

YCC 323 Covid Update October 08th, 2020

TIPS FOR RESIDENTS AS COVID-19's "SECOND WAVE" HITS

We are all desperately tired of COVID-19, the isolation and suffering it has caused, and the restrictions it has imposed on our lives. The outlook for the fall & winter is not promising in curbing the virus. The cold and darkness will tend to keep us indoors, too close to others and too far from fresh air. In addition, the cool, dry air of the winter season is associated with factors that increase infections. As we head into the "Second Wave" of the pandemic we need a reminder to be sure to take precautions seriously to protect ourselves and others from the virus. Daily infections are growing at record rates. "COVID-19 Fatigue" is to be expected. However, we can't afford to get apathetic about COVID. We must remain diligent. We can get through this together.

Protect Yourself

- Wear a mask
- Maintain social distancing.
- Wash/sanitize your hands often
 - If you're using soap, lather and wash for at least 20 seconds
 - If you're using an alcohol-based sanitizer, make sure its 70% to 90% alcohol
- Cover your nose and mouth with their bent elbow or a tissue when coughing/sneezing
- Avoid touching your eyes, nose or mouth.
- Get tested and/or self-isolate if you've lost your sense of smell or you have a fever, cough and difficulty breathing
- Get the flu shot, and get it early
- Avoid contact with others outside your household (people living alone, with very limited social activity, are encouraged to see one person from outside their home)
- Limit non-essential trips out of your home and follow [travel advice](#)
- Maintain the relative humidity in your home at 40% to 50%; keep air moving across windows.

Take Care of Your Mental Health

- Stick to a regular wake-up time and bedtime
- Get some light – consider a [therapeutic lightbox](#)
- Find a way to socialize
 - Get comfortable outdoors where there's more air flow and space to socially distance – buy cozy and comfortable cold-weather clothing – meet friends & family outside
 - Set up Skype or Zoom calls or online movie nights - don't be psychologically alone; set up regular phone calls with a friend or family member
 - Check in on elderly family members or neighbors who might be alone
- Exercise regularly
- Go easy on yourself and others – everyone is doing their best; anger doesn't help
- Find a hobby to keep you entertained and reduce stress
- Reduce social media, its anxiety-provoking
- Talk to a therapist or mental health professional

Protect Your Community

Public health officials are telling us that the concept of social circles/bubbles is not working. The people of Ontario are being asked to limit contact to only the people in their household. People who live alone are asked to limit their outside contact to a single visitor from another address.

- Avoid having visitors, keep them to an absolute minimum - no parties or social gatherings
- Make sure anyone entering the building on your behalf has and wears a mask when in the common areas

- Avoid booking contractors to work in your suite unless it's a necessity – inform management before you decide.
- Be sure that all contractors entering the building on your behalf complete and sign the provincially mandated COVID-19 Screening Form when they enter the building.
http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/workplace_screening_tool_guidance.pdf
Note All building Contractor and staff are already doing this with the management office.
- Elevators – maintain social distance of 2 people at a maximum; wait for an empty elevator if you can
- Arrange to meet your pizza, or other food delivery person at the building's front doors as to limit the number of people moving through buildings common elements.
- Building amenities will remain closed.

Stay informed through the [Toronto Public Health website](#), the [Ontario Public Health website](#).
Covid - 19 Assistance

Below is a link to Bloor West Village helps, part of the Windermere Church volunteer project. It has 2 online forms, one for those who can volunteer to help and also one for those requesting assistance.



<https://www.bwvhelps.org/>

Toronto Public Health Hotline Call if you have questions about COVID-19.

Telephone: 416-338-7600
PublicHealth@toronto.ca