

PETERBOROUGH HOCKEY ASSOCIATION

RETURN TO HOCKEY



COVID 19 Coach / Parent / Player Safety Plan



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SECTION 1: INTRODUCTION

The Peterborough Hockey Association have prepared this COVID outline for this year's on ice programming.

All information contained within this document is designed to to keep you the parent, the player, bench staff and any administration staff aware of safety protocols, expectations related to each role, and an outline of what to expect for the season.

These guidlines were designed to meet the requirments of our body (OMHA), City of Peterborough Arena Division, and our local health authority.

This plan focuses on making the return to hockey as safe as possible whie trying to maintain as fluid and as positive and joyfull an experience as possible.

SECTION 1: INTRODUCTION

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment, as the circumstances are constantly changing.

Information on COVID-19 should be obtained from the Government of Ontario's Public Health Office. This document is intended for use by our Associations. Players, Coaches, Officials and administrators will all play a critical role in combating the spread of COVID-19, both on and off the ice.

Please note: As this process of living through this pandemic is fluid and constantly evolving, so may the information required to be released or the policies and procedures may need to be adjusted accordingly.

PLEASE BE PATIENT.

Our goal is to keep you informed, as quickly and as efficiently as possible. We encourage you to have a constant review of our website throughout the season. Try as we may, email communication is quick but not always effective. Please refer to our site frequently for updates or for the location to find many of the answers you may be looking for.

www.peterboroughhockey.com

Sincerely,
The PHA Executive.



COVID-19 OVERSIGHT COMMITTEE

NAME	ROLE	EMAIL
Peter Simon	PRESIDENT	president@peterboroughhockey.com
	COVID-19 COMMITTEE CO- LEAD	health@peterboroughhockey.com
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Mike Heffernan	VP OF REPRESENTATIVE	vp.rep@peterboroughhockey.com

COVID COMMITTEE

The COVID committee is comprised of several members of our Executive in addition to a few current members of our association and 1 medical professional.

Dr. Bill Swales, a local GP, and has previously served in our military, has been a coach in our association for several years at varying levels. Dr. Swales has agreed to join our COVID committee, in an advisory role to the board and where time permits may answer some questions from our membership surrounding the return to play and its relation to COVID 19 should questions arise.

We are very grateful to Dr. Swales for joining this committee. His primary role is to ensure the committee, who will in return report to the rest of the executive any relevant and factual medical information surrounding the COVID Pandemic. The executive, would also seek advice from him on how we would/could be able to potentially amend our safety protocols should we advance to the next stage of the return to play, or if unfortunately we return to a previous stage due to an outbreak or increase COVID case numbers.

Dr. Swales as you'd imagine is very busy with his own practice, so all questions sent to our email:

health@peterboroughhockey.com

This email will pass through our co-lead Amanda Fuller, through to DR. Swales. Please refrain from providing personal information. Its designed to be protocol specific.



SECTION 2: PROGRAMMING

Programming

- There are 2 tiers per age group.
- Tier 1 will be considered our competitive program while Tier 2 will be considered our recreational stream.
- Tier 1 will begin the weekend of Sep 11th while Tier 2 will begin after Thanksgiving weekend.
- Tier 1 will cost \$1500 and provide 3-4 ice times per week while Tier 2 will provide 1-2 ice times per week, pending ice availability.
- Each Tier will consist of no more than 50 players as per OMHA guidelines.
- There can also be no more than 10 players including goalie per roster.
- Therefore, 5 teams per bubble at most.

SECTION 3: PROGRAMMING

- The amount of teams or the size of our bubbles may vary based on registration numbers
- All scheduled practices and or games/scrimmages will be one hour in duration
- Scrimmages will be 4 on 4 format with the following on ice time allotment:

Game Play: 60 minute ice time (10 minutes lost for flood)

5 min Warm up (5 mins)

3 x 12 minute periods - running time (36mins)

1 minute break between periods (2 mins)

5-7minutes to complete penalty shootout and decide game.

Penalties during game

2 min penalty = 1 penalty shot

4 min penalty = 2 penalty shots

5min Penalty = 2 penalty shots and remainder of game suspension

Limitations on group size per time slot

All training sessions will follow provincial, local health unit and City of Peterborough Arena Division guidelines. At time of on ice participation **we are limited to 22 on ice participants, including coaches and officials.**

During practice only 2 coaches can be on ice with players, but two teams will be sharing practice time. Coaches will work together to create practice plan to be implemented by one set of coaches or one from each team. (coaches to decide)

During games only one coach and one trainer are permitted on the bench. Maximum of 2 officials per game time.

