

# *The Lakeside Bulletin*

## **Special Edition Regarding COVID - 19**

*Please read and DO NOT throw away!*

Page 2... Media release from the Township of Pickle Lake

Page 3... Notice from the Betty Johnson Clinic

Page 4... Notice from the OPP

Pages 5 - 9... Information provided by Public Health Ontario regarding COVID -19. *Keep these pages for your personal records and help keep our community safe.*

Page 10... Service Ontario Notice

Page 11... Valard Notice



The Corporation of the Township of Pickle Lake  
2 Anne Street P.O. Box 340  
Pickle Lake, ON  
POV 3A0

March 17th, 2020

### MEDIA RELEASE CONCERNING COVID-19

**The Council for the Corporation of the Township of Pickle Lake has met and discussed the Municipality's response to the Coronavirus Pandemic. The Province has declared a state of Emergency this morning via a news conference.**

**We would like to take this opportunity to remind residents of Pickle Lake to remain calm and follow the recommendations by the WHO (World Health Organization) MOH (Ministry of Health) and NWHU (Northwestern Health Unit) in respect to measures to protect yourselves, your families and your workplaces.**

**The Following Decisions Have Been Made In The Best Interests Of The Community And Municipal Staff:**

- **The Arena has been closed for the remainder of the 2019/2020 winter season.**
- **The Curling Rink has been closed for the remainder of the 2019/2020 winter season.**
- **All bookings of the Community Hall and Public Events taking place at the hall have been suspended until at earliest April 14<sup>th</sup>, 2020. (This includes the Municipal Community Market)**
- **All Council/Committee Meeting have been suspended until April 14<sup>th</sup>. The Council will only meet if required due to worsening of the situation in the form of the Municipal Emergency Control Group.**
- **All non-essential training/conferences for Council and Municipal Staff have been suspended until minimum April 14<sup>th</sup>, 2020.**
- **The Fitness Centre has been closed until at minimum April 14<sup>th</sup>, 2020. All card access holders will have their paid memberships extended to reflect the length of the closure.**
- **The Municipal Front Office and Public Works Shop/Office, including SERVICEONTARIO is closed to the Public until at minimum April 14<sup>th</sup>, 2020. Payments for water services and tax bills can be made via credit card over the phone (807-928-2034) or via check or money order mailed to the Municipal Office.**
- **Fire Practice is suspended until at minimum April 14<sup>th</sup>. This WILL NOT affect fire services. If a call for service occurs firefighters will still respond.**
- **The Clinic is accepting patients by APPOINTMENT only. Absolutely no WALK-INS will be permitted. If you believe you are experiencing COVID-19 symptoms you MUST call the clinic at 807-928-2047 and triage with the nurse over the phone. They will perform tests in the Northwestern Health Unit section of the building based on assessment ONLY.**
- **Commissioner of Oath/Marriage License Issuance have been suspended until at minimum April 14<sup>th</sup>, 2020.**
- **All garbage collection, landfill site usage will continue undisrupted; however for the safety and protection of our employees all garbage must be bagged and tied securely in bags (cardboard flattened and bound as usual). Loose garbage will not be collected.**

Both Council and staff will continue to monitor the situation closely taking direction from our Federal and Provincial governments in the coming days and weeks. We feel that the follow measures will assist in the protection of Pickle Lake Residents from the spread of COVID-19.

Jamie Hussey  
Clerk Treasurer  
Township of Pickle Lake



THE BETTY JOHNSON  
CLINIC  
(807)928-2047

**ATTENTION**  
**CORONAVIRUS DISEASE 2019**

**IF YOU HAVE:**

- FEVER ABOVE 38C,
- SHORTNESS OF BREATH,
- HEADACHE,
- AND SORE THROAT

***BEFORE GOING TO THE  
CLINIC***

**PLEASE CALL 928-2047  
WE WILL BRING YOU INTO  
A SEPARATE ENTRANCE**



# NOTICE TO THE PUBLIC

**IN ORDER TO HELP REDUCE THE RISK OF SPREADING COVID-19 TO EMPLOYEES AND THE PUBLIC, ACCESS TO THIS DETACHMENT IS RESTRICTED UNTIL FURTHER NOTICE.**

The Ontario Provincial Police has implemented enhanced protocols regarding detachment-based services.

If this is an emergency please dial 9-1-1 or 1 888 310 1122.

For non-emergent matters or during regular business hours contact the Detachment at 807-928-2211.

Outside of regular business hours and for non-emergent matters, please pick up the phone outside the main entrance and it will connect you to a Provincial Communications Centre.

