

# How To: Coronavirus

THE NEED TO KNOWS ABOUT COVID-19



## COVID-19

### Symptoms

The symptoms of COVID-19 are much like the common cold or flu. Symptoms include; fever, cough, difficulty breathing and fatigue.

Symptoms may also include the loss of one's sense of taste and smell. These symptoms make take up to 14 days to appear.

## COVID-19

### How to Prevent the Spread

After feeling symptoms, the best thing to do is isolate yourself at home for 14 days, keep a 2-meter distance from others, and call a health care professional. Listen to the health care professionals' instructions. The virus is diagnosed through laboratory tests. As of right now there is no vaccine.

## COVID-19

### Prevention and Risk

The COVID-19 virus is spread through coughing or sneezing, close prolonged personal contact, touching anything with the virus on it and then touching your face. You can prevent this by practicing social distancing and proper hygiene as well as wearing a mask if necessary.

# Hello!

Hey everyone, Josh and Kaitlynn from Youth in Motion here. We thought that it would be beneficial for us to release a newsletter to keep everyone up to date with the present Pandemic. We hope that you all are staying safe and healthy during this time. Within this newsletter you will find ways to cope while in isolation, ways to prevent the spread of the virus as well as businesses closures and support contacts.

Please everyone stay healthy!

Josh and Kaitlynn (Youth in Motion)

## About the Agency.

During the pandemic, the agency building at the Children's Aid Society of Haldimand and Norfolk will be closed, but CAS workers are still available during regular office hours. After Hours supports are also still available. All youth are encouraged to stay in contact with their workers. Let them know if you need anything. CAS workers still have access to the Kindness Cupboards at the office and because of the recent food drive, we are well stocked. In emergency need, please let your worker know. Staff members can do door drop offs at this time.

All upcoming scheduled events throughout the agency are cancelled for the time being. This means there will be no Easter dinner or Youth Core meetings.

Below are the numbers of the local food banks and mental health helplines, as well as Service Canada's finance helpline.

Kids Help Phone: 1-800-668-6868

Telehealth Ontario: 1-866-797-0000

Service Canada (finance): 1-833-381-2725

Simcoe Caring Cupboard: 519-428-1713

Salvation Army Simcoe: 519- 426-3640

Lifeline Food Bank: 226-931-2776

Hagersville Food Bank: 289-758-3789

## WHAT TO PRACTICE

Everyone needs to make sure they are self-monitoring. This means you need to monitor to see if symptoms occur after any possible exposure to the virus. Monitor for 14 days for any symptoms. Also, make sure you self-isolate. This is particularly important for anyone that may have encountered the COVID-19 virus or travelled outside Canada in the past month. To self-isolate means to stay home, avoid contact with others and monitor for symptom until you are no longer at risk.



## Prevent the spread of COVID-19

- ✓ Stay home except for essential trips
- ✓ Stay six feet away from others
- ✓ Avoid non-essential gatherings
- ✓ Work from home, if possible
- ✓ Self-isolate for 14 days if you have travelled outside of Canada
- ✓ Self-isolate for 14 days if you have ANY symptoms
- ✓ Wash your hands with soap and water often (15-20 seconds)
- ✓ Cover coughs/sneezes with your sleeve or cough into your elbow
- ✓ Clean and disinfect high-touch areas frequently

## WHAT IS SOCIAL DISTANCING?

Social distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:



Avoid non-essential trips to the community



Limiting, postponing or cancelling gatherings



Working from home where possible



Conducting meetings virtually



Keeping kids away from group settings



Avoiding visits to long-term care homes and other care settings

**Keep a distance of 6 feet from others when going for walks or shopping for groceries.**

# Business Closures due to COVID-19

The government has recently shut down all non-essential businesses which include; restaurants/bars (only take-out available) cafés, hairdressers, barbers, beauty and nail salons, piercing and tattoo parlors, massage parlors, movie theatres, places of worship, libraries, community centers, museums, casinos, gyms, and arcades.

The following businesses are still open; grocery stores, health shops, medical services, pharmacies, gas stations, bicycle shops, hardware shops, vets and pet shops, LCBO and beer stores, laundry mats, post offices, car rentals, banks, loan offices, credit unions, storage and distribution centers, public restrooms, car garages and repair shops as well as taxi services.

The following links provide many ideas to help keep children and youth busy learning while the schools are closed;

<https://www.ontario.ca/page/learn-at-home>

<https://classroommagazines.scholastic.com/support/learnathome.html>

## How to Cope While in Isolation

COVID-19

We know that being trapped inside can be difficult. These are suggestions of some activities that may help.

First, make sure that you always stay up to date on the news, as well as keeping your immediate family safe! Some activities to help pass the time include; playing board games, card games, doing some early spring cleaning and watching movies or TV shows. For those of you who are worried about missing too much school, there is no online programming that students can access from home. There are also online programs and resources available to keep children and youth busy with fun, school related activities.

# Disney

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TOY STORY  
SLEEPING BEAUTY  
PETER PAN  
HERCULES  
THE RESCUERS  
PLUTO  
MICKEY MOUSE  
ROBIN HOOD  
OLD YELLER  
DUCKTALES  
LION KING  
ALADDIN  
DUMBO  
BARBI  
PINOCCHIO