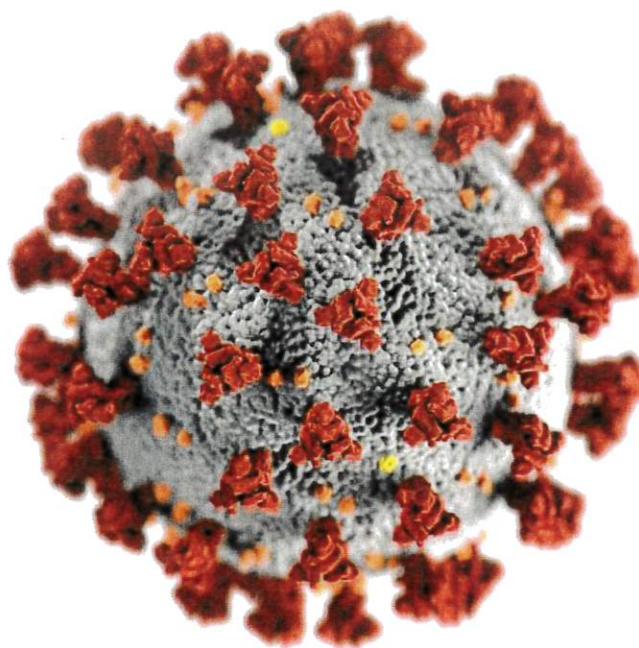




Fort Frances Tribal Area
HEALTH SERVICES

COVID-19 REFERENCE GUIDE



April 27, 2020

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ABOUT THIS GUIDE

This document has been prepared as a reference guide for COVID-19. Most of the information has been obtained with permission from Public Health Ontario as of April 26, 2020.

Since the information on COVID-19 is always evolving, Fort Frances Tribal Area Health Services cannot assume any responsibility if the information has changed since the development of this guide. Please feel free to contact your Community Health Nurse for the most current information. Your community health nurse can be reached at **274-2042**

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Ministry of Health

COVID-19 Signs and Symptoms

April 15, 2020

Typical Symptoms of COVID-19

- Temperature of 37.8° C or higher
- Any new/worsening symptom (e.g. cough, shortness of breath (dyspnea), sore throat, runny nose or sneezing, nasal congestion, hoarse voice, difficulty swallowing, new olfactory or taste disorder(s), nausea/vomiting, diarrhea, abdominal pain); OR
- Clinical or radiological evidence of pneumonia.

Atypical Symptoms/Signs of COVID-19

Symptoms

- Unexplained fatigue/malaise
- Delirium (acutely altered mental status and inattention)
- Falls
- Acute functional decline
- Exacerbation of chronic conditions
- Chills
- Headaches
- Croup

Signs

- Unexplained tachycardia, including age specific tachycardia for children
- Decrease in blood pressure
- Unexplained hypoxia (even if mild i.e. O2 sat <90%)
- Lethargy, difficulty feeding in infants (if no other diagnosis)

Contact your Community Health Nurse if you have any of the above signs or symptoms of COVID-19. You can reach your Community Health Nurse by calling 274-2042.

Coronavirus Disease 2019 (COVID-19)

How to wash your hands



Wash hands for
at least 15 seconds

1



Wet hands with
warm water.

2



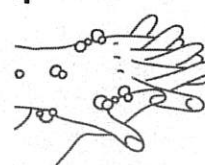
Apply soap.

3



Lather soap and rub
hands palm to palm.

4



Rub in between and
around fingers.

5



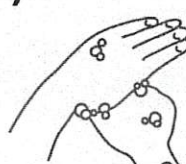
Rub back of each hand
with palm of other hand.

6



Rub fingertips of each
hand in opposite palm.

7



Rub each thumb clasped
in opposite hand.

8



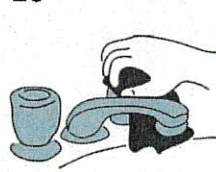
Rinse thoroughly under
running water.

9



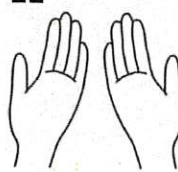
Pat hands dry with
paper towel.

10



Turn off water
using paper towel.

11



Your hands are now
clean.

How to use hand sanitizer



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.

Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for hand hygiene in all health care settings [Internet]. 4th ed. Toronto, ON: Queen's Printer for Ontario; 2014. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-hand-hygiene.pdf?la=en>

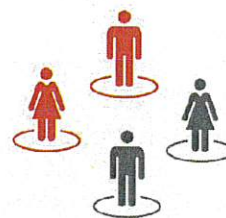
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Coronavirus Disease 2019 (COVID-19)

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.

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](#).

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: ontario.ca/coronavirus.

The information in this document is current as of April 2, 2020

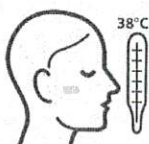
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Coronavirus Disease 2019 (COVID-19)

How to Self-Monitor

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

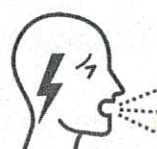
If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your public health unit.

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 if you become ill.

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.

Contact your public health unit:

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: ontario.ca/coronavirus

The information in this document is current as of April 10, 2020.

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Coronavirus Disease 2019 (COVID-19)

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

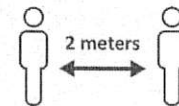
- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.

**Avoid contact with others**

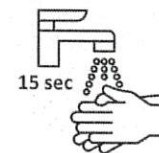
- No visitors unless essential (e.g., care providers).
- Stay away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room from other people in your home and use a separate bathroom if you have one.
- Make 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 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.



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.
- 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 meters distance from people and cover your cough and sneezes. See our [Physical Distancing](#) fact sheet.



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.

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: ontario.ca/coronavirus.

The information in this document is current as of April 10, 2020.

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Coronavirus Disease 2019 (COVID-19)

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.

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Coronavirus Disease 2019 (COVID-19)

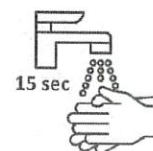
Self-isolation: Guide for caregivers, household members and close contacts

If you are caring for or living with someone who has the virus, you are considered a 'close contact'.

Your local public health unit will give you special instructions about how to monitor your own health, what to do if you start to feel sick and how to contact them. Be sure to tell health care providers that you are a close contact of someone with COVID-19.

Wash your hands often

- Wash your hands with soap and water after each contact with the infected person.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Wear mask and gloves

- Wear a mask and gloves when you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces).



Dispose of gloves and mask after use

- Take the gloves and mask off right after you provide care and dispose of them in the wastebasket lined with the plastic bag.
- Take off the gloves first and clean your hands with soap and water before taking off your mask.
- Clean your hands again with soap and water before touching your face or doing anything else.



Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep seniors and people with chronic medical conditions (e.g. diabetes, lung problems, and immune deficiency) away from the infected person.



Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person under investigation.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwashers and washing machines can be used.
- Do not share cigarettes.



Clean

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.



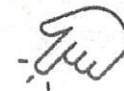
Wash laundry thoroughly

- There is no need to separate the laundry, but you should wear gloves when handling.
- Clean your hands with soap and water immediately after removing your gloves.



Be careful when touching waste

- All waste can go into regular garbage bins.
- When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Clean your hands with soap and water after emptying the wastebasket.



Contact your public health unit:

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: ontario.ca/coronavirus

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Ontario 

Coronavirus Disease 2019 (COVID-19)

Cleaning and Disinfection for Public Settings

This document provides guidance on cleaning and disinfection of public settings, including schools, transit, colleges/universities and other workplaces in Ontario. For more information, please contact your local public health unit.

What you should know

- Commonly used cleaners and disinfectants are effective against COVID-19.
- Frequently touched surfaces are most likely to be contaminated.
- Use only disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.
- Check the expiry date of products you use and always follow manufacturer's instructions.

Clean frequently touched surfaces twice per day

- In addition to routine cleaning, surfaces that have frequent contact with hands should be cleaned and disinfected twice per day and when visibly dirty.
- Examples include doorknobs, elevator buttons, light switches, toilet handles, counters, hand rails, touch screen surfaces and keypads.
- In addition to routine cleaning, check with your organization for any specific protocols for cleaning for COVID-19.



Select products

Cleaners

- Break down grease and remove organic material from the surface.
- Used separately before using disinfectants.
- Can be purchased with cleaner and disinfectant combined in a single product.

