



TEKOA MANOR AND PROVIDENCE PLACE **COVID-19 UPDATE**

May 15, 2020

On the advice of the Chief Medical Officer of Health and with the approval of the Ontario legislature, the Ontario government is extending the Declaration of Emergency under the *Emergency Management and Civil Protection Act* further until June 2nd.

Yesterday, the Ontario government announced the retailers, seasonal businesses and health and community service providers who will be permitted to open or expand their services provided that the general trend on health indicators continues to improve.

As an update, the symptoms of Covid-19 have been expanded to include:

- Fever
- Cough
- Difficulty breathing
- Muscle aches
- Fatigue
- Headache
- Sore throat
- Runny nose

While there is no specific treatment for Covid-19, and there is no vaccine that protects against the coronavirus that causes it, the typical treatment includes:

- Drinking plenty of fluids
- Getting as much rest and sleep as possible
- Using an humidifier or taking a hot shower to help with a sore throat or cough

If you begin to feel symptoms of Covid-19, you should stay home and self-isolate and take a self-assessment at <https://covid-19.ontario.ca/self-assessment> to determine how to seek further care. Call 911 if it is an emergency.

The recommendations for all residents to help stop the spread of Covid-19 continue to be that of:

- **Staying at home**- minimize non-essential travel
- **Practice physical distancing**- stay 2 meters away from others in public and do not gather in groups, **AVOID CLOSE CONTACT WITH OTHERS OUTSIDE YOUR HOUSEHOLD**
- **Wash your hands** with soap and water thoroughly and often
- **Practice proper cough & sneeze etiquette**
- **Consider the use of face coverings** – ensure that they are used, cleaned and disposed of appropriately



Please note that for the duration of the Provincial Emergency for your safety:

- All programs continue to be suspended
- Our Friendship Café remains closed.
- All lunches will continue to be delivered to your suites between noon and 1 p.m. Soup and sandwich options are available Monday and Friday for \$5.00.

If you would like to participate in the soup and sandwich option or if you would like to start to receive meals through our lunch program, please speak to Sophie (905-430-1666) during office hours (9:00 a.m. to 4:30 p.m.)

Providence Place and **Tekoa Manor** will continue to proceed with the abundance of caution and restricting outside visitors. **Only CRITICAL visitors are permitted to enter the building.** Restricting outside visitors is essential to keeping our residents safe.

Any persons that have cold symptoms or are feeling unwell are ABSOLUTELY not permitted to enter the building.

We continue to have drop off zones in the vestibules and ask that visitors that are dropping off supplies for our residents, minimize contact by adhering to the posted procedure and not enter the building. **Please do not hug or chat in the vestibules as this does not adhere to physical distancing.**

Please also ensure that you speak to your children and loved ones, daily if possible, by telephone and keep them up to date on your health and wellbeing.

Residents are encouraged to stay in contact with their neighbours by telephone and asked to **not visit in person and in suite.**

We will provide you with more information as it becomes available and thank you in advance for your cooperation.

For the most up-to-date information, please visit ontario.ca/coronavirus.

Thank you for your cooperation.

Ruth McFarlane, C.E.D.