

## COVID-19 Survival Guide

# 1 Wash your hands regularly and well with soap and water.

If soap and water are not accessible, use hand sanitizer (at least 60% ethyl alcohol).

If you (like most people) are not sure how to wash your hands properly check the WHO website: ([https://www.who.int/gpsc/5may/How\\_To\\_HandWash\\_Poster.pdf?ua=1](https://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf?ua=1))

and watch a youtube video on hand washing and sanitizing

(<https://www.youtube.com/watch?v=IisgnbMfKvI>).

**If you are sure you know how to wash your hands properly check these sites anyway as a good review.**

Vital times for hand washing: before, during and after food preparation, before eating or smoking, after toilet use, after coughing, sneezing or blowing your nose, before and after caring for someone who is sick, after handling garbage, diapers, animals (and their food or waste). Also wash your hands immediately when returning to home.

Do not touch taps, doorknobs, phones or other non-sanitized surfaces in the moments after cleaning your hands and before eating. And for everybody's sake **do not touch your phone while eating!!!**

# 2 Keep your filthy hands away from your face. ‘ Nuff said

# 3 Respiratory etiquette

Cover coughs and sneezes with a surgical mask, a tissue or into the bend of your arm.

Dispose of tissues in a lined waste container and perform hand hygiene immediately after a cough or sneeze.

# 4 Sanitize surfaces.

Cleaning doorknobs, taps, toilet flush handles, drawer and cupboard handles, refrigerator handles, light switches and countertops increases the safety of your living space. Suggest you clean at least once a day and before and after any guests.

Don't forget to clean your phone\*, touch screens, remotes, reusable water bottles, etc.

Phones and tablets have some specific instructions:

- [https://support.apple.com/en-us/HT204172?mod=article\\_inline](https://support.apple.com/en-us/HT204172?mod=article_inline)

# 5 Social distancing for Everybody.

This is obviously painful for everyone, but it is critical for the control of viral spread.

Avoid restaurants, pubs, clubs, movie theatres, and any crowded places including public transport, airports, churches, bowling alleys, buffets.

Limit or avoid group gatherings.

Avoid public exercise gyms or playgrounds.

When you do have to go out (eg. to the grocery store), maintain a physical distance - **6 feet** from all others is recommended.

Avoid all unnecessary physical contact with others especially handshaking.

Cancel or reschedule non-essential and non-urgent appointments.

Try to minimize your trips to the grocery store and pharmacy.

Employers and employees should arrange work from home if at all possible, and conduct meetings virtually.

Health sector workers/businesses should shut down non-urgent and nonessential care that interferes with social distancing (eg. I am cancelling all routine follow-up visits and setting up e-visits and telephone advice and prescription renewals for my patients whenever possible).

Hospital and nursing home visits by everyone should be severely restricted.

Proactive school and daycare closures are necessary to reduce the speed of COVID-19 spread.

*The majority of COVID-19 cases have relatively mild symptoms (or even possibly are asymptomatic), yet they are extremely contagious.*

*Community spread has started and is coming to your neighbourhoods if not already there*

*It's best to assume that anybody including yourself could have the virus so keep your distance.*

# 6 Self-Isolate for 14 days if you are

ill\*, if you return from outside of Canada, or if you live with or have had personal contact with someone who has suspected or test-positive COVID-19 or has respiratory symptoms.

\*The primary symptoms of COVID-19 are fever or cough or difficulty breathing. Other symptoms include muscle aches, fatigue, headache, sore throat, runny nose and diarrhea. Young children may just have mild symptoms of lethargy or poor feeding.

**If you have any of these “new” symptoms even without travel then self-isolate for 14 days (or until 72 hours symptom-free and approved by a health professional). Yes I am saying what you see as a “little cold” could be and should be considered COVID-19 unless test negative.**

Self-Isolate or self-quarantine means:

Do not go to work or stores or anywhere.

Stay at home 24/7 and minimize contact with all housemates.

Seek assessment over the phone [Telehealth Ontario 1(866)787-0000].

Take Tylenol or cold and cough meds as needed. **Advil (Ibuprofen) *may be* harmful.**

Do not go *uninvited* to the Emergency or to a walk-in or to your doctor’s office.

Call your doctor’s office with any concerns.

Your doctor’s office will give you the phone # for the local Public Health for further instructions, testing information and eligibility for the test.

You do not need a doctor’s note for missing work.

If you are experiencing severe shortness of breath or other severe symptoms call 911 and explain your symptoms.

Or if you do decide to go directly to an Emergency or Urgent Care facility, call first and advise them of your situation.

Only go to a testing centre if you have been referred by public health.

<https://www.ontario.ca/page/2019-novel-coronavirus-covid-19-self-assessment>

[https://www.ottawapublichealth.ca/en/public-health-topics/self-isolation-instructions-for-novel-coronavirus-covid-19.aspx?fbclid=IwAR17uO9CnMXBZBMHuQ5sMwpZKvN2NfPaJRlvWKbwGTx\\_qJsFVIHmsOnX2GE#1-Ottawa-Public-Health-or-a-health-care-provider-has-instructed-me-to-self-isolate-because-I-am-currently-being-tested-for-COVID-19-](https://www.ottawapublichealth.ca/en/public-health-topics/self-isolation-instructions-for-novel-coronavirus-covid-19.aspx?fbclid=IwAR17uO9CnMXBZBMHuQ5sMwpZKvN2NfPaJRlvWKbwGTx_qJsFVIHmsOnX2GE#1-Ottawa-Public-Health-or-a-health-care-provider-has-instructed-me-to-self-isolate-because-I-am-currently-being-tested-for-COVID-19-)

# 7 Stay Informed The situation is changing and evolving

rapidly so stay tuned. There is a new website from the Ontario government which is updated daily.

[https://www.ontario.ca/page/2019-novel-coronavirus?  
\\_ga=2.128750860.1610677059.1584309632-1058127608.1584309632](https://www.ontario.ca/page/2019-novel-coronavirus?_ga=2.128750860.1610677059.1584309632-1058127608.1584309632)

## 8 Don't Panic

COVID-19 is a controllable pandemic. Simple measures by you, your family, your friends, your neighbours and your fellow Canadians can not only slow the spread of the virus but also save countless lives.

Channel your anxieties and fears to take these simple measures.

Most people have very few opportunities to be “heroes” in their lifetimes... this is that time for all of us.

## 9 Take Care of Yourself

Eat well, stay active, try to get your rest and sleep.

Optimize your personal health status eg. blood pressure, blood sugar, asthma, etc.

Go outside, get some fresh air, maintaining social distancing, walk your pet.

Social (physical) distancing does not have to mean social isolation.

Keep in regular contact with friends and family with that phone/tablet you just sanitized.

## 10 Be Kind

Be supportive and positive with everyone. We are all in this together. Encourage others to make the changes and sacrifices that will benefit us all and save lives.

[https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-  
infection/health-professionals/public-health-measures-mitigate-covid-19.html](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/public-health-measures-mitigate-covid-19.html)

Information will change frequently and so may the recommended actions ...stay informed.

Best wishes for everyone.

Jim Bulger M.D.

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