Disinfectants

- Have chemicals that kill most germs.
- Applied after the surfaces have been cleaned.
- Have a drug identification number (DIN).

Disinfectant Wipes

- Have combined cleaners and disinfectants in one solution.
- May become dry due to fast drying properties. Should be discarded if they become dry.
- Not recommended for heavily soiled surfaces.

Prepare products for use

- Where possible, use pre-mixed solution.
- Read and follow manufacturer's instructions to:
 - properly prepare solution
 - allow adequate contact time for disinfectant to kill germs (see product label)
 - wear gloves when handling cleaning products including wipes
 - wear any other personal protective equipment recommended by the manufacturer

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. It can survive on different surfaces but can be killed by most cleaners and disinfectants.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus.

Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for environmental cleaning for prevention and control of infections in all health care settings [Internet]. 3rd ed. Toronto, ON: Queen's Printer for Ontario; 2018. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-environmental-cleaning.pdf>

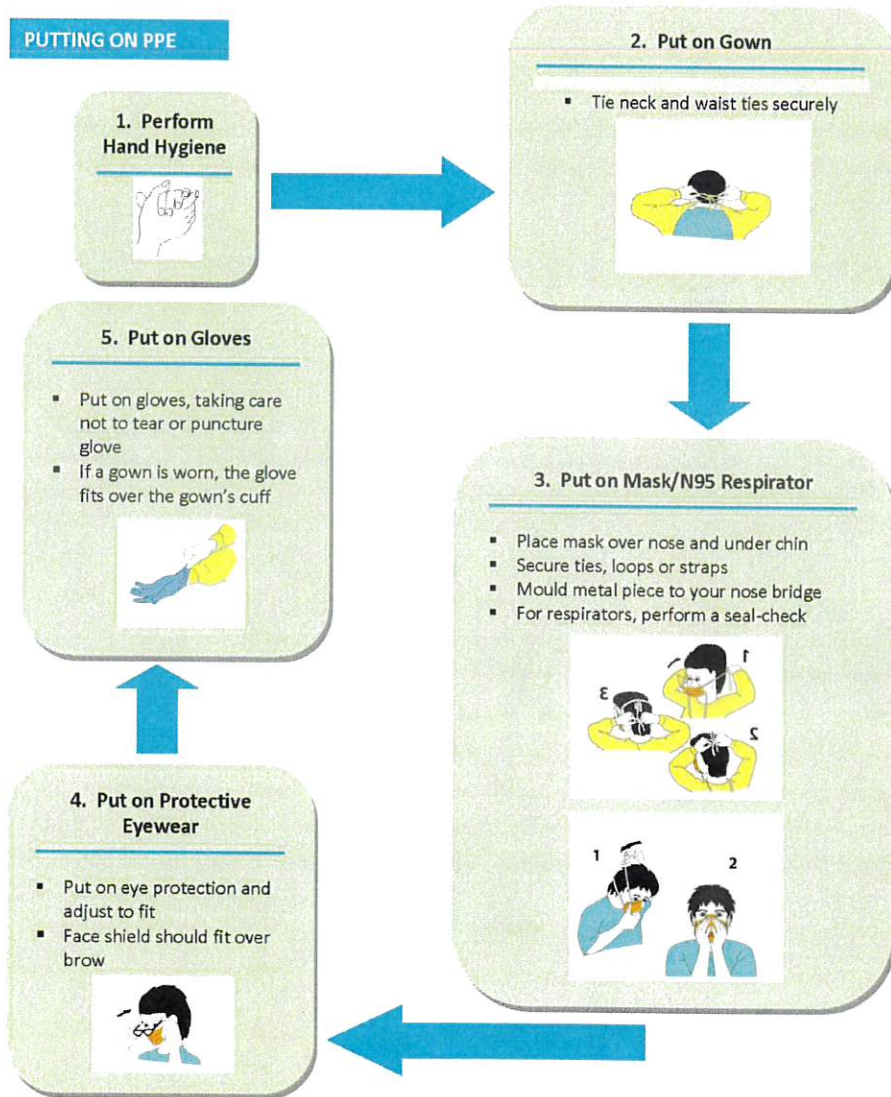
The Regional Municipality of York, Community and Health Services. Proper cleaning and disinfection practices [Internet]. Newmarket, ON: The Regional Municipality of York; 2019. Available from: <https://www.york.ca/wps/wcm/connect/yorkpublic/928899a2-d56b-47af-a9a0-b6e62d8e0bb7/Proper+Cleaning+and+Disinfection+Practices.pdf?MOD=AJPERES&CID=mVMtoGe>

