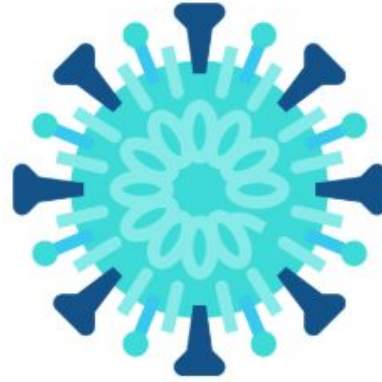


COVID-19

A HARP PRESENTATION



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This is an interactive presentation. If you see this image anywhere on the slide, **CLICK** on it to view the associated link.

Who Are We?



We are medical students from McMaster University who are part of the Health Advocacy for Refugees Program

Our goal is to provide you with information and strategies to keep you safe during the COVID-19 pandemic.

Overview of COVID-19





COVID-19 is a
respiratory
disease
caused by
infection with
the virus SARS-
CoV-2



SARS-CoV-2 is
part
of a large
family of
viruses called
coronaviruses



There are
many types of
coronaviruses,
including
some that
cause the
common cold

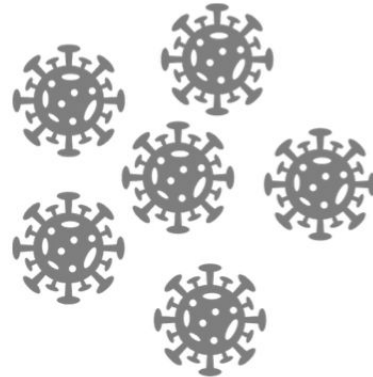
What is COVID-19?

COVID-19 WORLDWIDE IMPACT



SARS-CoV-2 was first detected in Wuhan, China in December 2019, but it has now spread all around the world.

In March 2020 the World Health Organization (WHO) classified the disease as a pandemic. A pandemic is a disease that spreads quickly around the world.



How does the virus spread?



DROPLETS

When a person coughs, sneezes, or talks respiratory droplets containing the virus are released. These are more likely to infect someone if they are less than 6 feet apart.



CONTAMINATED SURFACES

The virus can be transmitted by touching a contaminated surface with your hand and then using that hand to touch your eyes, mouth, or nose.



PRE-SYMPOMATIC SPREADERS

It can take 2-14 days to show symptoms. Some people, especially children, can spread the virus without having symptoms.



INFECTION

The virus enters the body through the eyes, nose, or mouth, either by droplets nearby or by touching your face with a contaminated hand. It then spreads to the blood and lungs.

WHAT ARE THE SYMPTOMS OF COVID-19?

To learn more about up to date symptoms:



*Most common symptoms:
fever, fatigue, dry cough,
muscle aches, runny nose,
sore throat, nasal
congestion*



*Other symptoms: shortness of
breath, loss of smell and/or taste,
loss of appetite, muscle aches,
difficulty swallowing,
nausea/vomiting, abdominal pain*