These numbers will evolve as we move through the varying stages of the return to hockey framework.



SECTION 3: REGULATIONS

Before arriving at Arena to participate on Ice:

- Before **each** ice time, parents need to have completed the OHF Health Screening Questionnaire found on our PHA website. These must be completed **same day** for each skate.
- You'll be provided a return email showing tyour responses to the questionnaire that has been dateand time stamped. You'll need to show this confirmation email tothe team manager before being allowed into the facility to participate.

https://peterboroughhockey.com/Forms/8908/Covid-19_Screening/

SECTION 3: REGULATIONS

- The manager will be taking attendance by filling out the OHF Session Participation Tracking document at each designated ice time for the purpose of contact tracing if required.
- All payers will arrive fully dressed except skates and helmets **20 minutes prior** to playing time.
- They'll be required to wear **accepted face masks** up until the point that they put on their helmets, but **not** on ice.
- Player's ***must have*** their own waterbottles - No sharing permitted
- There will only be **ONE entrance point only** for all of our facilities. There will be a different exit point for each ice pad. This is designed to minimize contact with other bubbles while you enter and leave our facilities.
- All of our facilities main doors **are to be locked** during and before our allotted ice times. They are locked because the entrance points vary from the exit points and controlling traffic is paramount in our return to play protocols. All doors that will be locked are "push bar" in case of fire, there is no health concern or risk here.
- The facilities will have hand sanitizer at all entrances and exits.

THIS IS CRUCIAL INFORMATION:

10 minutes prior to ice time the Arena attendant will come to the door, open it and allow all participants **in at one time, AND ONE TIME ONLY.** ***If you are not there by the 10 minute mark, regardless of reason, who you are (coach included) you will not be allowed entrance into the arena.***

If you elect to leave the area for any reason, you will not be permitted back into the arena for that designated ice time.

SECTION 3: REGULATIONS

Once in the Arena

Physical distancing in the facility:

- The City of Peterborough Arenas Division in conjunction with the Peterborough County Health Unit advised that our facilities are capable of a maximum capacity of 50 people in the “stands” and that social distancing rules would apply.
- ***Currently, only 1 parent/guardian per player will be allowed to enter the facility and will be asked to maintain the appropriate level of social distancing at "designated" areas on the lower concourse levels only.***
- Again, If you leave the arena for any reason you wont be permitted to return.
-

Guidelines around Dressing rooms:

The square footage of the change rooms at our facilities vary from site to site. The City of Peterborough Arenas Division have laid out specific dressing plans and ensured there are enough rooms at each facility to accommodate the 22 on ice number and maintain appropriate social distancing.

Physical distancing during on-ice sessions:

On ice activities will be designed to limit physical contact during any drills and skills throughout the season eliminating the use of battle drills. When we participate in our 4 on 4 scrimmage plan, we will do our best to encourage special awareness where possible and not permit excessive physical engagement.

SECTION 3: REGULATIONS

Once the on-ice session is over the players **will have only 10 minutes to undress and leave the building through the appropriate exit.**

This is vitale as the required cleaning/disinfecting between ice times will be met regardless. If one team takes longer to leave the facility than the 10 minute allotted, the next group will be short that amount of time from their 1 hour session. We arent the only users of the facilities.

If your child wishes to completely undress down to street attire, this is permitted but they must completed and out inside 10 minutes. If not com;leted on time they will be asked to put ontheir shoes and leave the facility in full gear.

Thank you for your co-operatin inthis regard. It will have to be a tteam effort this year and we must consider the effects on others, more than ever.



SECTION 4: Facility Info

Facility Access and Traffic Flow

Individuals shall follow facility guidelines by using designated entry and exit doors in the facility and any guidelines to manage the flow of people within the facility. The PHA Website link to varying City of Peterborough Site Plans;

https://peterboroughhockey.com/Pages/17827/Covid-19_Information/

Personal Hygiene

All participants will be expected to wash/sanitize their hands upon entry to facility and exit from the facility.

SECTION 4: Facility Info

Warm-up / Cool down

Warm-ups and cool downs may be conducted but if so they are to be outside following physical distancing protocols by remaining at least 2m apart. If weather does not permit warming up outside, skaters/goaltenders may (if permitted by the facility) warm-up inside in an area designated by the facility while following physical distancing protocols by remaining at least 2m apart.