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Routine Practices and Additional Precautions
 (November 2012)

This is an excerpt from *Routine Practices and Additional Precautions In All Health Care Settings (Appendix L)*



For more information please contact Public Health Ontario's Infection Prevention and Control Department at ipac@ohpp.ca or visit www.publichealthontario.ca

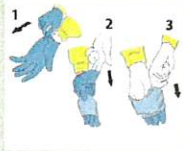
Routine Practices and Additional Precautions
 (November 2012)

This is an excerpt from *Routine Practices and Additional Precautions In All Health Care Settings (Appendix L)*

TAKING OFF PPE

1. Remove Gloves

- Remove gloves using a glove-to-glove/skin-to-skin technique
- Grasp outside edge near the wrist and peel away, rolling the glove inside-out
- Reach under the second glove and peel away
- Discard immediately into waste receptacle



2. Remove Gown

- Remove gown in a manner that prevents contamination of clothing or skin
- Starting at the neck ties, the outer, 'contaminated', side of the gown is pulled forward and turned inward, rolled off the arms into a bundle, then discarded immediately in a manner that minimizes air disturbance



6. Perform Hand Hygiene



3. Perform Hand Hygiene



5. Remove Mask/N95 Respirator

- Ties/ear loops/straps are considered 'clean' and may be touched with hands
- The front of the mask/respirator is considered to be contaminated
- Untie bottom tie then top tie, or grasp straps or ear loops
- Pull forward off the head, bending forward to allow mask/respirator to fall away from the face
- Discard immediately into waste receptacle



4. Remove Eye Protection

- Arms of goggles and headband of face shields are considered to be 'clean' and may be touched with the hands
- The front of goggles/face shield is considered to be contaminated
- Remove eye protection by handling ear loops, sides or back only
- Discard into waste receptacle or into appropriate container to be sent for reprocessing
- Personally-owned eyewear may be cleaned by the individual after each use



For more information please contact Public Health Ontario's Infection Prevention and Control Department at ipac@ohpp.ca or visit www.publichealthontario.ca

10 things you can do to manage your COVID-19 symptoms at home

If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



6. **Cover your cough and sneezes.**



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. **Get rest and stay hydrated.**



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



IMPORTANT NOTICE: NOT ALL COMMUNITIES CAN USE 911 TO ACCESS EMERGENCY SERVICES. USE THE EMERGENCY DISPATCH NUMBER FOR YOUR COMMUNITY.

TESTING FOR COVID-19

1. What happens if my Community Health Nurse recommends I get tested for Covid-19?

Your Community Health Nurse will either come to your community or make arrangements for you to be tested at an assessment centre.

2. What is involved in getting tested for COVID-19?

Your Community Health Nurse will initially provide you with a mask to put on. They will then take your vital signs, listen to your chest and may ask you additional questions regarding your health. They will then insert a swab in one of your nostrils. The test itself takes only a few seconds.

3. How long will it take to get my results?

Results are currently being received in 3-4 days but this may change depending on volume and testing sites.

4. Will everyone in my community know that I have been tested?

Your Community Health Nurse is bound by privacy and confidentiality legislation as well as standards set by the College of Nurses of Ontario. They **will not** share your personal health information with anyone without your permission. They will ask you if they can inform your Community Health Representative/Health Director and Chief that you have been tested so that those individuals may ensure you receive the supports you need while you are self-isolating and await your results.

5. How will I get my results?

Your Community Health Nurse will contact you with your results. They will provide you with instructions and information as required, depending on your results.

POSITIVE TEST RESULTS FOR COVID-19

1. My Community Health Nurse has informed me that I have tested positive for COVID-19. What happens next?

Your Community Health Nurse will ask you for the names of individuals you have had contact with over the past 14 days. They will call you every day to monitor your symptoms and answer any questions you might have. You will have to remain in self-isolation until you are advised otherwise.