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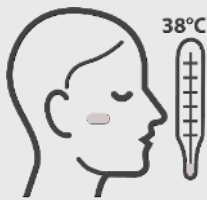
## Coronavirus Disease 2019 (COVID-19)

# 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.

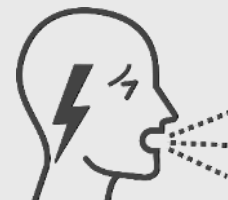
## Monitor for symptoms for 14 days after exposure



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
  - Supply of procedure/surgical masks (enough for 14 days)
  - 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 sit in the back seat.

### Contact your public health unit:

The Betty Johnson Clinic

(807) 928-2047

### 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](https://ontario.ca/coronavirus)

## Coronavirus Disease 2019 (COVID-19)

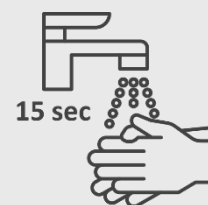
# Self-isolation: Guide for caregivers, household members and close contacts

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:

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(807) 928-2047

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The information in this document is current as of February 14, 2020

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Ontario 

## Coronavirus Disease 2019 (COVID-19)

# How to self-isolate

**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 local public health unit.**

## Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.
- Your health care provider or public health unit will tell you when it is safe to leave.



## Limit the number of visitors in your home

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



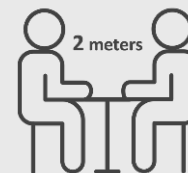
## Avoid contact with others

- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).



## Keep 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.





## 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 easier and safer.
- After emptying the wastebasket wash your hands.



## Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.



## 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.



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**ServiceOntario**

## **We're committed to serving you.**

### **Closure:**

Beginning <<March 17<sup>th</sup>, 2020>> our center is temporarily closed.

Please visit us online at [ServiceOntario.ca](https://ServiceOntario.ca)

Call us at 416-326-1234 or Toll-free:1-800-267-8097

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### **More than 40 services online.**

ServiceOntario offers more than 40 services online, including driver's license and license plate sticker renewal, address change and more. For a complete list of our available online services, please visit [ServiceOntario.ca](https://ServiceOntario.ca).

Please visit us on line at [ServiceOntario.ca](https://ServiceOntario.ca) or call one of the following numbers 416-326-1234 or Toll-free:1-800-267-8097 for further information.



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**March 17, 2020**

At Valard, a camp pandemic protocol has been designed for the necessary steps required to prevent, identify, control and report cases of COVID-19 at Valard Construction Camp locations across the country. The Camp Pandemic Protocol is in place to address prevention, preparedness and response tactics to help protect our employees, subcontractors, clients and local communities, while ensuring business continuity even during an outbreak.

The following **preventative measures** are being taken at all Valard/Subcontractor Camps;

**Valard Paramedics:**

- Support employee COVID-19 screening processes.
- Perform medical surveillance on individuals with potential COVID-19 at Valard Camp's.
- Perform daily health and wellness check on individuals suspected/infected with COVID-19.
- Ensure personal safety by wearing appropriate PPE during medical surveillance.
- Monitor Health Canada websites for new and changing information.

**Camp Services:**

- Ensure employees are provided with appropriate training and PPE for pandemic related cleaning tasks.
- Enact specific cleaning protocols Assist in implementation of area specific controls (e.g. safe kitchen food delivery methods).
- Ensure all products used for sanitation of camp facilities are effective against COVID-19.
- Ensure appropriate supplies have been ordered in case of Camp Pandemic Protocol activation.

**Employees/Subcontractors:**

- Follow good hygiene practices, and spatial distancing.

**Quarantine Procedure:**

- The potential case will be monitored by the onsite paramedic.
- 14 day self-isolation is required if an individual has flu/COVID-19 like symptoms and they fall within the 'at risk' category by answering YES to any of the following questions:
  - o Have you recently travelled outside of Canada within the past 14 days?
  - o Have you had close contact with a confirmed or probable case of COVID-19?
  - o Have you had close contact with a person having respiratory illness who has been outside of Canada within the last 28 days?
- If the person has flu like symptoms and answered NO to the above questions, the self-isolation will be a minimum of 48 hours and until the symptoms have subsided.
- Probable and confirmed cases of COVID-19 must be reported to Provincial Public Health authority.
- Individuals with COVID-19 like symptoms will be placed in specific dorms that have been allocated for quarantined residents. All attempts will be made to choose dorm locations that are away from the general public.