

2020 - 2021
AURORA SKATING CLUB



COVID -19 HEALTH & SAFETY
RESOURCE BOOKLET

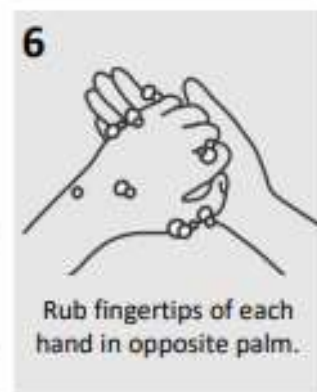
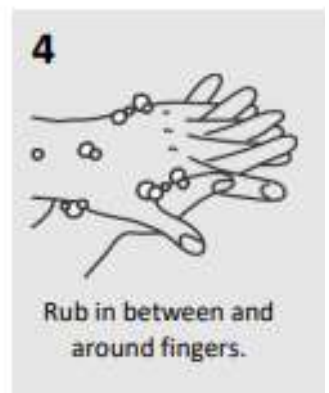


AURORA SKATING CLUB COVID -19 HEALTH & SAFETY RESOURCES

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Coronavirus Disease 2019 (COVID-19)

How to wash your hands



How to use hand sanitizer



Rub hands for
at least 15 seconds

1



Apply 1 to 2 pumps
of product to palms
of dry hands.

2



Rub hands together,
palm to palm.

3



Rub in between and
around fingers.

4



Rub back of each hand
with palm of other
hand.

5



Rub fingertips of each
hand in opposite palm.

6



Rub each thumb
clasped in opposite
hand.

7



Rub hands until
product is dry. Do not
use paper towels.

8



Once dry, your hands
are clean.

Physical Distancing

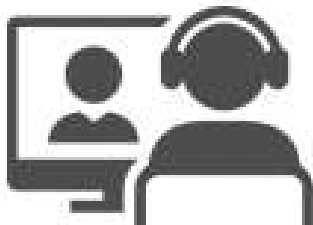
What is physical distancing?

- Physical distancing means keeping our distance from one another and limiting activities outside the home.
- When outside your home, it means **staying at least 2 metres (or 6 feet) away from other people** whenever possible.



Staying connected from home

- Work from home, if possible.
- Stay in touch with friends and family through phone, instant messaging or video chat.
- Host virtual playdates or take your children on a virtual museum tour.
- Spend time reading, playing board games and watching movies.
- Support neighbours who may feel anxious or isolated at this time by connecting virtually or at a distance.



If you must leave your home

- Travel to the grocery store, pharmacy and bank only when essential and limit the frequency.
- Use delivery services where possible. When picking up food or a prescription, call ahead so it is ready when you arrive. Use tap to pay, if possible.
- Greet neighbours and friends with a smile, wave, bow or nod.
- If you are working, discuss any concerns about physical distancing with your employer or supervisor.
- Travel by car, bike or walk, where possible. If you need to take public transit, try to travel during non-peak hours and take shorter trips.
- Limit the number of people on an elevator.
- Exercise at home or outdoors, but not with a group.
- Go for an on-leash walk with your pet or take your child for a neighbourhood walk, while maintaining distance from other people.
- Always clean hands with alcohol-based hand sanitizer, or soap and water when you return home.

Physical Distancing

Things to avoid



Non-essential trips outside your home



Hugging or shaking hands



Crowds or gatherings



Visiting friends



Sharing food or utensils



Engaging in group activities or sports



Visiting popular destinations



Play dates, parties or sleepovers

Physical distancing and your mental health

Physical distancing disrupts our normal social routines. During times of uncertainty and change, it is normal for people to worry. If you begin to notice signs of depression or hopelessness in yourself or a loved one, please seek help. Get support if you need to talk. For more information see:

- [Take Care of Yourself and Each Other](#)
- [Resources for Ontarians Experiencing Mental Health and Addictions Issues during the Pandemic](#)

Physical distancing, when combined with proper hand hygiene and cough etiquette, has been shown to limit the spread of COVID-19. If you are self-isolating because you have symptoms of COVID-19 or you may have been exposed to COVID-19, see [How to Self-Isolate](#).

How to Self-Monitor

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your public health unit.