2. Why do they need to know who I have had contact with? Are they going to tell them that I tested positive?

Part of preventing the spread of COVID-19 is ensuring that any contacts with positive cases are being monitored and possibly tested. Containing the disease will help prevent the spread. The Community Health Nurse will inform your contacts that they have been in contact with an individual who has tested positive but will not share that it was you without your consent.

3. What about the other members of my household?

The Community Health Nurse will follow up with household members and may test them for COVID-19. They will have to self-isolate for at least 14 days.

4. Do I have to leave my house?

No, you do not have to leave your house but arrangements should be made so you can self-isolate with having contact with other household members. Some communities have arranged to have isolation centres where community members can stay and be supported during their recovery.

5. What do I have to watch for? Should I go to the hospital?

Let your Community Health Nurse know if your symptoms are getting worse – if you continue to have a fever, worsening cough, nausea, vomiting or any other symptoms. Most people can recover from COVID-19 at home but don't hesitate to go to the hospital if you are having chest pain, or difficulty breathing or any other symptoms that you would normally go to the hospital for. Your Community Health Nurse will provide you with more information during your daily monitoring calls.

COVID-19 Symptom Management

Fever	<p>Tylenol- Acetaminophen</p> <ul style="list-style-type: none"> • Has a health care provider ever told you not to take Tylenol? – Liver issues, allergies etc. <p>If no,</p> <ul style="list-style-type: none"> • Take as directed on bottle • Be cautious of regular strength (325mg) and extra strength (500mg) Tylenol. <p>Children and infants:</p> <ul style="list-style-type: none"> • Use appropriate dosing for age and weight according to directions on bottle <p>Checking your temperature with thermometer: If no thermometer, touch forehead to feel for increased warmth</p> <p>If you can't take Tylenol:</p> <ul style="list-style-type: none"> • Cool cloths, don't cover up with lots of blankets, use fan with bowl of ice, wear light clothing, and drink cool water. <p>Advil – Ibuprofen</p> <ul style="list-style-type: none"> • It is recommended not to take Advil if COVID-19 is confirmed or suspected. <p>Stay hydrated</p> <ul style="list-style-type: none"> • Drink plenty of water. Water as your first choice. <p>Rest</p>
Cough	<p>Cough into elbow or tissues, wash hands immediately after</p> <ul style="list-style-type: none"> • Soap and water or hand sanitizer <p>Drink plenty of fluids</p> <ul style="list-style-type: none"> • Drink warm fluids
Sore Throat	<p>Tylenol</p> <ul style="list-style-type: none"> • See above recommendations <p>Lozenges</p> <ul style="list-style-type: none"> • Such as halls etc. <p>Drink plenty of warm fluids</p> <ul style="list-style-type: none"> • Honey – if not allergic • Do not give to children under age 1 <p>Gargle with warm salt water</p> <ul style="list-style-type: none"> • Add ¼ to ½ tsp in half of cup to a cup of water

<p>New or/ worsening difficultly breathing</p>	<p>Please stay calm</p> <p>Do you have an existing or chronic breathing problem?</p> <p>If yes, is it worse than normal while at rest?</p> <p>If no, call Telehealth 1-866-797-0000, your Community Health Nurse or Emergency Services if you feel you need to go to the hospital</p>
<p>Recent Travel</p>	<p>Self-isolation</p> <ul style="list-style-type: none"> • Self isolation for 14 days • Stay at home. • Limit the number of visitors in your home. • Only have visitors you must see and keep visits short. • Try to keep away from seniors and people with chronic medical conditions such as diabetes, lung problems, immune deficiency • Avoid contact with others as much as possible – stay in a separate room away from other people in your home as much as possible • Keep good airflow- open windows • Going outside is fine. Please stay at an appropriate distant while outside with others. <p>Self- monitoring – if you have no symptoms, have had been in contact with someone with COVID-19</p> <ul style="list-style-type: none"> • Waiting to see if you have symptoms of COVID-19- coughing, fever, difficulty breathing, or sore throat or any other symptoms of COVID-19



COVID-19 FNIHCC Training Modules Overview

About

In response to COVID-19, First Nations and Inuit Home and Community Care (FNIHCC) Ontario Region, in partnership and collaboration with SE Health – First Nations, Inuit & Métis Program¹, has prepared training modules applicable to Home and Community Care providers.