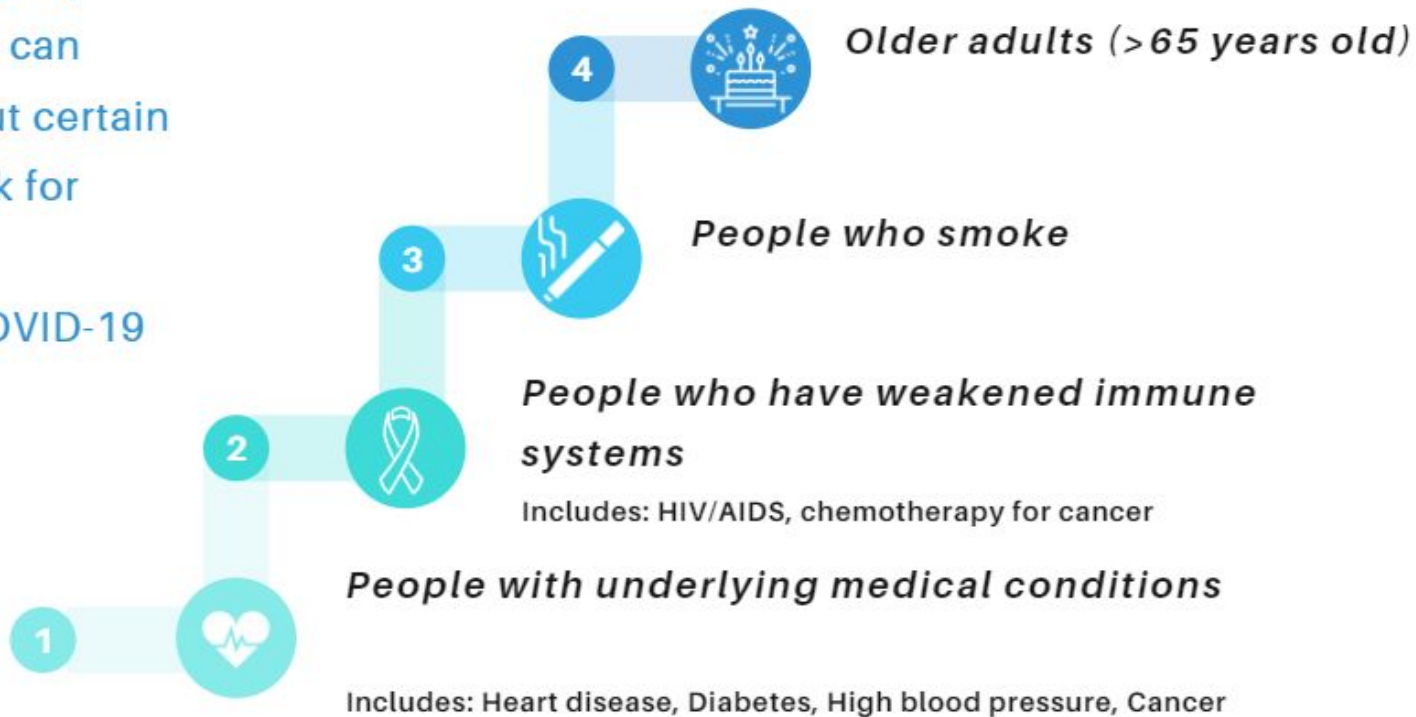


*Some people can develop serious
symptoms, including respiratory
failure and damage to multiple organs*

These symptoms are rare but can be life-threatening

Who is most at risk?

Anyone can be infected by COVID-19 and anyone can develop symptoms, but certain people are more at-risk for developing severe complications from COVID-19



| | COVID-19 | INFLUENZA | COMMON COLD |
|---------------------|----------|-----------|-------------|
| Fever | ✓ ✓ | ✓ ✓ | ✗ |
| Cough | ✓ ✓ | ✓ ✓ | ✓ ✓ |
| Fatigue | ✓ ✓ | ✓ ✓ | — |
| Shortness of Breath | ✓ | ✗ | ✗ |
| Runny nose | — | — | ✓ ✓ |
| Sneezing | ✗ | ✗ | ✓ ✓ |
| Sore throat | — | — | ✓ ✓ |
| Headache | — | ✓ ✓ | — |
| Mortality Rate | 1.5-3.5% | 0.1% | VERY LOW |

How is COVID-19 different from the flu or the cold?



If you fulfill the following requirements, you should call your family doctor or public health at (905) 974-9848 to get tested. Please note that testing requirements are always changing. To stay up to date visit:

Should get tested



Exposed to someone who is known to have COVID-19



You are experiencing symptoms of COVID-19



Should NOT get tested

You are asymptomatic



If you have already isolated for 14 days after travelling



HOW TO GET TESTED



TAKE A SELF ASSESSMENT

Answer questions online to see if you should get tested.



CALL

Call your local public health unit or family doctor to book an appointment for testing

Telehealth has translation services available here
1-866-797-0000

GET TESTED

Follow the instructions given for when and where to get tested.



WHAT IS THE COVID TEST?

The test uses a nose swab sample to collect fluid. It is sent to the laboratory to see if the COVID virus is present. You will only test positive if you are in the active phase of the infection.

What to expect when getting tested

Safe online result checking:



01 *You will be asked to clear your nose by blowing*

02 *The healthcare worker inserts a long, flexible swab into your nostril to collect a sample from the back of your nose (takes a few seconds to collect)*

03 *Sample is sent to lab*

04 *Results return within 7 days to the ordering healthcare provider*

05 *You will be notified if your result is positive. You can check the results online if you have a green Ontario health card.*

Other health concerns during COVID-19



Non-essential surgeries and procedures

- Includes any non-emergency surgery
- Have been postponed and will likely be rescheduled later in the summer once new COVID-19 cases have stabilized
- Plans to restart urgent surgery first:
 - Cancer and heart surgeries (MOST URGENT)
 - Hip and knee replacements



Doctor visits

- Many primary care providers are offering virtual consultations
- You can also contact Telehealth for other health concerns (not COVID-19)
 - Free, 24-hour hotline [1-866-797-0000]
 - English, French, and other languages available





**Personal Protective
Equipment and
Staying Safe at Work**

How can we keep ourselves safe



1



Wash your hands
with soap and
water for 20
seconds

2



Cough and
sneeze into a
tissue or
sleeve

3



Do not touch
your ears,
eyes, mouth,
or nose

4



Practice
Physical
distancing

5



Wear a mask or
face covering if in
close contact
with others

Handwashing

Hand sanitizer with at least 70% alcohol

Soap and Water for at least 20 seconds (or the length of time it takes to sing Happy Birthday twice) with warm water



Areas Most Often Missed During Hand Washing

- Most Often Missed
- Often Missed
- Less Often Missed

Taylor, L., Nursing times 74, 54 (1978)

Handwashing

When should you wash your hands?

