



# Town of Imperial



## COVID-19

COVID-19 is ravaging your televisions and internet with information and warnings regarding this virus. We do not want anyone to panic, or worry about stuff we can't control however we want to be proactive rather than reactive. Council had a meeting on Sunday March 15, 2020 to discuss COVID-19. Effective March 15, 2020 – March 29, 2020 please contact the town office for any town foreman requests. Kelvin has been out of country recently and upon arrival home council has asked that he self monitors, and self isolates. He will still be carrying out day to day jobs that do not involve the public for example garbage collection, snow removal, water testing etc. The April water billing will be an estimate and any overage charges will be picked up on the next billing. If you would like to email your water meter reading into the office on March 30<sup>th</sup> please feel free to do so.

We have an age vulnerable community for this virus. Council has decided to refill all the hand sanitizer dispensers in the business'; this will be completed in the next few days. As this continues to unfold there may be more updates moving forward. If we do not have your email address in the office, we will be calling asking for it in the coming days or you can shoot us an email so we have it.

Council also recommends along with Health Canada that anyone returning from out of country to self isolate and self monitor for 14 days. We understand that you will need groceries and supplies and Imperial Co-op is offering a delivery service. You can call them, order your groceries and then they will have them delivered to your doorstep. Their phone number is 306-963-2144.

Attached are some fact sheets from the Government of Saskatchewan website regarding self isolation, self monitoring, disinfecting, symptoms, what to do if you develop symptoms etc.

Remember the goal of the safety precautions are to slow the transmission of this virus not to stop it. Our health care system can not handle a large influx of patients.

Please continue to shop as you normally would, remember everyone needs supplies not just you!



## KNOW THE FACTS

# ABOUT CORONAVIRUS DISEASE (COVID-19)

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Symptoms of human coronaviruses may be very mild or more serious, such as:



**FEVER**



**COUGH**



**DIFFICULTY BREATHING**

Symptoms may take up to 14 days to appear after exposure to the virus.

Coronaviruses are most commonly spread from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

The best way to prevent the spread of infections is to:

- ▶ wash your hands often with soap and water for at least 20 seconds;
- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands;
- ▶ avoid close contact with people who are sick;
- ▶ cough and sneeze into your sleeve and not your hands; and
- ▶ stay home if you are sick to avoid spreading illness to others.

### For more information on coronavirus:

1-833-784-4397

[canada.ca/coronavirus](https://canada.ca/coronavirus)

[phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

# Self-Monitoring Information Sheet

Canada Border Services Agency is providing information to returning travelers to either self-isolate or self-monitor.

## What is self-monitoring?

Self-monitoring is an important way of preventing COVID-19 from spreading in Saskatchewan. It means that you pay attention to new symptoms and temperature on the chart of the reverse of this sheet. You do not have restrictions on attending work or school but should avoid crowded public spaces and vulnerable people. However, you should have a plan on how to quickly self-isolate if you develop fever, cough, or difficulty breathing when not at home.

## How long is self-monitoring recommended for COVID-19?

All travelers—including those to the United States—need to monitor their health for 14 days upon return to Canada and be prepared to stay home if you have a fever or cough.

In addition, any visitors who have travelled outside of Canada in the previous 14 days or have acute respiratory or flu-like symptoms should avoid visiting long term care homes and hospitals.

## It has been recommended that I self-monitor. What are my next steps?

1. Ensure the home is supplied with basic needs, including food, medications (acetaminophen or ibuprofen and prescriptions), personal hygiene products, pet supplies, etc. to support a stay at home of up to 14 days if symptoms develop.
2. Have a plan for whom to contact if you develop fever, cough, or difficulty breathing during the self-monitoring period who can help access medical assessment if needed.
3. Carefully monitor your symptoms twice a day. Be alert for cough or difficulty breathing and document on a worksheet for tracking.

## What if I need medical care?

- Pay attention to your health and how you are feeling. You can call HealthLine 811 anytime to get advice about how you are feeling and what to do next.
- If you require urgent medical care (if become harder to breathe, you can't drink anything or you feel very unwell), go to an urgent care clinic or emergency department. Tell the receptionist that you are self-monitoring because of COVID-19.
- If you develop symptoms of COVID-19, get tested, even if symptoms are mild. Symptoms of COVID-19 are fever, cough, sore throat, difficulty breathing and generally feeling unwell. Call HealthLine 811 for directions for testing.
- Call ahead before you get medical care. If leaving your home for medical care, call ahead and tell the clinic you are coming in and that you are self-monitoring due to the risk of COVID-19. By calling ahead, you help the clinic, hospital, lab, urgent care or doctor's office prepare for your visit and stop the spread of germs.

March 14, 2020

[saskatchewan.ca/coronavirus](https://saskatchewan.ca/coronavirus)

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How do I stop the spread of respiratory illness?

