

# COVID-19 INFO

COCHRANE TEMISKAMING RESOURCE CENTRE

**To:** All Staff  
**From:** Daniel Roy  
**Subject:** Updates - Covid-19  
**Date:** April 15<sup>h</sup>, 2021

## **“WASH YOUR HANDS, PHYSICALLY DISTANCE, STAY SAFE” PLEASE CONTINUE WEARING YOUR MASK & SHIELD**

- ✓ 98% of our Residential Individuals received a 1<sup>st</sup> vaccine Friday April 9<sup>th</sup>.
- ✓ Thank you to all our staff teams and the Porcupine Health Unit (PHU) for making this a successful and smooth clinic. It was an amazing feat and the careful planning was evident at every step.
- ✓ We currently have 73% of our residential employees vaccinated with a 1<sup>st</sup> dose.
- ✓ Any staff wanting assistance in obtaining a vaccine appointment may call me at 705-267-8181 ext. 235. We are able to coordinate appointments for the vaccination for staff in front-line congregated care settings and in other related priority groups (e.g., PRT). We are here to assist you.
- ✓ The PHU has again asked Employers to close staff lunch areas. The increase in Covid-19 cases and variants is calling for greater precautions.
- ✓ In Residential Homes staff are ask to be in a safe space and clearly distanced from others during any breaks where they are removing their masks (eating, smoking, etc.).
- ✓ Although we are tired of Covid-19, Covid-19 is not done with us yet. We have to take care of ourselves and each other, and keep doing what we're doing to get through this.
- ✓ You can also check out the link: <https://www.ontario.ca/page/covid-19-support-people#section-4> for resources to help with many situations.
- ✓ We have also attached a memo for consideration from Public Health Ontario. Please review and post.

- ✓ **We continue to follow-up with any staff presenting with Covid-19 symptoms or for any other reason needing a Covid-19 test.**
- ✓ **We are obligated by Public Health, the Ministry of Labour and MCCSS to communicate details of all employees tested for Covid-19. We will also inform our staff about any Covid-19 positive employee results. However, until a test is returned as positive, we continue to maintain confidentiality around health and wellness of all staff.**
- ✓ **Please ensure you are assessing your personal wellness before reporting to work as well as the personal health of individuals in your household. Any staff with wellness concerns or concerns with the wellness of individuals in their home are ask to contact a supervisor ahead of coming into work.**
- ✓ **We are planning PPE and infection control measures training in the coming weeks to ensure our continued best practices. Stay tuned for some great training!**

**Keep up the Infection Control Practices.  
They have been effective to date!**



Daniel Roy, Human Resources Director

Cc Cindy McQuarrie, OPSEU Regional Representative  
Lisa DeRosario, OPSEU L664 Chief Steward  
Donna Cashabec for Board Distribution

## Coronavirus Disease 2019 (COVID-19)

# Take Care of Yourself and Each Other

Physical distancing will help limit the spread of COVID-19, but it may also lead to changes in the ways you connect with others. Physical distancing does not necessarily mean becoming socially isolated. Find new ways to connect with others and practice self-care during this time. For the list of resources that support mental health see [Resources for Ontarians Experiencing Mental Health and Addictions Issues during the Pandemic](#).

## Keep in touch

- If you are able to, use technology to communicate with your friends and family. Make phone calls, send texts and have video chats.
- If you are well, be creative when connecting with neighbours. Speak to them over a fence or from your balcony, while keeping two metres (or 6 feet) apart.
- Leave a message of support in your window, yard or condo message board.



## Think of others

- If you are well, connect with people who may find this time especially stressful, such as:
  - Older adults and those with chronic health conditions who are at increased risk of COVID-19
  - People who have a history of depression or anxiety, or who may be heavily impacted by COVID-19 (e.g., job loss, health concern, separation from loved ones)
  - People who have mobility challenges or few social supports



## Talk to your kids

- Empower your kids by teaching them the most effective ways to prevent COVID-19:
  - Washing their hands
  - Coughing or sneezing into their elbows, and
  - Physical distancing
- Children may feel anxious or stressed due to the uncertainty surrounding COVID-19. Reassure them that their feelings are valid.
- Encourage your children to ask questions. Use plain language to explain what's happening.
- Establish a routine that gives your kids structure while they're indoors.



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