Before

- Preparing food
- Eating food
- Touching your mouth, nose, or eyes
- Applying a mask or facial covering
- Caring for someone who is sick
- Treating a cut or wound

During

- Preparing food



After

- Preparing food
- Caring for someone who is sick with vomiting or diarrhea
- Using the toilet
- Blowing your nose, coughing or sneezing
- Removing a mask
- Returning to the house
- Touching garbage
- Touching an animal or pet food

Handwashing



- While coronavirus is more often passed from one person to another through respiratory droplets (ex. sneezes) it can likely also be passed through touching objects and surfaces (ex. doorknobs, countertops, keyboards, toys, etc.)
- Current evidence suggests that COVID-19 may stay on some surfaces for *hours to days*
- To prevent the spread of COVID-19 (and other viral respiratory illnesses) it is best to clean and disinfect dirty surfaces others may touch

SANITIZING SURFACES





CLEANERS

- Break down grease and remove organic material from the surface
- Used separately before using disinfectants
- Can be purchased with cleaner and disinfectant combined in a single product



DISINFECTANTS

- Have chemicals that kill most germs
- Applied after the surfaces have been cleaned
- Have a drug identification number (DIN)



DISINFECTANT WIPES

- Have combined cleaners and disinfectants in one solution
- May become dry quickly and should be thrown out when they become dry
- Not recommended for very dirty surfaces



FREQUENT CLEANING

Frequently touched surfaces are most likely to be contaminated (ex. doorknobs, light switches, toilet handles, counters, screens). Clean frequently touched surfaces twice per day and when visibly dirty.



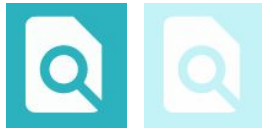
CHECK LABELS

Commonly used cleaners and disinfectants are effective against COVID-19. Product labels have instructions for safe and effective use. Remember to check the expiry date.

Use only disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.

Protect your household and the community

For more information:



CLEAN ELECTRONICS

Remember to also clean your electronics such as cell phones, remote controls, keyboards, touch screens, etc. Remove any visible contamination. Follow instructions provided for cleaning and disinfection. If no instructions, consider using alcohol-based wipes or sprays containing at least 70% alcohol to disinfect. Make sure you dry surfaces thoroughly after.

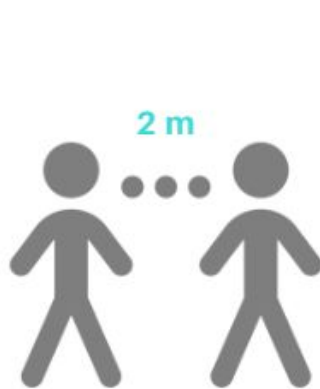
SANITIZING SURFACES

Practice Physical Distancing

What does this mean?



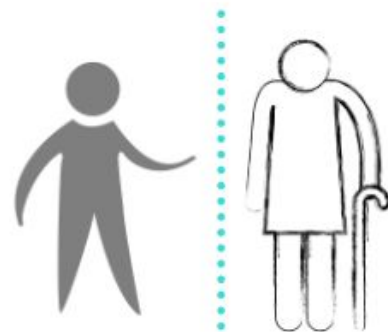
Avoid non
essential travel



Stay 2 metres
apart



Avoid all
gatherings



Limit gathering
with high risk
individuals

How to stay safe as an essential worker?



YOUR RIGHTS AS AN EMPLOYEE

Definition of critical service: one that *if disrupted* would result in a high or very high degree of injury to the health, safety, security, or economic well-being of Canadians, or to the effective functioning of the Government of Canada

As an employee, you may still be expected to go to work during the COVID-19 pandemic.

Workplaces should consider on-site work only if 1) meets the definition of "critical service" and working from home is not possible, OR 2) is included in the current phase of re-entry.

If experiencing symptoms, you should not be going to the workplace.