- **Cover your coughs and sneezes.** When you feel a cough or sneeze coming on, cover your mouth and nose with your hands. Wash your hands right away after you sneeze, cough or touch used tissues or masks. Throw used tissues into a lined trash can in your room and tie up that trash bag before adding it with other household waste.
- **Wash your hands.** Wash your hands often with soap and water for at least 20 seconds. It is best to dry your hands with a paper towel and throw away after use. If you can't wash your hands, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose and mouth with unwashed hands.
- **Flush the toilet with the lid down.** COVID-19 virus may also be present in poop (stool or feces). Always wash your hands with soap and water after using the toilet.
- **Clean and disinfect common areas once a day.** Clean surfaces in the room(s) that you are staying in with regular cleaning products. Then, disinfect (kill germs) by mixing one part bleach with nine parts water and applying it to areas that are touched often such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. It is especially important to use bleach to disinfect if you are sharing any common areas (such as a bathroom) with others or if others will be entering the room(s) where you are staying.
- **Avoid crowded public spaces** and places where rapid self-isolation upon onset of symptoms may not be feasible. Examples of these settings include mass gatherings such as concerts or sporting events.
- **Avoid contact with vulnerable people.** COVID-19 is more serious among the elderly and those with underlying medical conditions. Avoid contact with these individuals while self-monitoring.

# COVID-19 Guidance: Residents Returning to Saskatchewan

**The Federal Government and Saskatchewan's Chief Medical Health Officer recommend returning to Canada and avoiding non-essential international travel until further notice.**

If you are currently outside of Canada, commercial transportation options may be more limited. You should identify commercial or personal options still available, and consider returning to Canada earlier than planned.

When you return to the province after a period of time in another country, including the United States, you are strongly advised to take the following measures:

- Self-isolate for 14 days.
- Self-monitor for respiratory or flu-like symptoms for 14 days.
- Consider preparations you can make in advance to ensure your comfort during this 14-day period.
- Avoid visiting a long-term care facility or hospital.
- Call HealthLine 811 if you develop respiratory or flu-like symptoms.
- For general questions on travel recommendations and prevention measures, email [COVID19@health.gov.sk.ca](mailto:COVID19@health.gov.sk.ca).

## Self-Isolation Guidelines

Avoid situations where there is potential to spread infection to others (work, school, sporting events, public places and social, cultural or religious gatherings).

If you have a pressing need and must leave your home, wear a surgical mask.

# Self-Isolation Information Sheet

Canada Border Services Agency is providing information to returning travelers to either self-isolate or self-monitor.

**Self-isolation is required for some travelers, for individuals who have been in close contact with a person with COVID-19, and for individuals who are diagnosed with COVID-19 and well enough to stay at home.**

## What is self-isolation?

Self-isolation is an important way of preventing COVID-19 from spreading in Saskatchewan. It means staying at home and avoiding situations where there is a potential to spread the infection to others: work, school, sporting events, social, cultural and religious gatherings and public places such as restaurants and malls. You should also avoid public transportation. If you have a pressing necessity and need to leave home, please wear a surgical mask while you are out.

## How long is self-isolation recommended for COVID-19?

Self-isolation is required for 14 days after returning from travel to areas with widespread sustained transmission of COVID-19 or exposure to a person with COVID-19. If you have symptoms, self-isolation is required to prevent you from possibly spreading COVID-19 to others. Self-isolation continues until testing is completed and results are obtained. If the result is positive for COVID-19, self-isolation continues until results of further tests confirm that you have cleared the virus.

If you experience difficulty breathing, shortness of breath, chest pain or high fever, immediately call HealthLine 811 for assessment and direction.

## It has been recommended that I self-isolate. What are my next steps?

1. Stay at home and avoid contact with others (self-isolate).
2. Call HealthLine 811 to receive advice about self-isolating if you have not already received advice from your local Public Health office.
3. Remain in self-isolation for 14 days after travel or your last contact with a person confirmed to have COVID-19.
4. Call Healthline 811 if you develop symptoms.

## How do I avoid contact with others?

We know this is hard, but for the health of your family, friends and community:

- DO NOT go to work or school.
- DO NOT go to public areas, including places of worship, stores, shopping malls and restaurants.
- LIMIT visitors to your home.
- CANCEL or reschedule non-urgent appointments; let them know you are on self-isolation.
- DO NOT take buses, taxis or ride-sharing where you would be in contact with others.
- ASK family/friends to drop off food or USE delivery/pick-up services for errands such as grocery shopping.

## How do I avoid contact with others in my home?

- Household members should stay in another home or place of residence if possible, especially if they have a compromised immune system or chronic health conditions. If you are sharing your home, stay and sleep in a room with good airflow that is away from others. Use a separate bathroom if you can.

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## How do I prepare my home for self-isolation?

