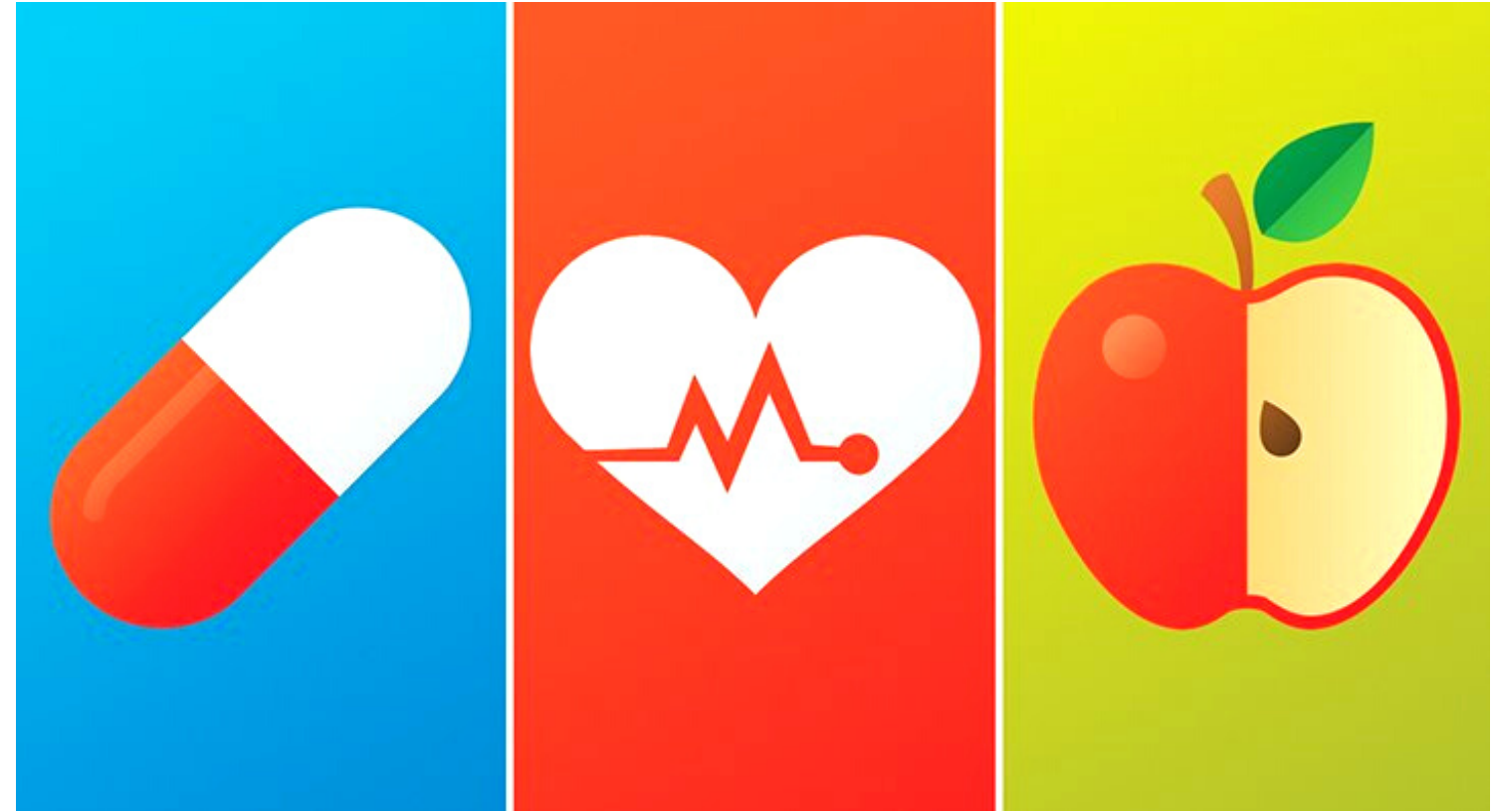


COVID 19 INFORMATION

Be Prepared

Identify who can help you with groceries, prescriptions, errands and care if you become or ill or need to isolate. If you have no one available nearby, please contact St. Mark's 519-752-6451. If no one is there to answer the phone please leave a message with the office or Debbie Parish Nurse. We will be monitoring the phone on at least a daily basis and will contact you.

Make sure you always have enough medication and food for at least two weeks.



Prevention

Frequent handwashing.

Wipe down doorknobs, light switches, counters, taps with a disinfectant, not an antibacterial solution (look at the label of Mr. Clean as an example).

Stay away from crowds, avoid shopping.

Do I Have COVID 19?

Symptoms include ~ Cough, fever over 38 degrees Celsius, difficulty breathing, contact with someone who has the virus.

Complete the Ministry of Health Self Assessment Tool at <http://www.ontario.ca/page/2019-novel-coronavirus-covid-19-self-assessment>



What to Do if I Think I Have COVID 19?