The right to know

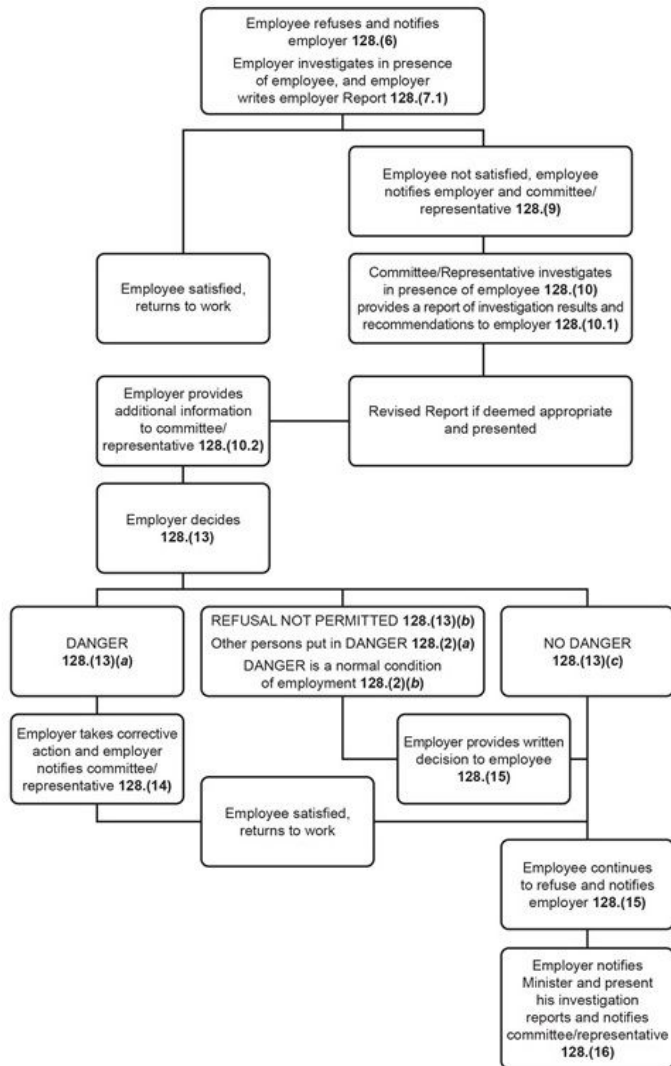


The right to participate



The right to refuse dangerous work

UNDER THE CANADA LABOUR CODE, EMPLOYEES HAVE THE RIGHT TO REFUSE DANGEROUS WORK IF THERE IS REASONABLE CAUSE TO BELIEVE THE JOB PRESENTS A DANGER TO THEMSELVES OR ANOTHER EMPLOYEE.



Step # 1: report the dangerous situation to your employer

Definition of danger: "any hazard, condition or activity that could reasonably be expected to be an imminent or serious threat to the life or health of a person exposed to it before the hazard or condition can be corrected or the activity altered"



COLLECTION OF PERSONAL HEALTH AND TRAVEL INFORMATION

Because COVID-19 constitutes a workplace hazard, your employer can lawfully request that you provide information regarding COVID-19, to the extent that it directly relates to ensuring the health and safety of employees in the workplace.

Employers can request the following information:

- 1. If you are exhibiting symptoms of COVID-19 in the workplace*
- 2. If you are undergoing COVID-19 testing and the result of that testing and if you were present in the workplace while potentially infected*
- 3. If you were in close contact with someone diagnosed with COVID-19*
- 4. If you have travelled outside Canada in the last 14 days*



Your responsibilities as an employee

| | | |
|----|--------------------------|---|
| 01 | <i>Inform yourself</i> | Inform yourself about COVID-19 |
| 02 | <i>Follow directions</i> | Follow directions from management regarding reporting to work and instructions concerning the health and safety of employees |
| 03 | <i>Stay safe</i> | Use all safety equipment provided to you |
| 04 | <i>Avoid spreading</i> | If you have symptoms of COVID-19, you must (1) inform management, (2) stay home, (3) follow advice of local public health authorities |
| 05 | <i>Reporting</i> | Report to employer any circumstances in the workplace that are likely to be hazardous to the health or safety of employees or others |

Who to contact for more information

If you have work-related concerns

- Discuss your concerns with your manager/employer
- Consult your organization's information for employees on COVID-19
- Contact your departmental occupational health and safety coordinator

For up-to-date information about COVID-19 across Canada

- Website:



- Phone: Government of Ontario's information line at 1-855-531-0778



Workers Action Centre:

- Hotline to answer your questions about safe work during COVID-19: you can call or leave a message and they will get back to you.



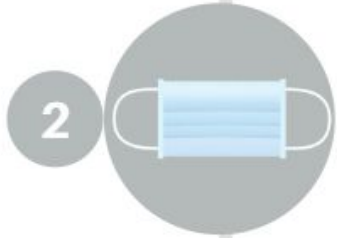
416-531-0778

All about Masks



Homemade Mask

Cloth masks are made from any homemade materials that cover your mouth and nose (for example a scarf). Should be worn in areas that it is difficult to maintain physical distancing such as the grocery store.



Surgical Mask

Only recommended for healthcare workers. Disposable loose fitting masks that protect the wearer from sprays and splashes. Prevents the spread of potentially infectious droplets from the wearer to others.



N95

Only recommended for healthcare workers. Must be fit tested and trained in order to wear properly. Protects the wearer from splashes, sprays, and 95% of small particles protecting the user from virus spread.

How to properly wear a mask

Benefits of homemade mask:

- Made at home from common materials, so there's an unlimited supply.
- They may lower the risk of people without symptoms transmitting the virus through speaking, coughing, or sneezing.
- They're better than not using any mask and offer some protection, especially where physical distancing is hard to maintain.

Risks of homemade masks:

- **They don't replace or reduce the need for other protective measures.** Proper hygiene practices and social distancing are still the best methods of keeping yourself safe.





Mental Health and Self Care

Mental Health During COVID

This can be a scary and stressful time for everyone

During times of social isolation, it can be especially hard being unable to be with family and friends or being forced to face difficult circumstances like being laid off from work

Even as the lockdown comes to a close, these times of change are not easy

Fortunately there are always ways to take care of yourself, and to stay connected with others

If you need help, you can also reach out to many mental health supports available in the community

Self-Care and Resilience



Basics: healthy eating, physical activity, getting enough sleep



Look for activities you enjoy and build them into your daily routine

Examples: take a walk outside, listen to music, practice yoga, read a good book, exercise, make a healthy meal, play a game, join an online support group, draw/paint