Entry / Exit from Ice

Players must follow physical distancing protocols and remain at least 2m apart from any other individual while waiting to enter and exit the ice.



SECTION 5: ROLES and RESPONSABILITIES

Physical Distancing

Players are requested to maintain a physical distance of at least 2m from any other skaters/goaltenders and coaches whenever possible. All coaching should be done using verbal cues from a distance.

Personal Protective Equipment

Coaches:

- Must enter the facility wearing a non-medical face mask.
- Must be in compliance in all areas and facilities where face masks are mandated.
- Recommended to wear a non-medical face mask while coaching.
- Must wear a CSA approved hockey helmet
- Must resume use of a non-medical face mask once exiting the ice surface.

ROLES AND RESPONSIBILITIES

Personal Items

Players must use individual water bottles, tissue boxes, etc. during training sessions. No sharing of these items is permitted. Players must have their own closed containers (i.e. Ziploc bag) for disposing of used personal items such as tissues. These must be disposed of at home or in a lidded garbage container in the facility.

Pucks

Players must not touch hockey pucks with their hands. The lead on-ice instructor is responsible for the management of hockey pucks in a manner that is in accordance with health guidelines. If pucks cannot be safely managed, they are not to be used.

On-Ice Coaching

Coaches must coach from one spot on the ice or over the boards at rink side. Coaches are not permitted to skate alongside players; coaches and skaters/goaltenders must remain at least 2m apart from each other whenever possible.

Personal Protective Equipment

Coaches/Trainers/Team Staff/Players

The PHA will provide all coaches, trainers and staff and all players with 1 PHA logo'd non-medical face mask to be worn in open areas of facility. The PHA will comply with the wearing of non-medical face masks in areas and facilities where it is mandated.

ROLES AND RESPONSIBILITIES

COACHING STAFF AND TEAM MANAGERS

- Ensure the health and safety of the players and help to create a safe and welcoming environment.
- Be familiar with public health authority guidelines, and adhere to them.
- Review the OMHA Return to Hockey and PHA Return to Hockey and COVID-19 Protocol.
- Review and understand the facility guidelines.
- Review the documents specific to the prevention of COVID-19.
- Stress to parents, the importance of keeping their player at home if they display any symptoms associated with COVID-19.
- Stress to players the importance of telling their parent they are not feeling well.
- Talk to your players and parents about the importance of preventing COVID-19 in the hockey environment.
- Talk to your players and parents about the importance of maintaining the 2m physical distancing protocol.
- Always maintain physical distancing of 2m from coaches, players and volunteers.
- Stress the importance of washing hands before leaving for hockey, before going into facility, after using the washroom, after the hockey activity and after leaving the facility to players and parents.
- Stress the importance of avoiding touching your face while at the hockey activity to players.
- Ensure players put on a non-medical facemask prior to entering the facility.
- Ensure players put their non-medical facemask into their personal travel bag before going onto the ice.
- Coaches are encouraged to be prepared and plan practices which ensure players maintain the 2m physical distancing rule.

ROLES AND RESPONSIBILITIES

- Coaches are encouraged to be prepared and plan practices which ensure players maintain the 2m physical distancing rule.
- Reiterate to players and parents that exhibiting signs or symptoms of illness should leave the practice/activity.
- Stress to players and parents that players must have their own labelled water bottle that is filled at home and that it must be washed after each session.
- Reiterate to players that there is absolutely no sharing of water bottles.
- Recommend that equipment be washed between hockey activities, whenever possible.
- Carry a trainer kit/prevention kit, that includes extra hand sanitizer, disinfectant wipes and disposable face masks.
- Be familiar with the Hygiene section of the OHF Return to Hockey Framework, as well as the Return to Hockey plan from the Member, and emphasize to players and parents the need for total cooperation concerning hygiene.
- Follow the instructions of the public health authority and the OMHA if you are notified that you have been in contact with a person who has tested positive for COVID-19.

TRAINERS

- Ensure the health and safety of the players and help to create a safe and welcoming environment.
- Be familiar with public health authority guidelines, and adhere to them.
- Be familiar with facility guidelines.
- Be familiar with requirements specific to the prevention of COVID-19.
- Stress to parents, the importance of keeping their player at home if they display any symptoms associated with COVID-19.

