

COVID-19 INFO

COCHRANE TEMISKAMING RESOURCE CENTRE

To: All Staff
From: Daniel Roy
Subject: Updates - Covid-19
Date: April 22nd, 2021

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

- ✓ We currently have 76% of our residential employees vaccinated with a 1st dose. This is a first step in protecting us all and we are fully engaged into the path to a return to normal operations.
- ✓ However let's not minimize or let go of the strong infection control actions and steps we have taken. They have kept the Covid-19 virus at bay in our homes and workplaces for the last 13 months.
- ✓ The Variants of Concerns and Covid-19 cases continue to increase in Timmins. The Porcupine Health Unit identifies Workplaces & Social Gatherings where we are unmasked (eating, talking & smoking with others when unmasked) as the main transmission sources.
- ✓ 1. Maintaining our strong use of PPE's and infection control measures, 2. Seeking vaccination as soon as you are eligible or cleared by a health practitioner to proceed with vaccination and 3. Staying home if you have any symptoms OR if anyone in your household has Covid-19, are keys to controlling the spread and protecting us at work.
- ✓ The current workplace Wellness Check sheets will now also include a supplementary symptom information sheet as attached. Please review carefully and call you supervisor if you are presenting any of the symptoms.
- ✓ If you have symptoms or a person in your home is Covid-19 positive call in to your supervisor.
- ✓ A negative Covid-19 test, being symptom free for 24 hours and following any PHU self-isolation period will need to be obtained and/or completed before returning to work.

- ✓ **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.**
- ✓ **The Joint Health and Safety mandatory PPE Training is starting today via Zoom events.**
- ✓ **Please check out this video in You Tube. It is part of #Sleevesup campaign 2021! <https://www.youtube.com/watch?v=YEaSZK7ry3Y>.**

**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

Common symptoms of COVID-19 include:

- Fever (temperature of 37.8°C/100.0°F or greater)
- Cough (that is new or worsening (e.g. continuous, more than usual if chronic cough) including croup (barking cough, making a whistling noise when breathing) o Not related to other known causes or conditions (e.g., chronic obstructive pulmonary disease)
- Shortness of breath (dyspnea, out of breath, unable to breathe deeply, wheeze, that is worse than usual if chronically short of breath) o Not related to other known causes or conditions (e.g., chronic heart failure, asthma, chronic obstructive pulmonary disease)

Other symptoms of COVID-19 can include:

- Sore throat (painful swallowing or difficulty swallowing) o Not related to other known causes or conditions (e.g., post nasal drip, gastroesophageal reflux)
- Rhinorrhea (runny nose) o Not related to other known causes or conditions (e.g., returning inside from the cold, chronic sinusitis unchanged from baseline)
- Nasal congestion (stuffy nose) o Not related to other known causes or conditions (e.g., seasonal allergies)
- New olfactory or taste disorder (decrease or loss of smell or taste) o Not related to other known causes or conditions (e.g., nasal polyps, allergies, neurological disorders)
- Nausea and/or vomiting o Not related to other known causes or conditions (e.g. transient vomiting due to anxiety in children, chronic vestibular dysfunction)
- Diarrhea o Not related to other known causes or conditions (e.g., Irritable bowel syndrome, inflammatory bowel disease, side effect of medication)
- Abdominal pain that is persistent or ongoing o Not related to other known causes or conditions (e.g., menstrual cramps, gastroesophageal reflux disease)