Identify stressors and choose healthier coping strategies



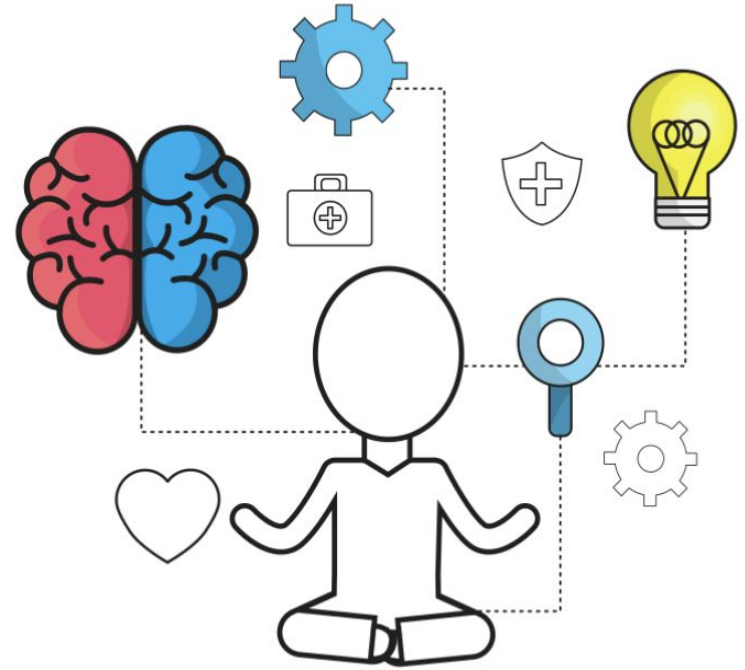
Get creative in ways to connect with others

Examples: videochat with loved ones, attend virtual church and community events

Mental health in the workplace

Important to remember that under circumstances such as these, it is natural to experience feelings of anger, anxiety, loneliness, sadness, or worry. It is important for all of us to acknowledge these feelings and the disruptions caused by COVID-19 to our personal and working lives.

In the workplace, this is NOT business as usual, so don't get down on yourself if you are having trouble working as effectively as you once did. There is no right way to manage your mental health through a pandemic. Remember, you are not alone.



Activities for kids

02

Arts & Crafts

- Paper Chains
- Make a craft with things around the house
- Free colouring pages

03

Food & Cooking

- Try a new recipe
- Have a chopped competition
- Try growing some of your food such as a tomato plant

01

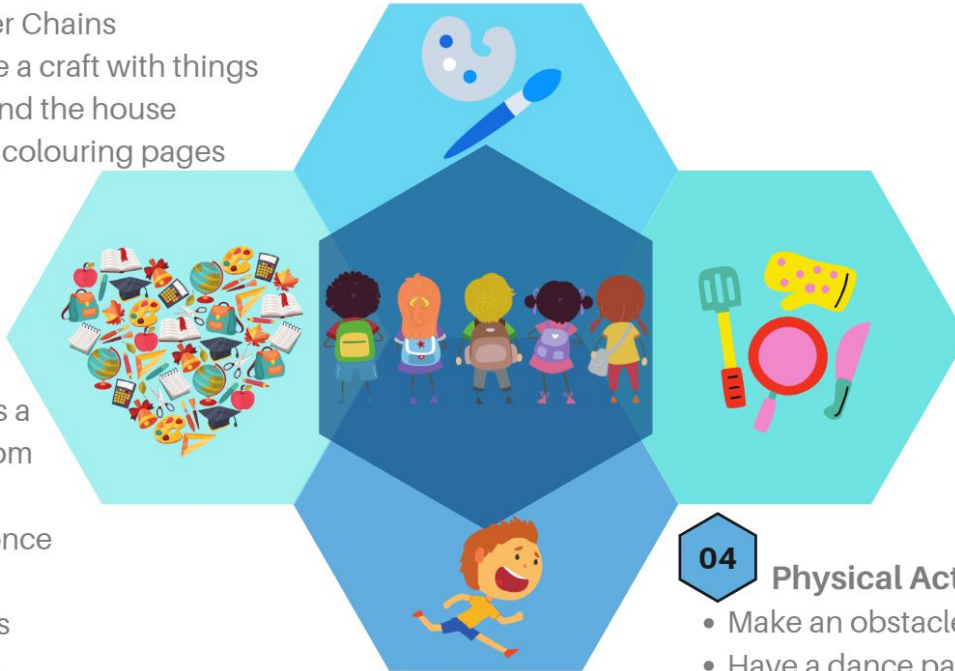
School

- Read for 15 minutes a day. Get e-books from the library!
- Play a math game once a day
- For high school kids [khanacademy.com](https://www.khanacademy.com)

04

Physical Activity

- Make an obstacle course and run it!
- Have a dance party
- Play the floor is lava



IF IN NEED OF SUPPORT

Physical distancing does NOT mean you have to feel isolated. If you are feeling isolated, alone, or experiencing a mental health crisis there are many people to speak with.