Ensure the home is supplied with basic needs including food, medications (such as acetaminophen and/or ibuprofen and prescriptions), personal hygiene products, etc. to support a stay at home of up to 14 days. It is recommended that your sleeping area is separate from other members of the household.

If you live alone or your household is self-isolating, ensure you have a someone who is able to check in on you and can provide an additional support or supplies you will require. Request that person to take all needed precautions to avoid infection.

## What if I need medical care?

- Pay attention to your health and how you are feeling. You can call HealthLine 811 anytime to talk to a nurse at and get advice about how you are feeling and what to do next.
- **If you require urgent medical care** because it becomes harder to breathe, you cannot drink anything or you feel very unwell, go to an urgent care clinic or emergency department. Call ahead if needing medical attention and notify reception once you enter a clinic or a hospital that you are self-isolating because of COVID-19. If you or someone in your care has chest pains, difficulty breathing, or severe bleeding, it could be a life-threatening emergency. Call 9-1-1 or the local emergency number immediately.
- **If you develop symptoms of COVID-19**, get tested, even if symptoms are mild. Symptoms of COVID-19 are fever, cough, sore throat, shortness of breath and generally feeling unwell. Call HealthLine 811 for directions for testing.
- **Call ahead before you get medical care.** If leaving your home for medical care, call ahead and tell the clinic you are coming in and that you are self-isolating due to risk of COVID-19. By calling ahead, you help the clinic, hospital, lab, urgent care or doctor's office prepare for your visit and stop the spread of germs.

## How do I stop the spread of respiratory illness?

- **Wash your hands.** Wash your hands often with soap and water for at least 20 seconds. It is best to dry your hands with a paper towel and throw away after use. If you cannot wash your hands, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Wear a face mask when you are around others.** When you are sick, wearing a face mask (surgical or procedure mask) helps to stop the spread of germs from you to others. Even in the early stages of infection, people may be able to spread the disease while having very mild symptoms. If possible, wear a face mask when you are in the same room with other people and always wear a mask when you get medical care. If your mask gets wet or dirty, change it and wash your hands right away. Do not remove the mask from front. If a mask is not available, carry tissues with you any time you are around other people
- **Cover your coughs and sneezes.** When you feel a cough or sneeze coming on, cover your mouth and nose with a tissue. If you do not have a tissue, cough or sneeze into your upper sleeve or the bend of your elbow, not your hands. Wash your hands right away after you sneeze, cough or touch used tissues or masks. Immediately dispose of used tissues and wash your hands.
- **Avoid sharing household items.** This includes dishes, cups, eating utensils, towels, bedding, or other items. After using these items, wash them with soap and hot water.
- **Flush the toilet with the lid down.** COVID-19 virus may also be present in poop (stool or feces). Always wash your hands with soap and water after using the toilet.
- **Clean and disinfect common areas once a day.** Clean surfaces in the room(s) that you are staying in with regular cleaning products. Then, disinfect (kill germs) by mixing one part bleach with nine parts water and applying it to areas that are touched often such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. It is especially important to use bleach to disinfect if you are sharing any common areas (such as a bathroom) with others or if others will be entering the room(s) where you are staying.

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# COVID-19 Guidance: Mass Gatherings, Risk of Elderly Populations

**As of March 13, 2020, the Minister of Health has made the following order pursuant to Section 45 of The Public Health Act:**

- No public events of more than 250 people take place. This does not include school, university, religious gatherings, work, or grocery shopping.
- No events of more than 50 people with speakers or attendees who have travelled internationally in the last 14 days take place.

If your event is less than 250 people, or you are considering attending events:

- Event organizers and institutions should sanitize frequently multi-touch surfaces such as handrails as well as provide tissues and hand sanitizer.
- Persons who have been in close contact with a confirmed case should self-isolate at home for 14 days. This means not attending mass gatherings and postponing travel plans.
- Anyone who develops respiratory symptoms should leave any event that they are attending, stay at home and avoid visiting elderly relatives and friends until they have fully recovered.

Additional information: Public Health Agency of Canada, [Risk-informed decision making for mass gatherings during COVID-19](#)

At this time, the Public Health Agency of Canada has assessed the public health risk associated with COVID-19 as low for the general population, but this could change quickly. There is an increased risk of more severe outcomes for Canadians 65 and over, and those with compromised immune systems or underlying medical conditions.

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- No one should attend visit an assisted living, long-term care or health care facility if ill, with the exception of seeking medical attention.
- Everyone should model social distancing (i.e. no handshakes, hugs, kisses).
- Everyone should follow proper hand/cough hygiene.
- Persons at higher risk, for example those over 65 or anyone with underlying medical conditions, should reconsider attending mass gatherings and international travel at this time.
- Publish health assessment and advice is accessible in Saskatchewan through HealthLine 811.

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