

COVID-19 INFO

COCHRANE TEMISKAMING RESOURCE CENTRE

To: All Staff
From: Daniel Roy
Subject: Covid-19 response
Date: April 14th, 2020

“WASH YOUR HANDS, PHYSICALLY DISTANCE, STAY SAFE”

CTRC Management Team continues to prepare and we want to communicate the following:

- ✓ **The Porcupine Health Unit has had no new cases in the last 24 hours. That is positive.**
- ✓ **However, THIS IS NOT THE TIME TO RELAX around any of our efforts.**
- ✓ **Positive indicators locally, regionally and nationally are only because of actions we have all taken.**
- ✓ **We continue to stress the PHU message “*Limit gatherings to just your immediate household (one you live with), and avoid travelling between communities for visiting. Only go out if absolutely necessary to pick up groceries, prescriptions or go to a medical appointment.*”**
- ✓ **More cloth masks are being distributed today and tomorrow to all residential homes.**
- ✓ **We are now directing all residential staff to wear a cloth mask through-out their shift.**
- ✓ **Masks are most effective at “source control” – we wear a mask to stop potentially spreading the virus to others, rather than using it as a means to protect ourself. The principal function of a mask is to stop spreading potential illness. Because people can be infected and not know it, everyone should be wearing masks or coverings**

like scarves or bandanas in public. Please see the attached effectiveness chart.

- ✓ **These are intended to prevent YOU from depositing droplets into the work space and provide some protection from others.**
- ✓ **Any individual with suspected Covid-19 symptoms would see us move to the use of medical PPE in the home affected.**
- ✓ **The Ontario Government has reinforced some recommendations to all long-term care facilities, specifically limiting visitors, staff completing a wellness screen and limiting employees to one employer.**
- ✓ **We have acted on the first two (2) recommendations and we are reviewing what would be needed to limit employees working only at CTRC through the pandemic period.**
- ✓ **We are all protecting each other.**

Respectfully,

Daniel Roy
Human Resources Director

Cc Darren Renaud, L664 President
Cindy McQuarrie, OPSEU Regional Representative
Sarah Cashabec for Board Distribution
HR for web posting

Mask effectiveness guide (DIY compared to surgical/N-95).



Mask Effectiveness

Percent of <.3 microns filtered out

N-95	95%
Surgical Mask	60-80%
Origami Vacuum Bag	60-87%
Quilting Fabric, 2 layer	70-79%
Furnace Filter, 2 layer	75%
Pillow Case, 600 ct, 4 layer	60%
Pillow Case, 600 ct, 2 layer	22%
Coffee Filters	40-50%
Wool Scarf, 4-layer	49%
Wool Scarf, 2-layer	21%
Cotton Bandana, 4 layer	20%
Cotton Bandana, 2 layer	18%
No face covering	0%

SOURCE: NEW YORK TIMES ARTICLE APRIL 5, 2020 CITING RESEARCH FROM MISSOURI UNIVERSITY, WAKE FOREST BAPTIST HEALTH, UNIVERSITY OF VIRGINIA