For immediate risk call 911



Refuge: currently offering virtual counselling services for refugees and newcomers to Canada

Telephone: 905-526-0000

Website:

<https://www.newcomerhealth.ca>



*COAST a project of
St. Joseph's
Healthcare Hamilton*

Telephone: 905-972-8338

Website:

<https://coasthamilton.ca>



YWCA

Telephone: 905-522-9922

Website:

<https://www.ywcahamilton.org>



Kids help phone

Telephone: 905-526-0000

Website:

<https://kidshelpphone.ca>

IF IN NEED OF SUPPORT



Canadian Mental
Health Association
Mental health for all

*Canadian Mental
Health Association*

Telephone: 905-521-0090

Website:

<https://cmha.ca/news/covid-19-and-mental-health>



*Contact
Hamilton*

For UNDER 18 years old
Telephone: 905-570-8888



NIWASA
Kendaaswin Teg

Indigenous Call
Centre (Hamilton)

Telephone: 905-549-4884



BounceBackOntario

Website: <https://bouncebackontario.ca/get-started-bounceback-today-videos/>

IF IN NEED OF SUPPORT



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

Websites:

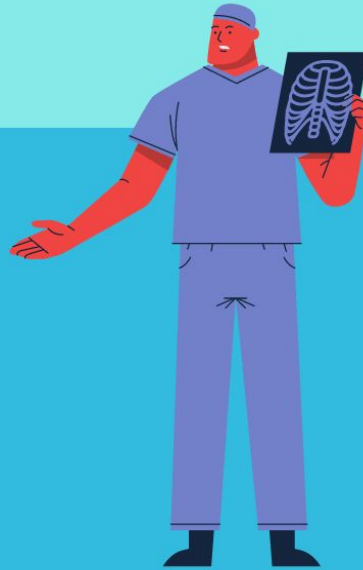
#1 Suggestions on coping strategies

<https://www.camh.ca/en/health-info/mental-health-and-covid-19/coping-with-stress-and-anxiety>

#2 Discussion forum to speak with others about stress, anxiety, and other issues during COVID-19

<https://covid19.camhx.ca/mod/forum/view.php?id=1>


Accessing Health Care



Health Coverage

This also means that the 3-month waiting period for OHIP coverage has been removed as of March 19, 2020

For more information about coverage click on the graphic below



During COVID-19, everyone is eligible for free healthcare services even if you don't have insurance (OHIP, IFH benefits, or private insurance)

Unfortunately, some healthcare providers and organizations might not be aware of this, so if you are ever asked to pay for services, show the healthcare provider this page which provides information about the changes to coverage.

This website is a search tool that allows uninsured patients in Ontario to find walk-in clinics that accepts all patients free of charge, including uninsured patients

Where to get help

EMERGENCY

Call **911**

HAMILTON PUBLIC HEALTH SERVICES

COVID-19 Hotline:
905-974-9848

COVID-19 ASSESSMENT CENTERS

You can get an appointment time by calling your family doctor or Hamilton Public Health Services at 905-974-9848