Training modules have been developed based on the following needs²:

- home and community care services;
- existing training requests; and
- increasing capacity to provide home and community care services in relation to COVID-19.

Who would benefit from these training modules?

Home and Community Care Providers

Including (but not limited to): Home and Community Care Nurses, Personal Support Workers and Homemakers.

Other Community-Based Workers

Training modules are available to other community-based workers as determined by community leadership and/or other community-based health-related programs and services. The First Nations Inuit Health Program Compendium (2011-2012) includes an inventory of program descriptions, elements, goals and objectives, as well as the different types of service providers and their qualification requirements.

Emergency Community-Based Workers

To assist communities with responding to the potential need for increased capacity to provide home and community care services related to COVID-19, a sample job description has been prepared for this service provider type. Please refer to the document, Emergency Community-Based Worker Sample Job Description for more details.

How to access this training

Training will be available through a learning portal on SE Health First Nations, Inuit and Métis Program @YourSide Colleague®. The SE Health First Nations, Inuit and Métis Program will set up accounts and provide usernames and passwords. This training will be available at the learner's pace, and completed as determined by the employer.

Cost

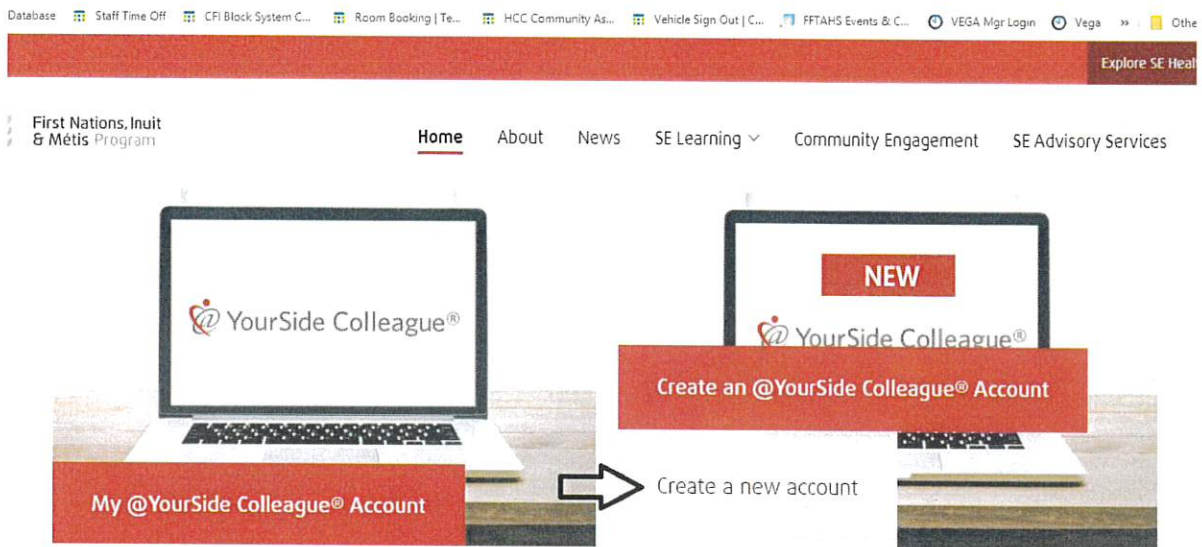
There is no cost to FNIHCC programs/communities associated with this training.

¹ <https://fnim.sehc.com/>

² FNIHCC Planning Resource Kit Handbook 3C – Training Plan

To access the modules go to <https://fnim.sehc.com/>

Scroll down to Create a @YourSide Colleague Account (image below) and follow prompts.



If you need assistance in creating an account please contact:

Suzanne Stephenson

suzannestephenson@sehc.com

1.800.463.1763, Ext. 142971

Temperature Monitoring and Fluid Intake Flow Sheet

Name: _____ Date of Birth: _____

Date	Time	Temperature	Last Time Tylenol was given	Fluids (volume)	Voided (Yes/No)

Note that Tylenol can mask a temperature. Temperatures should be taken 4 hours after Tylenol has been administered. Always follow directions on bottle for correct dose.