

# COVID-19 UPDATE

## TEMAGAMI UPDATE #5 on COVID-19

March 24, 2020

**The Temiskaming Health has confirmed its 1<sup>st</sup> positive case of COVID-19 in the District.**

**IT IS NOW CRITICAL THAT YOU STAY AT HOME TO BREAK THE CHAIN OF TRANSMISSION.**

The Municipality of Temagami is continually monitoring COVID-19 and is working closely with the Timiskaming Health Unit and community partners to take preventative measures and respond appropriately.

### WHEN SELF ISOLATING YOU NEED TO:

#### **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.



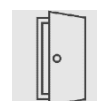
#### **Limit the number of visitors in your home**

- 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).



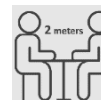
#### **Avoid contact with others**

- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).



#### **Keep distance**

- If you are in a room with other people, keep a distance of at least two meters and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



#### **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 meters of other people.