Stay at home and avoid close contact with others. Contact Telehealth Ontario at 1-866-797-000. If you seek medical care, share your recent travel history with your healthcare provider. Call ahead to your healthcare provider, the emergency department or ambulance services to receive instructions for your arrival. Avoid using public transportation

COVID 19 INFORMATION

If You Are Isolated

Stay home.

Limit the number of visitors in your home.

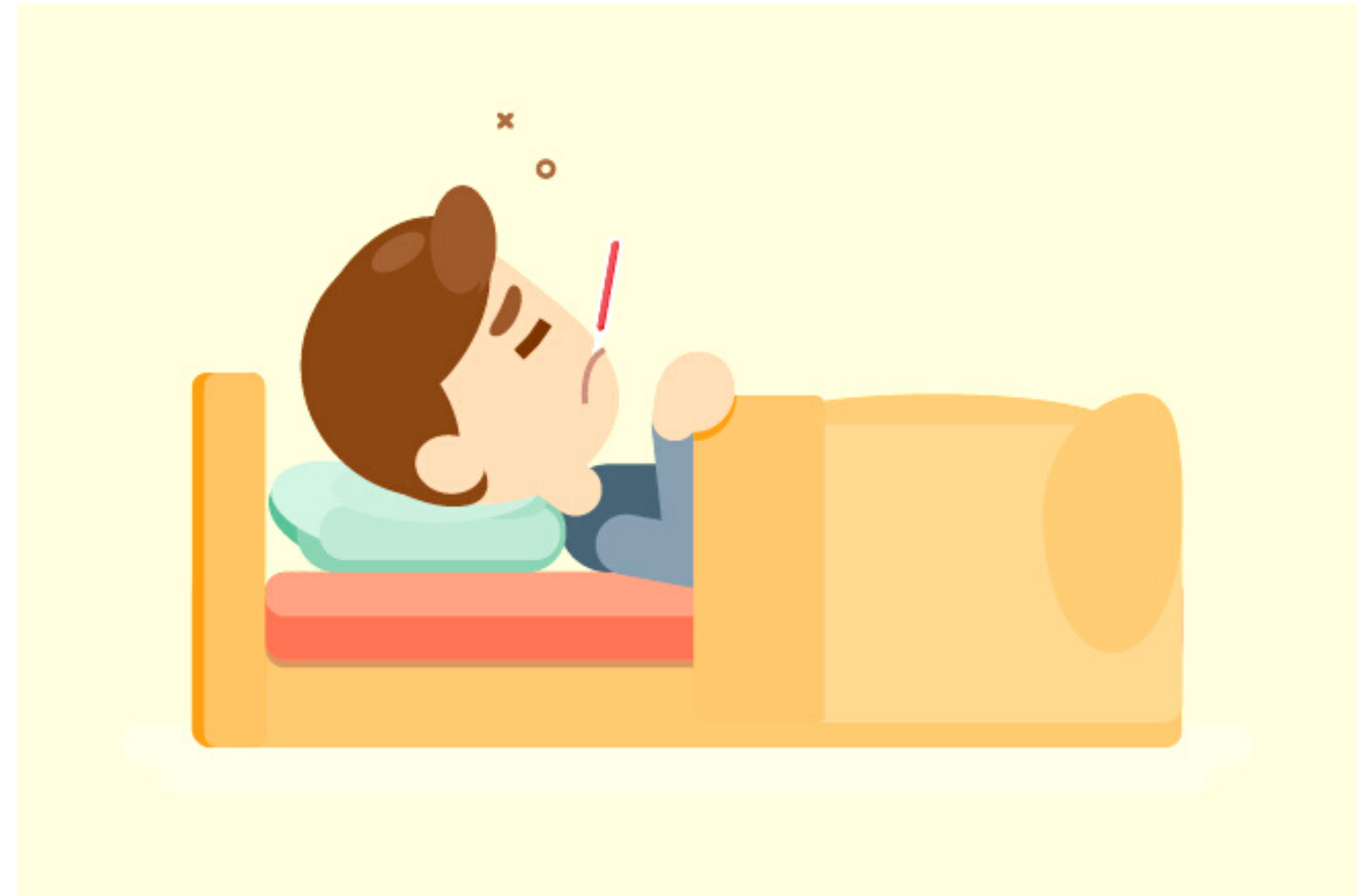
Avoid contact with others - especially seniors and people with chronic medical conditions.

Keep distance from others.

Cover your cough and sneezes.

Wash your hands frequently.

For more detail contact the Brant County Health Unit



On-Line Grocery Shopping



No Frills - 603 Colborne Street
Metro
Goodness Me
Zehrs

Other Resources

Brant County Health Unit

519-753-4937

<https://www.bchu.org/ServicesWeProvide/InfectiousDiseases/Pages/coronavirus.aspx>

Public Health

Ontario

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus>



Please call Debbie Belowitz at St. Marks's
519-752-6451 extension 104 or
deb@stmarks.on.ca

Take Care of Yourself and One Another