ROLES AND RESPONSIBILITIES

- Stress to players the importance of telling their parent they are not feeling well.
- Talk to your players and parents about the importance of preventing COVID-19 in the hockey environment.
- Talk to your players and parents about the importance of maintaining the 2m physical distancing protocol.
- Always maintain physical distancing of 2m from coaches, players and volunteers.
- Stress the importance of washing hands before leaving for hockey, before going into facility, after using the washroom, after the hockey activity and after leaving the facility to players and parents.
- Stress the importance of avoiding touching your face while at the hockey activity to players.
- Advise players and parents that a prevention kit, as identified in the Hygiene section of the OHF Return to Hockey Framework, is a good idea.
- Ensure players put on a non-medical facemask prior to entering the facility.
- Ensure players put their non-medical facemask into their personal travel bag before going onto the ice.
- Stress to players and parents that players must have their own labelled water bottle that is filled at home and that it must be washed after each session.
- Reiterate to players that there is absolutely no sharing of water bottles.
- Recommend that equipment be washed between hockey activities, whenever possible.
- Carry a trainer kit/prevention kit, that includes extra hand sanitizer, disinfectant wipes and disposable face masks.

ROLES AND RESPONSIBILITIES

- Be familiar with the Hygiene section of the OHF Return to Hockey Framework, as well as the Return to Hockey plan from the Member, and emphasize to players and parents the need for total cooperation concerning hygiene.
- Work with coaches to support physical distancing and proper player/coach hygiene.
- Gloves should be worn when handling equipment and when treating a player.
- Hands must be washed and gloves changed between each player contact.
- Non-medical face masks should be worn if treating players, dealing with players' equipment or if physical distancing is not possible.
- Players should wear non-medical face masks when being tended to by the trainer and physical distancing is not possible.
- Follow the instructions of the public health authority and the OMHA if you are notified that you have been in contact with a person who has tested positive for COVID-19.

PARENTS

- Keep your child at home if they display any symptoms associated with COVID-19.
- Make sure your player knows the importance of telling their parent they are not feeling well.
- Talk to your player about the importance of preventing COVID-19 in the hockey environment.
- Talk to your player about the importance of maintain the 2m physical distancing protocol.
- Be familiar with facility guidelines.
- Be familiar with requirements specific to the prevention of COVID-19.

ROLES AND RESPONSIBILITIES

PLAYERS

- Always respect and listen to volunteers and team staff, as they create a safe environment.
- Stress the importance of washing hands before leaving for hockey, before going into facility, after using the washroom, after the hockey activity and after leaving the facility to your player.
- If parents are permitted to enter the facility, wash/sanitize your hands upon entry to facility and exit from the facility.
- Stress the importance of avoiding touching your face while at the hockey activity.
- Have your player dressed in all hockey equipment before entering the facility.
- Have your player put on a clean non-medical facemask prior to entering the facility.
- Provide your player with a clean personal travel bag to keep their facemask and personal items while on the ice.
- Players must have their own personal closed container/bag for personal items and for disposing of used personal items such as tissues.
- Bring personal bag filled with recommended items (outlined below in 'travel kit').
- Always maintain physical distancing of 2m from coaches, players and volunteers.
- Provide your players with a labelled water bottle that is filled at home.
- Wash water bottles after each session.
- Reiterate to your player that there is absolutely no sharing of water bottles.
-

ROLES AND RESPONSIBILITIES

- Used tissues must be disposed of at home or in a lidded garbage container in the facility.
- It is recommended that equipment be washed between hockey activities, whenever possible.

UNIVERSAL RESPONSIBILITY

Self-screening Measures

All individuals taking part in team activities with the PHA must self-screen in accordance with current public health guidelines before each training session. Individuals must not attend any training sessions or association/team activities if they:

- Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts
- Have been diagnosed with COVID-19 and have not been cleared for removal from isolation
- Have been in contact with someone with COVID-19 in the past 14 days
- Have returned from travel outside of Canada (must quarantine for 14 days at home)

Are considered a vulnerable or at-risk individual (individuals over 70 years, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.)



