

COVID-19 Resources Page

What is COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

How can I protect myself and prevent the spread of disease?

You can reduce the chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with soap and water.
- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth.
- Make sure to cover your mouth and nose with your bent elbow or tissue
- Stay home if you feel unwell.
- Avoid contact with people who are sick.

2019 COVID-19 Self-assessment

If you think you have COVID-19 symptoms or have been in close contact with someone who has it, use this self-assessment to help determine if you need to seek further care.

If you are feeling unwell with any of the following symptoms:

- Fever, new cough or difficulty breathing (or a combination of these symptoms)?
- Muscle aches, fatigue, headache, sore throat, runny nose or diarrhea? Symptoms in young children may also be non-specific (for example, lethargy, poor feeding).

And have experienced any of the following:

- Have you travelled outside of Canada in the last 14 days?
- Does someone you are in close contact with have COVID-19 (for example, someone in your household or workplace)?

- Are you in close contact with a person who is sick with respiratory symptoms (for example, fever, cough or difficulty breathing) who recently travelled outside of Canada?

If you answered **YES to these questions, you should seek clinical assessment for COVID-19 over the phone. Call before you go and let them know you have used this **SELF-ASSESSMENT**.**

- Contact your primary care provider (for example, family doctor). Let them know that you have used this self-assessment tool.
- Contact Telehealth Ontario at 1-866-797-0000 and speak with a registered nurse. Let them know that you have used this self-assessment tool.
- Contact your local public health unit

If you start to experience worsening symptoms, please visit your local emergency department.

If you answered **NO to these questions, it is unlikely that you have COVID-19.**

You should:

- Continue to monitor your health for a full 14 days after your return to Ontario or have contact with someone who is ill. If you develop any new symptoms, please seek clinical assessment and testing for COVID-19.
- Learn more about self-monitoring.

Government Resources

- Government of Ontario
- Ontario Ministry of Health
- Public Health Ontario
- Public Health Agency of Canada – COVID-19
- Public Health Agency of Canada – Travel Advice
- Ministry of Health – Self Assessment
- How to self-monitor – COVID-19
- How to Self-isolate – COVID-19
- What you need to know to help you and your family stay healthy
- Ministry of Health Information Sheets in Multiple Languages

Additional Supports

Emotional Support

- Catholic Community Services of York Region
 - 905-770-7040 Ext 241
- York support Service Network
 - 1-888-695-0070; Crisis: 1-855-310-COPE (2673)
- Canadian Mental Health Association – York Region
 - 1-866-345-0183
- Kids Help Phone
 - 1-800-668-6868
- York Hills Centre for Child, Youth & Families
 - 905-503-9560

Support People with Self-isolating

- Humanity First
 - 416-440-0346

Support to Employees

- [Canada Revenue Agency](#)
 - Information on support for individuals and businesses
- [Government of Canada](#)
 - Resources for Canadian businesses
- [Canadian Federation of Independent Business](#)
 - Information on employee lay-offs, work sharing programs, EI, etc.
- Employee Assistant Program (EAP)
 - 1-800-268-5211
- [World Health Organization](#)
 - Getting your workplace ready for COVID-19
- Information on employee lay-offs, work sharing program, EI, etc.
<https://www.canada.ca/en/employment-social-development/services/work-sharing.html>

Cyber Advice

There is increasing phishing and malicious activities using the COVID-19/CORONA Pandemic as a lure. Organizations and individuals are strongly recommended to email hygiene/phishing best practices to defend against this increased activity.

More information regarding cyber protection and fraud can be found at the following websites:

<https://cyber.gc.ca/en/cyber-incidents>

<https://www.antifraudcentre-centreantifraude.ca/fraud-escroquerie/types/phishing-hameconnage/index-eng.htm>

Tips for Cyber Security:

- Do not click on any attachments from unknown sender as they can contain viruses and spyware.
- Beware of unknown or unsolicited emails, text messages or phone calls from individuals or organizations prompting you to click on an attachment or link.
- Watch for spelling and formatting errors while internet browsing or emailing.
- Users not to use the same password for all their accounts; different passwords for different accounts is the best practice.
- Do not share your credentials with anybody

