

COVID-19 Information Bulletin #2

Date issued: March 20, 2020

Purpose of bulletin: To keep local stakeholders informed of the quickly evolving local and international novel coronavirus (COVID-19) situation and its implications for Wellington County, Dufferin County and the City of Guelph.

Due to the rapidly evolving nature of the situation, further updates may be forthcoming. For more information please visit wdgpublichealth.ca/coronavirus.

Self- Assessment Before Assessment Clinics

- If you are experiencing symptoms of COVID-19, use this [self-assessment](#) tool. If needed, call your family doctor to have an assessment done over the phone.

COVID-19 Assessment Clinics

- The Orangeville drive thru style COVID-19 Assessment centre opens March 19, 2020. The centre is located at Headwaters Health Care Centre, 140 Rolling Hills Drive in Orangeville and will be open from 8 a.m. to 8 p.m. daily, 7 days a week. Click [here](#) for more information.
- The Guelph COVID-19 Assessment Clinic, run by the Guelph Family Health Team, opened March 17, 2020. The clinic is located at 65 Delhi Street in Guelph and will be open from 8 a.m. to 8 p.m. daily, 7 days a week. Click [here](#) for more information.

Public Gatherings

- For smaller gatherings of **less than 50 people consider cancelling/postponing** the gathering. WDGPH's **COVID-19 Risk Assessment Tool for Gatherings** is now available to help organizers determine what safety measures should be taken for smaller gatherings. The tool has been distributed alongside this bulletin and will be posted on wdgpublichealth.ca/coronavirus
- The Government of Ontario has **banned all gatherings of over 50 people**. This includes indoor and outdoor sporting events, conferences, meetings, religious or social gatherings, venues, markets, restaurants, bars, libraries, recreation centres, daycares, theatres and other settings.
- Practice extra precautions for [Cleaning and Disinfection for Public Settings](#).

Guidance for Food Premises and Personal Service Settings

- **COVID-19 Guidance for Food Premises** and **COVID-19 Guidance for Personal Service Settings** are now available from the Ministry of Health. The documents have been distributed alongside this bulletin and will be posted on www.ontario.ca/coronavirus

Signage for Businesses

- Signage for businesses to display has been distributed alongside this bulletin and will be posted on wdgpublichealth.ca/coronavirus

Additional Guidance and Resources

Coping with stress and anxiety

- Read WDGP latest [blog post](#) about taking care of your mental health during social distancing and social isolation.
- The World Health Organization has released two resources:
 - [Coping with stress](#)
 - [Helping children cope with stress](#)

Self-monitor vs. self-isolation

- Know the difference between self-monitor and self-isolation with this [resource](#) from the Public Health Agency of Canada.

Be prepared

- It is always good practice for every home to be prepared for a possible situation where you may be ill and need to stay home for an extended period of time:
 - Fill prescriptions to have sufficient supply;
 - Stock up on essentials but avoid “panic buying”; and
 - Share your plan with friends and family and check in on vulnerable and elderly neighbours.
- Check out these [great tips](#) to be prepared, including items to have on hand if you or a member of your family become ill with COVID-19.
- [Guidance documents](#) for communities, schools and childcare settings, health professionals and businesses are also available.

Stay healthy

- Individuals can take everyday steps to reduce exposure to illness and protect your health:
 - Wash your hands often with soap and water or alcohol-based hand sanitizer
 - Sneeze and cough into your sleeve
 - Avoid touching your eyes, nose or mouth

- Avoid contact with people who are sick
- Stay home if you are sick
- [Clean](#) and disinfect frequently touched objects and surfaces using a household disinfectant (use only disinfectants that have a Drug Identification Number (DIN)). For more information, please visit the [Public Health Ontario website](#).
- Employers should help reinforce the infection prevention messages above with employees (e.g. encouraging people to social distance, to stay at home if sick, etc.).

Support and Contact Information

If you have questions or need additional information:

COVID-19 WDGPB Call Centre 1-800-265-7293 ext. 7006

Monday - Friday from 9 a.m. - 8 p.m.

Weekends from 9 a.m. - 3 p.m.

Dial ext. 4020 (open 9 a.m. - 4 p.m.) for inquiries about:

- Public gatherings
- Workplaces concerns
- Protecting yourself from COVID-19

Recommended resources:

Wellington-Dufferin-Guelph Public Health webpage: www.wdgppublichealth.ca/coronavirus

Ontario Ministry of Health webpage: www.ontario.ca/coronavirus

Public Health Agency of Canada webpage: www.canada.ca/coronavirus