters during the day
  - Providing access to food, drinks and supplies, as possible
  - Reminding clients to fill or refill prescriptions, and necessary medical supplies
- ▶ If you suspect a client is sick from COVID-19, please contact your local **Public Health Authority**

**WE CAN ALL DO OUR  
PART IN PREVENTING  
THE SPREAD OF  
COVID-19. FOR MORE  
INFORMATION, VISIT**

[Canada.ca/coronavirus](https://Canada.ca/coronavirus)  
or contact  
**1-833-784-4397**



# Coping with COVID-19

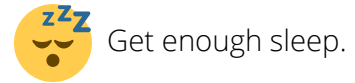
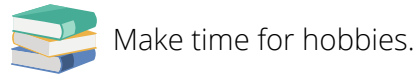
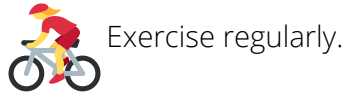
For many of us, COVID-19 is creating an uncertain future. People worry about their own health, the health of their loved ones, school, work, or finances. This is an anxious and stressful time for everyone. It's okay to take time for your mental health – good mental health and positive wellbeing can help you better cope during this time.

## Take Action



Being proactive can help you take back control and reduce anxiety. Look to trusted organizations and agencies like the **Nova Scotia Government**, **Health Canada** and **World Health Organization** for information about how to reduce your risk of getting sick or passing the illness on to others.

## Take Care of Yourself



## Stay Connected with Family and Friends



Isolating yourself from others can affect your mood. Find ways to connect with people you care about in other ways - you can still reach out by phone, text, or video call.

## Help Others if You Can



Ask friends, family members, or neighbours if they need anything, such as groceries or other household needs. Simply checking in regularly by phone, text, or video call can make a big difference.

## Explore Self-Management Strategies

Explore self-management strategies like mindfulness, yoga, meditation, art, or relaxation techniques to manage anxious thoughts.

You can find self-management strategies for anxiety from Anxiety Canada and Kids Help Phone.



Kids Help Phone 

## Cut Back on Social Media and the News

Constantly checking for updates or reading sensationalized stories can really take a toll on your mental health. Try to avoid excessive exposure and limit yourself if social media or news stories increase your anxiety. If you need to limit conversations, it's okay to tell family, friends, and co-workers that you can't participate.

## Have a Plan

It's hard to predict exactly what will happen next, but preparing for situations like self-isolation can help reduce some uncertainty about the future.

People with preexisting mental health conditions and/or substance use disorders should continue with their treatment as much as possible and be aware of new or worsening symptoms.

**The Mental Health Provincial** Crisis Line is available **24 hours a day, 7 days a week** to anyone experiencing a mental health or addictions crisis or someone concerned about them, by calling **1-888-429-8167** (toll free).



**SOMEONE IN THIS  
HOUSE IS  
HIGH RISK!**

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DUE TO THE WIDESPREAD OUTBREAK OF THE CORONA VIRUS (COVID-19) WE ARE USING AN ABUNDANCE OF CAUTION THROUGH PRACTICING SELF-ISOLATION AND SOCIAL DISTANCING. WE APPRECIATE YOUR UNDERSTANDING AND COOPERATION.

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**PLEASE LEAVE PACKAGES/  
DELIVERIES ON THE DOORSTEP.**

**IF YOU NEED US, PLEASE CALL \_\_\_\_\_.**



**SELF ISOLATION**

**Until:**

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**DUE TO RECENT TRAVEL**

**DUE TO EXPOSURE**



**REMINDER**  
**WASH HANDS**

**WASH YOUR HANDS  
PRIOR TO ENTRY & EXIT**

- **WITH SOAP & WATER FOR MINIMUM OF 30 SECONDS**
- **AVOID TOUCHING HOUSEHOLD SURFACES PRIOR TO HAND WASHING**
- **DISINFECT DOOR KNOBS IF POSSIBLE**
- **AVOID TOUCHING FACE AT ALL TIMES**





## **Municipality of the County of Inverness Contacts**

Connecting the Community to Helpful Resources :  
Toll Free Number-1-877-258-5550

General Inquires: Municipal Services  
902-787-2274