Monitor for symptoms for 14 days after exposure



Fever



Cough



Difficulty breathing

Avoid public spaces

- Avoid crowded public spaces and places where you cannot easily separate yourself from others (a minimum of two metres) if you become ill.
- If you are unable to maintain a two metre distance, wear a non-medical mask or face covering to protect others from your potentially infectious droplets.

What to do if you develop these or any other symptoms

- Self-isolate immediately and contact your public health unit and your health care provider.
- To self-isolate you will need:
 - Instructions on [how to self-isolate](#)
 - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and keep a two metre distance from others or use the back seat if in a car.

When and How to Wear a Mask

Recommendations for the General Public

Wearing a mask can help to prevent the spread of some respiratory illnesses, but it can also become a source of infection if not worn or discarded properly. If you need to wear a mask, you should also be sure to clean your hands frequently with soap and water or alcohol-based hand sanitizer.

Wear a mask if:

- You have symptoms of COVID-19 (i.e., fever, cough, difficulty breathing, sore throat, runny nose or sneezing) and are around other people.
- You are caring for someone who has COVID-19.
- Unless you have symptoms of COVID-19, there is no clear evidence that wearing a mask will protect you from the virus, however wearing a mask may help protect others around you if you are sick.



How to wear a mask:

- Before putting on your mask, wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer.
- Secure the elastic loops of the mask around your ears. If your mask has strings, tie them securely behind your head.
- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- Do not touch the front of the mask while you wear it. Wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer if you accidentally touch your mask.

How to throw away your mask:

- Do not touch the front of your mask to remove it.
- Remove the elastic loops of the mask from around your ears or untie the strings from behind your head.
- Hold only the loops or strings and place the mask in a garbage bin with a lid.
- Wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer after you have discarded your mask.

More information about masks:

- When a mask becomes damp or humid, replace it with a new mask.
- Do not reuse a single-use mask. Discard your mask when you have finished using it.

How to Self-Isolate

You must isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19. If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).

Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.



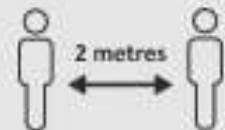
Avoid contact with others

- No visitors unless essential (e.g. care providers)
- Stay away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room away from other people in your home and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).
- If these steps are not possible, keep a distance of at least two metres from others at all times.



Keep your distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask or face covering 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.



Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.



How to Self-Isolate

You must isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19. If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).

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 safer.
- Clean your hands after emptying the wastebasket.



Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider or to get tested for COVID-19.
- Wear a mask when you are within two metres of other people, or stay in a separate room.
- If you do not have a mask, maintain two metres distance from people and cover your cough and sneezes. See [physical distancing](#).



What should I do if I develop symptoms?

- Complete the [COVID-19 Self-Assessment](#).
- Contact Telehealth (1-866-797-0000) or your health care provider.
- Anyone with whom you had close physical contact (e.g., in your household) in the two days before your symptoms started or after symptoms started should also self-isolate. If you have questions about this, call your [local public health unit](#).
- Isolate for 14 days beginning when your symptoms started.
- After 14 days, you can stop isolating if you no longer have a fever and your symptoms have improved, but you should continue with [physical distancing measures](#).
- If you are still unwell at 14 days, contact Telehealth or your health care provider.

You were tested for COVID-19: What you should know

What to do while you're waiting for your test results:

Isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19.

If you do not have symptoms and have not been exposed to COVID-19, continue physical distancing and monitor for symptoms while you wait for results.

You may have been exposed to COVID-19 if any of these apply to you:

- Close contact with an infected person in your household
- Close contact with an infected person outside your household (e.g., workplace)
- Travel in the last 14 days

How to self-isolate:

- Stay home
- Avoid contact with others - keep your distance by at least 2 metres
- Wash your hands
- Cover your coughs and sneezes
- If you cannot maintain a 2 metre distance from others wear a mask over your nose and mouth when around others

What to do if:

Your test result is negative and you:

- **had an exposure to COVID-19;** self-isolate for 14 days from your last exposure, regardless of the result.
- **Have traveled outside of Canada in the last 14 days;** self-isolate for 14 days after your return, regardless of result. Self-isolation (quarantine) is required under the federal *Quarantine Act*.
- **have not had an exposure and are ill;** self-isolate until you are feeling well.
- **have not had an exposure and you are well;** continue physical distancing. If you develop symptoms, self-isolate right away.

