

## SEELEYS BAY MEDICAL CLINIC Announcement

Due to Covid-19 the Seeleys Bay Medical Centre will be implementing changes to the way we are providing medical care.

Be assured that our priority is to continue to provide timely health care in the safest possible way. We want to serve our community while at the same time limit the spread of this virus to patients and our dedicated staff and the community.

Effective immediately:

**DO NOT COME TO THE OFFICE – call first (613-387-3120)**

- Non-essential appointments will be cancelled or deferred (ie. Annual physicals, routine check-ups etc)
- Any appointments that can be done over the phone will be done over the phone. These will be booked as much as possible. Please ensure you update your phone number.
- Prescription renewals will be done by phone
- All appointments must be booked by phone (do not come in person)
- Anyone with a respiratory illness +/- fever will be screened by phone and either directed to
  - o Stay at home with symptom management and self-isolation
  - o Attend the Covid-10 assessment centre at HDH (criteria will be discussed)
  - o Or offered an appointment at the office which will be done in your vehicle (not in clinic)
  - o The waiting room will be shut down. Anyone presenting for an appointment should call us on arrival then wait in their car. If you don't have a cell phone signal to us through the door that you are here. We will come and get you when it is time for your appointment. Please use hand sanitizer when you enter the office. If you have a cough put a mask on. Take ONE only.
  - o Avoid/limit bringing people with you to your appointment

Be assured that each exam room will be disinfected after each appointment.

All community after hours clinic appointments will now be booked by phone. There will be no walk ins. You will still be seen but will be given an appointment time. Please listen to our voice mail message for instructions on where to call for an appointment and what that office procedure is on arrival.

## SEELEYS BAY MEDICAL Announcement

### General information:

Current data indicates that 92% of those infected will have a mild to moderate illness and will NOT require medical care other than symptom management. Please allow those needing care to receive it. This is a virus that is worse in the elderly and people with chronic diseases (ie. lung and heart disease). Everything we are doing is to limit the spread of the virus to them not because we are all going to die. We need to work together to protect our vulnerable loved ones and community members as well as your dedicated team at Seeleys Bay Medical Centre.

### General measures that will reduce your risks.

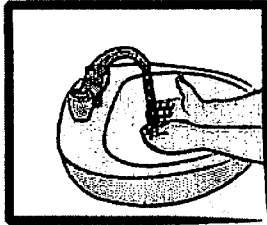
- hand washing (see information sheet)
- social distancing (see information sheet)
- avoid non-essential appointments (including medical)
- avoid travel outside of Canada

If you are symptomatic and symptoms are mild, you should be able to manage at home with Tylenol, fluids and rest (like a regular flu/cold). You should self-isolate until your symptoms are gone for 24 hours

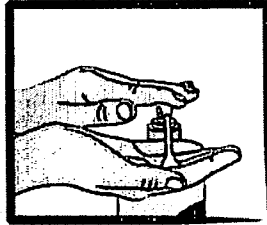
If you have symptoms that you are concerned about, please call our office at 613-387-3120 and we will return your call to discuss appropriate management



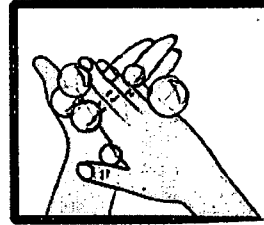
# How to wash your hands?



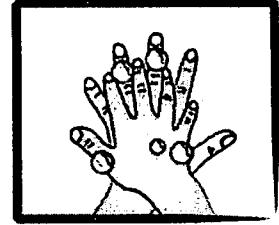
Wet hands with water.



Apply soap.



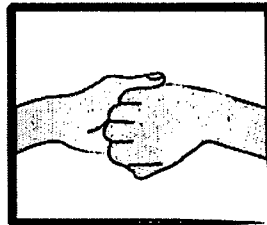
Rub hands palms to palms .



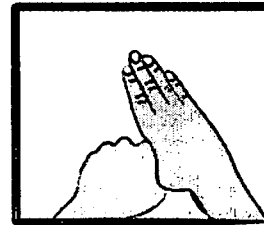
Rub the back of each hands with fingers interlaced.



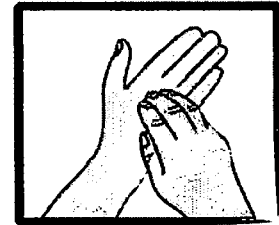
Rub palms together with fingers interlaced.



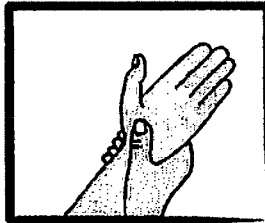
Rub with back of fingers to the opposing palms.



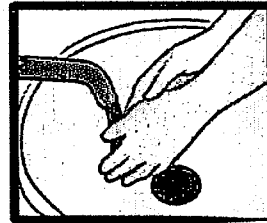
Rub each thumb clasped in opposite hands.



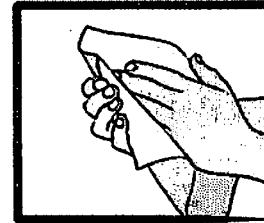
Rub the tips of fingers.



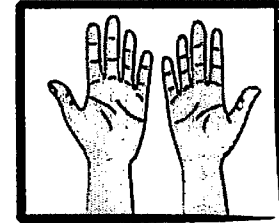
Rub each wrist with different hands



Rinse with water.



Dry thoroughly your hands.



Your hands are now clean.

Source: World Health Organization

# SOCIAL DISTANCING

## What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infection or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.

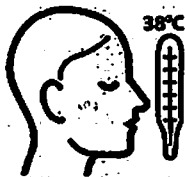
<b>AVOID</b>	<b>USE CAUTION</b>	<b>SAFE</b>
<b>Group gatherings</b> <b>Sleep overs</b> <b>Playdates</b> <b>Concerts</b> <b>Theatre outings</b> <b>Athletic events</b> <b>Crowded stores</b> <b>Malls</b> <b>Gyms</b> <b>Visitors/Workers in home</b> <b>Public transit</b> <b>Traveling</b>	<b>Restaurants</b> <b>Grocery stores</b> <b>Getting take out</b> <b>Pharmacies</b> <b>Playing in park</b> <b>Libraries</b> <b>Church service</b>	<b>Take a walk</b> <b>Go for a hike</b> <b>Yard work</b> <b>Play in yard</b> <b>Clean out closet</b> <b>Read a book</b> <b>Listen to music</b> <b>Cook a meal</b> <b>Go for a drive</b> <b>Family game night</b> <b>Group video chat</b> <b>Netflix/streaming</b> <b>Check on an elderly neighbour</b>

## 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 (1-877-797-0000) or your public health unit.**

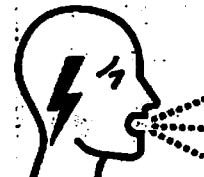
### Monitor for symptoms for 14 days after exposure



**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

KFL&A Public Health  
221 Portsmouth Ave.,  
Kingston, Ontario  
K7M 1V5  
Tel: 613-549-1232  
Toll free: 1-800-267-7875  
Fax: 613-549-7896  
[www.kflaph.ca](http://www.kflaph.ca)

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

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

## 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 (1-877-797-0000) 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).



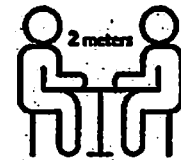
## Avoid contact with others

- 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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## 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 a 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.



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