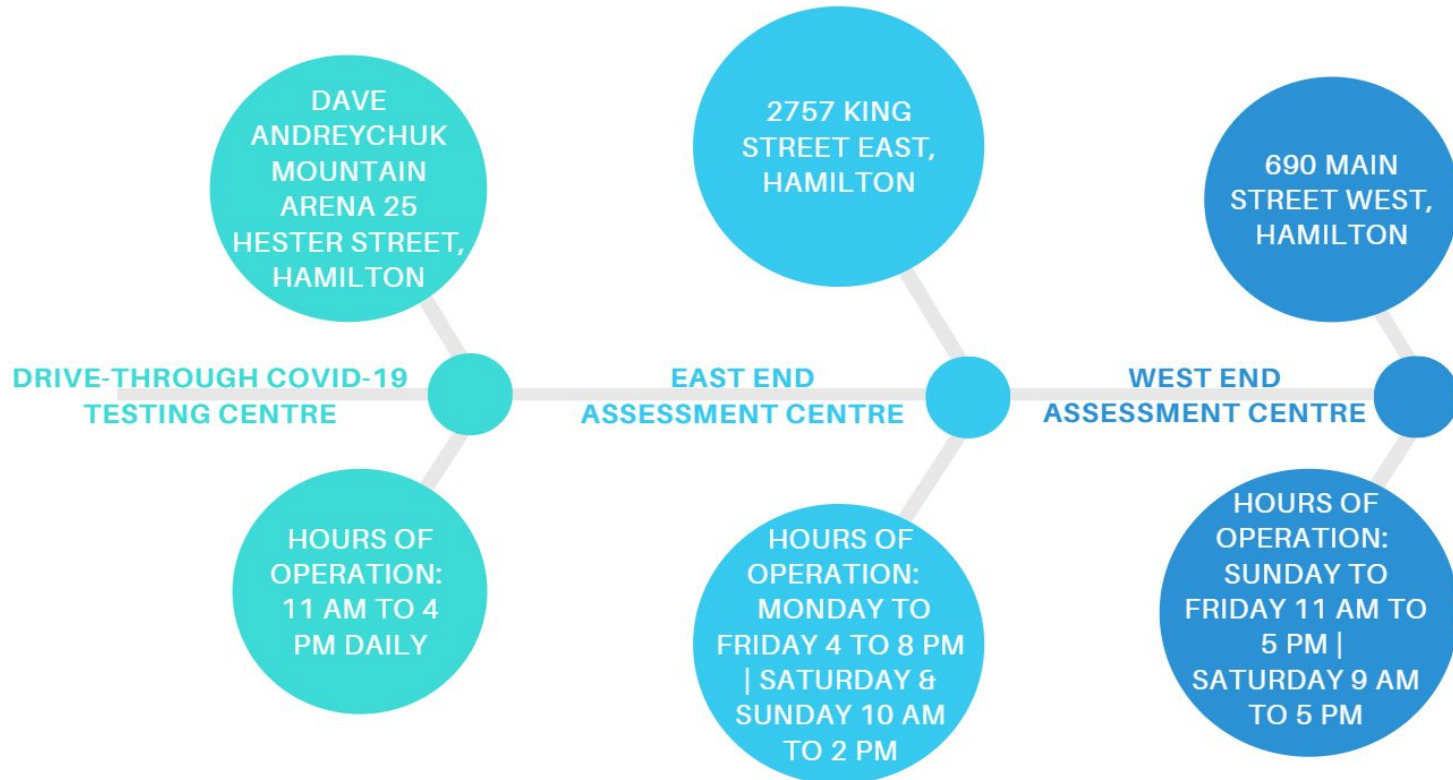
TELEHEALTH ONTARIO

1-866-797-000

You can speak to a nurse about your symptoms to determine what kind of help you need. Available 24 hours a day

COVID-19 Assessment Centre Hamilton

Testing is available by appointment, in order to decrease wait times, ensure an orderly flow and to protect patients and staff by ensuring a safe physical space can be provided at the sites.



Safety from Domestic Violence



Safety and Abuse

Abuse: Any threat, act or physical force used to create fear or control someone



Signs of Abuse

Pushing, hitting, physically hurting someone

Hurtful, insulting language

Controlling money

Not allowing someone to see friends or family

Threatening to harm self, children, others

Safety and Abuse During COVID-19

Self-isolation and physical distancing measures brought on by COVID-19 have led to an increase in incidents of domestic violence

This can be scary for those being forced to live in toxic and abusive environments with their abusers

Fortunately, there are still many resources and supports that are available in the community



Know that you are not alone and there are places you can get help.

If you are in immediate danger call **911**.

Sexual Assault/Domestic Violence Care



Assaulted Women's Helpline

1-866-863-0511 OR #SAFE (#7233) on your Bell, Rogers, Fido or Telus mobile
Support available in over 200 different languages



SACHA: Sexual Assault Centre

Provides support for survivors of sexual assault
24-hour support line: **905-525-4162**



Sexual Assault/Domestic Violence Care Centre

Provides compassionate and confidential health care for children, adolescents, women, transgender persons and men who have experienced sexual assault/domestic violence

If you have experienced sexual assault or domestic violence and require medical care visit a care centre and ask for a sexual assault nurse examiner

Women's Shelters in Hamilton

Finding a shelter



Website to find an available shelter

Interval House of Hamilton



Crisis Line: **905.387.8881**

- Emergency shelters provide housing support for women who are fleeing from an abusive relationship
- Available 24 hours a day, 7 days a week
- Emergency transportation also available to help women get to shelter
- Don't need citizenship status and no fee for service
- Can help with next steps including:
 - Securing financial support
 - Securing employment
 - Alternatives for refugee service applications
 - Group and Individual Counselling
 - Legal Advocacy to help with legal issues including immigration for abused women



COVID-19: Woman's Initiative

- Created with the aim of reducing gender-based inequality especially in the context of COVID19
- Can be used to find distress lines and nearby shelters in the community
- Can be used to find family planning centers for contraception and other needs
- Blogs on different issues women are facing





Additional Resources



WORKERS ACTION CENTRE:

Hotline to answer your questions about safe work during COVID-19: you can call or leave a message and they will get back to you.