Your test result is positive and you:

- **have symptoms;** self-isolate for 14 days following the day your symptoms started.
- **do not have symptoms;** self-isolate for 14 days following the day you were tested.

If you test positive, your local public health unit will contact you. You will be asked for information to help determine who you were in contact with while you may have been contagious or where you may have acquired COVID-19. They will also advise you when you can stop self-isolating.

You were tested for COVID-19: What you should know

After a positive test, your public health unit will ask you about:

- **Symptoms:** What symptoms have you experienced and what have been your symptoms over time?
 - Examples of symptoms of COVID-19 include: fever (37.8 degrees C or greater), new or worsening cough, shortness of breath, sore throat, difficulty swallowing, change in taste or smell, nausea/vomiting/ diarrhea/ abdominal pain, runny nose or nasal congestion
- **Places:** Where have you been in the 14 days prior to when your symptoms started or, if you don't have symptoms, in the 14 days prior to the day you were tested? Make a list of places you have been and include the date, time and address.
 - Examples include: workplace, school/childcare/camp, places you may have stayed (rooming house, hotel etc.)
- **Contacts:** Who were you less than 2 metres apart from within the 48 hours before you started feeling ill or, if you don't have symptoms, in the 48 hours before you were tested? Make a list of the names, phone numbers, and dates and times of last contact with anyone who:
 - Lives in your home
 - Works in the same place
 - Has been less than 2 metres away for longer than a brief time (i.e., had a chat). Walking by someone is not considered a close contact.

By identifying where you have been and who you were physically close to you can help to contain the spread of the virus in our community. This is called Contact Tracing.

Next steps:

- See your results online at <https://covid19results.ehealthontario.ca:4443/agree>
- If your test is positive you can help to contain the spread of the virus by entering the names of anyone you have been in contact with and places you have visited. Look for the **CONTACT +** tab on the results webpage and follow the instructions.

If you have any questions or need additional information contact your local health unit. For a list of public health units visit: www.health.gov.on.ca/en/common/system/services/phu/locations.aspx

When to seek medical care:

- If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).
- In a medical emergency, call 911 immediately.

Ministry of Health

COVID-19 Reference Document for Symptoms

Version 6.0 – August 6, 2020

This document outlines the symptoms which have been most commonly associated with COVID-19. This information is current as of August 6, 2020 and may be updated as the situation on COVID-19 continues to evolve. If there is a discrepancy between this list and other guidance, this list should be considered as the most up to date.

Common symptoms of COVID-19 include:

- Fever (temperature of 37.8°C or greater)
- New or worsening cough
- Shortness of breath (dyspnea)

Other symptoms of COVID-19 can include:

- Sore throat
- Difficulty swallowing
- New olfactory or taste disorder(s)
- Nausea/vomiting, diarrhea, abdominal pain
- Runny nose, or nasal congestion – *in absence of underlying reason for these symptoms such as seasonal allergies, post nasal drip, etc.*

Other clinical features of COVID-19 can include:

- Clinical or radiological evidence of pneumonia

Atypical signs and symptoms of COVID-19 should be considered, particularly in children, older persons, and people living with a developmental disability.

Atypical symptoms and clinical features can include:

- Unexplained fatigue/malaise/myalgias
- Delirium (acutely altered mental status and inattention)
- Unexplained or increased number of falls
- Acute functional decline
- Exacerbation of chronic conditions
- Chills
- Headaches

For full details please go to:

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf



AURORA SKATING CLUB RESOURCE LINKS

All materials within this booklet were found through the following Ontario Public Health & Ministry of Health links:

Ontario Public Health Resources: <https://www.publichealthontario.ca/en/diseases-andconditions/infectious-iseases/respiratory-diseases/novel-coronavirus/public-resources>

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en>

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en>

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en>

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en>

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en>

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/2020/06/factsheet-covid-19-test-what-you-should-know.pdf?la=en>

To learn more please refer to:

Ministry of Health – Ontario: COVID-19 Reference Document for **Symptoms:**

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf

Ontario COVID-19 Online Self-assessment Tool: <https://covid-19.ontario.ca/self-assessment/>

Learn about the virus: COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. You can also access up to date information on COVID-19 on the Ontario Ministry of Health’s website: <https://covid-19.ontario.ca/>