SECTION 6: COVID-19 RESPONSE PLAN

An individual becomes unwell with symptoms of COVID-19

- If an individual becomes unwell with symptoms of COVID-19, or if someone is aware of an individual that becomes unwell with symptoms of COVID-19, that individual must immediately stop participation in hockey activities.
- The individual should be isolated from all others in a well-ventilated area, or outside and provided with a non-medical face mask if one is available
- The individual shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing

COVID-19 RESPONSE PLAN

- The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- A member of the COVID-19 Oversight Group should be informed of the situation and should contact the individual or their parent/guardian to determine if next steps are being taken regarding testing

An individual tests positive for COVID-19

- If an individual tests positive for COVID-19, they should inform a member of the association/team COVID-19 Oversight Group
- The COVID-19 Oversight Group will work where requested with the facility and public health officials to assist in contact tracing. The Session Participation tracking sheets may be used to assist public health officials in informing other members who may have been in close contact with the individual
- Any association/team members who were in close contact with the individual should not participate in hockey activities for 14 days and should follow public health guidelines regarding self-isolation and testing
- It is recommended to also inform all members of a positive COVID-19 result within the hockey program setting
- The association/team should inform and work with the facility in the case of a positive COVID19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines
- The association/team will inform OMHA of a positive COVID-19 diagnosis through our VP of Operations and our REM

COVID-19 RESPONSE PLAN

Return to hockey activities following illness

- If no test was performed, or the COVID-19 test was negative, the individual may only return to hockey activities once they no longer have any symptoms of COVID-19 and with permission provided by their doctor.

Return to hockey activities following COVID-19

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities.

Modification/restriction/postponing or canceling of hockey development activities

- Based on the evolving COVID-19 pandemic, the association/team must be prepared to follow public health, municipal/provincial government, and sport recommendations regarding modifying/restricting/postponing or canceling activities
- Associations/teams should establish a program cancellation policy if one does not exist already
- Associations/team members should be informed as soon as possible of any modifications/restrictions or cancelations
- Association/teams must keep any modifications and restrictions in place until advised that it is safe to resume activities by public health, government, or sport officials

APPENDIX A: COVID-19 RESPONSE PLAN

Public Health Guidelines

Association/team members should follow all public health guidelines regarding COVID-19. These may include:

- Any association/team members who themselves have travelled outside of Canada, or has someone in their household who has travelled outside Canada must self-isolate and not participate in club/skating school activities for 14 days
- Any individual who has been exposed to someone with a confirmed case of COVID-19 should self-isolate and is not permitted to participate in hockey activities for 14 days
- Any individual with symptoms of COVID-19 is not permitted to take part in hockey activities
- Any individual who has someone in their household showing symptoms of COVID-19, should not participate in hockey activities

PHA COVID-19 COMMUNICATION PLAN

The PHA will ensure effective communication is taking place with their membership during the Return to Hockey Stages. The following should will be considered:

- Ensure up to date contact information for all members is on-file
- Distribute information using the best method (i.e. Facebook page, direct e-mail lists, webinars...)
- The COVID-19 Oversight Committee will be responsible for communication within the association during the Return to Hockey stages.
- A consistent cadence of communication will be established to maintain connection with association members during Return to Hockey and will be done on a weekly or bi-weekly basis.

APPENDIX A: COVID-19 RESPONSE PLAN

- The PHA will deliver information on Return to Hockey protocols and answer any questions and/or concerns from members.
- Communications/documents will be stored on the PHA website for future reference by association members.
- A member of COVID-19 Oversight Group will be designated to follow up with any individuals who become unwell with symptoms of COVID-19 during hockey activities.
- Both a paper and virtual storage location will be used for daily Session Participation Tracking sheets and COVID-19 Health Screening Questionnaires.
- If it is determined that an association/team member has been tested for COVID-19, all association members that may have been in close contact with that individual will be informed.
- If it is determined that an association/team member has tested positive for COVID-19, all association/team members that may have been in close contact with that individual will be informed.
- The facility and OMHA will be informed if an association/team member is diagnosed with COVID-19.
- A member of COVID-19 Oversight Group will be designated to follow up with any individuals who become unwell with symptoms of COVID-19 during hockey activities.
- Both a paper and virtual storage location will be used for daily Session Participation Tracking sheets and COVID-19 Health Screening Questionnaires.
- If it is determined that an association/team member has been tested for COVID-19, all association members that may have been in close contact with that individual will be informed.
- The facility and OMHA will be informed if an association/team member is diagnosed with COVID-19.



SECTION 7: APPENDIX A

OMHA Participant Tracking Form

The tracking form will be used by the trainer before every on ice session to record all personal on ice so if a COVID case were to arise, possibly exposed persons would be contacted by the PHA COVID committee. One tracking form for both teams going on the ice is acceptable.