416-531-0778



STEPS TO JUSTICE - LEGAL AID ONTARIO

Resource to answer questions about legal rights related to COVID-19

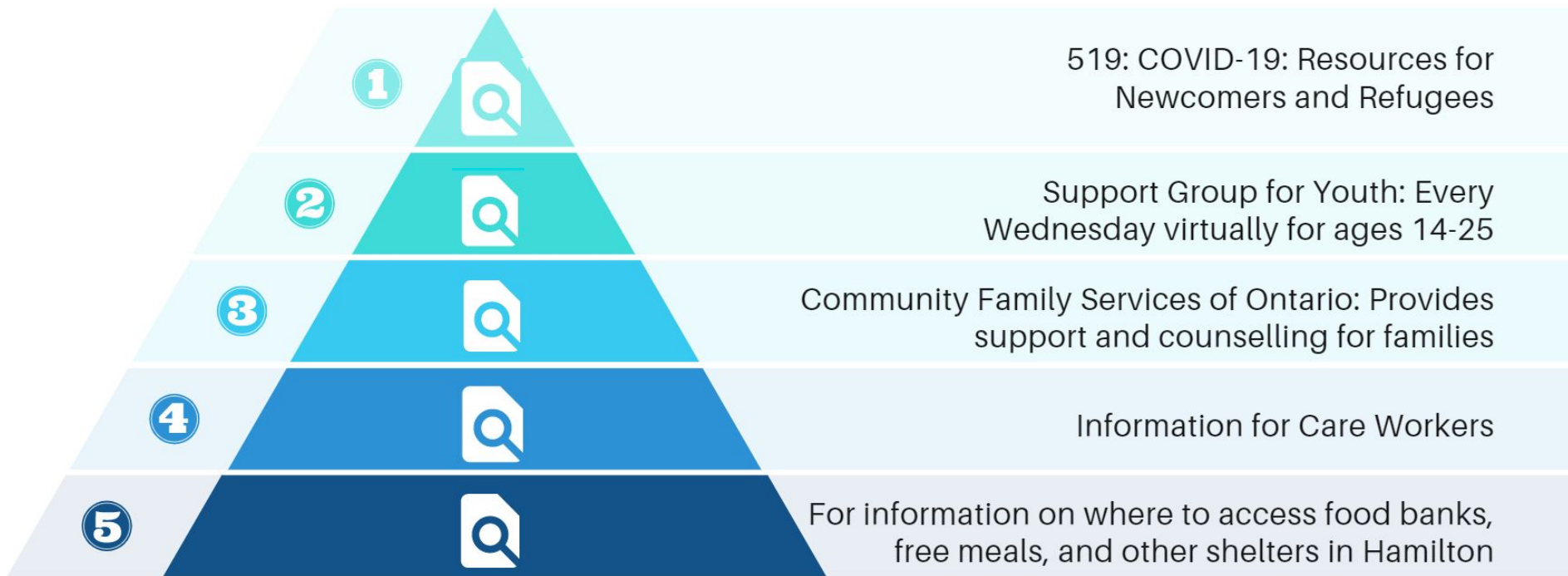
MORE RESOURCES

Information on legal rights and other social programs including food supports, social isolation, housing and domestic violence

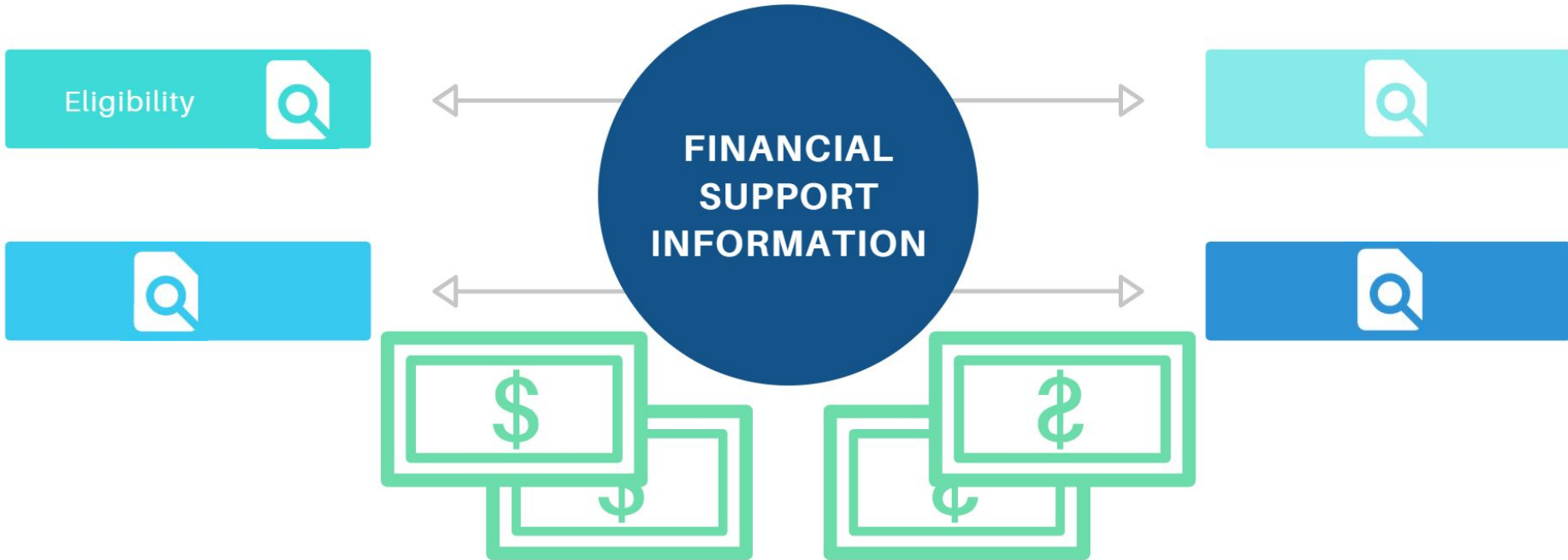


Remember Your Rights!

Family resources

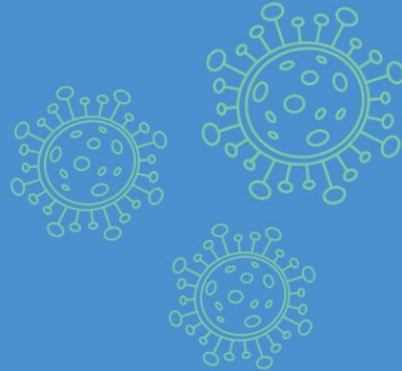


Click on the links to find what resources and financial supports you may be eligible for to help you with your expenses during COVID-19.



**If you have any questions please
contact
HARPhealthpromotions@gmail.com**

**OR refer to one of the many
resources provided above**



Thank you!

