

Keeping Safe at home during the COVID-19 Pandemic of 2020

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April 2020

Important Message

A serious virus is spreading in our community and around the world. It is called COVID-19. The symptoms include cough, fever and difficulty breathing.

We all must work together to prevent the spread of this virus. The government has said we must stay at home. We must all listen to this advice.

The new rules are:

Only go out if it is necessary (for food, medical reasons or work).

If you go out, stay 2 metres (6 feet) away from other people at all times. Wash hands often.

How does the virus spread?

The World Health Organization says that COVID-19:

“can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales.”

“These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth.”

Facts About COVID-19

COVID-19 is a virus that has been spreading around the globe. This virus is called the Coronavirus or, more specifically, COVID-19. The virus has spread to many people, in all parts of the world, and is therefore referred to as a pandemic.

In today's world, many people travel, making it easier for a virus to spread to communities large and small. Since this virus is now spreading, and affecting more and more people, governments around the world have been taking advice from world health

leaders and establishing action plans to help stop the virus from spreading.

Here in Canada, Prime Minister Trudeau has been providing an update on television every day at about 11:00 a.m. to provide details about what the government is doing to help stop the spread of the virus and what our government plans to do to help the people of Canada.

What we all need to do.

The most important message from our Prime Minister is that everyone must stay at home, unless, of course they are required to work. Only people who are key workers are allowed to work. Everyone else is asked to stay at home. This means that all people – all families – have been told to stay at home until health experts say it is safe to be with others.

There are many new rules in place across Canada. These rules will continue to be in place until leading health experts advise us that it is okay to once again gather together.

Most shops have closed, both in Canada and in other countries. Only essential shops are open. Grocery stores and pharmacies are open, because we all need food and many need medications.

Everyone is having to adopt new daily routines. Schools, parks, and all places where the public can gather have been closed. No sports or team games are being played. If you have tried to watch your favourite sport on television, you will know that there are no current games on TV.

The government has said that it is okay to leave the house to get groceries or to pick up necessities at the pharmacy, but these trips should be limited to once a week. It is okay to take a walk, alone or with members of your household, as long as you stay at least 6 feet away from other walkers.

If you have questions about your health, it is best to call your doctor, rather than just show up in the office.

It is also okay to provide care or to help a vulnerable person, as long as you follow the health department's guidelines related to physical distancing and hygiene.

These new rules have been put in place to keep people away from each other. Staying away from people is called social distancing or physical distancing. It is important to follow the guidelines provided by the health department, to ensure you are safe from the spread of the COVID-19 germs.

The biggest challenge is that people may not know they have the virus, because it can take up to 14 days before they have the symptoms. So, everyone is being asked to stay at a distance, to make sure we keep everyone as safe as possible.

Families and friends are not allowed to visit each other. Everyone must now have phone visits, or use new technology such as a computer, mobile phone or tablet or iPad to connect with family and friends. This new technology will allow people to see each other on the screen as they talk to each other.

We all know that talking on the phone or on a computer, iPad or tablet isn't the same as being together, but it is what everyone – young and old – must do right now.

Health and Social care workers are amongst the greatest heroes during these difficult days. They are doing their best to care for everyone who needs care and support. We also need to recognize that everyone who is working in hospitals, home care or long-term care homes and helping to keep things running, also need to be recognized and thanked.

For example, the cleaning staff, catering staff and maintenance staff are all playing their part. As a society

we need to say a great big – sincere – thank you to all these brave – and exhausted - people.

We also need to thank those who continue to make sure we have food, medicines, and essential services such as gas, electricity and water, in our community.

If a person is admitted to hospital, because of COVID-19, they will see staff wearing protective clothing to ensure the virus does not pass from one person to another. Everyone has to be very careful.

You may find that if you have care providers coming to help you in your home, they will wear protective clothing. This special protection is used to keep everyone – including you – as safe as possible.

We all need to do our part to wash away and kill the germs that could be carried on our hands. During this time of heightened precaution, it is important for **EVERYONE** to wash their hands for at least 20 seconds with soap or use hand sanitizer often – and that includes you. You could sing “Happy Birthday” twice, while washing our hands to reach the 20 seconds goal or sing “I’m gonna wash those germs right outta my hands”.

Infection control experts also say that social gestures such as shaking hands and hugging must stop during this time. Since we are firmly being told to avoid shaking hands, we need to find other ways to let people know that we care. So, smile brightly or wave from afar and let everyone know you are happy to see them. No one knows how long these new rules will be in place. Let's all work together to keep our distance and do our part to stop the virus from spreading.

Stay at home
Stay Safe
Be well

COVID-19 RULES

Wash hands often.

Use hand sanitizer.

Limit outings – wash hands when you return home.

Keep your distance when you are out – remaining at least 6 feet apart.

If you need to see your doctor – call your doctor's office – don't just show up.

Do not visit family or friends until our health experts tell us it is safe to do so.

