

## COVID-19 Information Bulletin #2

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**Date issued:** March 20, 2020

**Purpose of bulletin:** To keep local stakeholders informed of the quickly evolving local and international novel coronavirus (COVID-19) situation and its implications for Wellington County, Dufferin County and the City of Guelph.

**Due to the rapidly evolving nature of the situation, further updates may be forthcoming. For more information please visit [wdgpublichealth.ca/coronavirus](https://wdgpublichealth.ca/coronavirus).**

### Self- Assessment Before Assessment Clinics

- If you are experiencing symptoms of COVID-19, use this [self-assessment](#) tool. If needed, call your family doctor to have an assessment done over the phone.

### COVID-19 Assessment Clinics

- The Orangeville drive thru style COVID-19 Assessment centre opens March 19, 2020. The centre is located at Headwaters Health Care Centre, 140 Rolling Hills Drive in Orangeville and will be open from 8 a.m. to 8 p.m. daily, 7 days a week. Click [here](#) for more information.
- The Guelph COVID-19 Assessment Clinic, run by the Guelph Family Health Team, opened March 17, 2020. The clinic is located at 65 Delhi Street in Guelph and will be open from 8 a.m. to 8 p.m. daily, 7 days a week. Click [here](#) for more information.

### Public Gatherings

- For smaller gatherings of **less than 50 people consider cancelling/postponing** the gathering. WDGPH's **COVID-19 Risk Assessment Tool for Gatherings** is now available to help organizers determine what safety measures should be taken for smaller gatherings. The tool has been distributed alongside this bulletin and will be posted on [wdgpublichealth.ca/coronavirus](https://wdgpublichealth.ca/coronavirus)
- The Government of Ontario has **banned all gatherings of over 50 people**. This includes indoor and outdoor sporting events, conferences, meetings, religious or social gatherings, venues, markets, restaurants, bars, libraries, recreation centres, daycares, theatres and other settings.
- Practice extra precautions for [Cleaning and Disinfection for Public Settings](#).

## Guidance for Food Premises and Personal Service Settings

- **COVID-19 Guidance for Food Premises** and **COVID-19 Guidance for Personal Service Settings** are now available from the Ministry of Health. The documents have been distributed alongside this bulletin and will be posted on [www.ontario.ca/coronavirus](http://www.ontario.ca/coronavirus)

## Signage for Businesses

- Signage for businesses to display has been distributed alongside this bulletin and will be posted on [wdgpublichealth.ca/coronavirus](http://wdgpublichealth.ca/coronavirus)

## Additional Guidance and Resources

### Coping with stress and anxiety

- Read WDGP latest [blog post](#) about taking care of your mental health during social distancing and social isolation.
- The World Health Organization has released two resources:
  - [Coping with stress](#)
  - [Helping children cope with stress](#)

### Self-monitor vs. self-isolation

- Know the difference between self-monitor and self-isolation with this [resource](#) from the Public Health Agency of Canada.

### Be prepared

- It is always good practice for every home to be prepared for a possible situation where you may be ill and need to stay home for an extended period of time:
  - Fill prescriptions to have sufficient supply;
  - Stock up on essentials but avoid “panic buying”; and
  - Share your plan with friends and family and check in on vulnerable and elderly neighbours.
- Check out these [great tips](#) to be prepared, including items to have on hand if you or a member of your family become ill with COVID-19.
- [Guidance documents](#) for communities, schools and childcare settings, health professionals and businesses are also available.

### Stay healthy

- Individuals can take everyday steps to reduce exposure to illness and protect your health:
  - Wash your hands often with soap and water or alcohol-based hand sanitizer
  - Sneeze and cough into your sleeve
  - Avoid touching your eyes, nose or mouth

- Avoid contact with people who are sick
- Stay home if you are sick
- [Clean](#) and disinfect frequently touched objects and surfaces using a household disinfectant (use only disinfectants that have a Drug Identification Number (DIN)). For more information, please visit the [Public Health Ontario website](#).
- Employers should help reinforce the infection prevention messages above with employees (e.g. encouraging people to social distance, to stay at home if sick, etc.).

## Support and Contact Information

If you have questions or need additional information:

### **COVID-19 WDGPB Call Centre 1-800-265-7293 ext. 7006**

Monday - Friday from 9 a.m. - 8 p.m.

Weekends from 9 a.m. - 3 p.m.

### **Dial ext. 4020 (open 9 a.m. - 4 p.m.) for inquiries about:**

- Public gatherings
- Workplaces concerns
- Protecting yourself from COVID-19

### **Recommended resources:**

Wellington-Dufferin-Guelph Public Health webpage: [www.wdgppublichealth.ca/coronavirus](http://www.wdgppublichealth.ca/coronavirus)

Ontario Ministry of Health webpage: [www.ontario.ca/coronavirus](http://www.ontario.ca/coronavirus)

Public Health Agency of Canada webpage: [www.canada.ca/coronavirus](http://www.canada.ca/coronavirus)