All personnel on ice must be on tracking form including players, coaches, and trainer even if trainer is only on the bench.



ONTARIO HOCKEY FEDERATION

Session Participation Tracking

All participants/coaches/instructors are expected to complete Health Screening prior to each participation in on-ice activity. The Health Screening may be completed verbally.

By indicating YES in the chart below, you confirm that this Health Screening was passed.

The expectation is that a tracking sheet must exist for each on-ice session to facilitate contact tracing in the event of a COVID-19 exposure.

Session Location	Ice Pad	Date	Time

	Name of each individual included in this session Please list all coaches, instructors and participants	Contact Phone Number	Health Screening Pass (Yes or No)
01			
02			
03			
04			
05			
06			
07			
08			
09			
10			
11			
12			
13			
14			



SECTION 8: APPENDIX B

Education and Training



Appendix A: COVID-19 Education Resources

Association/Teams must ensure that staff, coaches, skaters, parents, members and volunteers receive education on new safety and hygiene protocols within the association/team. Members should be sent Government-approved information on ways to limit the spread of COVID-19.

The following links can be sent by the association/team to their members:

Ontario Public Health Public Resources:

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

The following resources are also available on the Ontario Public Health website. Please ensure you are using the most up-to-date version of these tools by consulting the address above.

Topic	Tool
Hand Hygiene	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en
Physical Distancing	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-guide-physical-distancing.pdf?la=en
How to self-monitor	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en
When and How to Wear a Mask	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-how-to-wear-mask.pdf?la=en
How to Self-Isolate	https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en

Ministry of Health – Ontario: COVID-19 Reference Document for Symptoms:

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf

Ontario COVID-19 Online Self-assessment Tool <https://covid-19.ontario.ca/self-assessment/>

Ontario Women's Hockey Association Website: www.owha.on.ca



HOW TO SELF MONITOR

Coronavirus Disease 2019 (COVID-19)

How to self-monitor

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel worse, contact your health care provider,
Telehealth (1-866-797-0000) or your public health unit.

Monitor for symptoms for 14 days after exposure



Fever



Cough



Difficulty breathing

Avoid public spaces

- Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

What to do if you develop these or any other symptoms

- Self-isolate immediately and contact your public health unit and your health care provider.
- To self-isolate you will need:
 - Instructions on [how to self-isolate](#)
 - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and keep a two metre distance from others or use the back seat if in a car.

Contact your public health unit:

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus



SIGNS AND SYMPTOMS

Ministry of Health

COVID-19 Reference Document for Symptoms

Version 5.0 – May 25, 2020

This document outlines the symptoms which have been most commonly associated with COVID-19. This information is current as of May 25, 2020 and may be updated as the situation on COVID-19 continues to evolve. If there is a discrepancy between this list and other guidance, this list should be considered as the most up to date.

Common symptoms of COVID-19 include:

- Fever (temperature of 37.8°C or greater)
- New or worsening cough
- Shortness of breath (dyspnea)

Other symptoms of COVID-19 can include:

- Sore throat
- Difficulty swallowing
- New olfactory or taste disorder(s)
- Nausea/vomiting, diarrhea, abdominal pain
- Runny nose, or nasal congestion – *in absence of underlying reason for these symptoms such as seasonal allergies, post nasal drip, etc.*

Other signs of COVID-19 can include:

- Clinical or radiological evidence of pneumonia

Atypical symptoms/clinical pictures of COVID-19 should be considered, particularly in children, older persons, and people living with a developmental disability. Atypical symptoms can include:

- Unexplained fatigue/malaise/myalgias
- Delirium (acutely altered mental status and inattention)
- Unexplained or increased number of falls
- Acute functional decline

- Exacerbation of chronic conditions
- Chills
- Headaches
- Croup
- Conjunctivitis
- Multisystem inflammatory vasculitis in children
 - Presentation may include persistent fever, abdominal pain, conjunctivitis, gastrointestinal symptoms (nausea, vomiting and diarrhea) and rash

Atypical signs can include:

- Unexplained tachycardia, including age specific tachycardia for children
- Decrease in blood pressure
- Unexplained hypoxia (even if mild i.e. O₂ sat <90%)
- Lethargy, difficulty feeding in infants (if no other diagnosis)



HOW TO SELF ISOLATE

Coronavirus Disease 2019 (COVID-19)

How to Self-Isolate

You must isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19. If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).

Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.



Avoid contact with others

- No visitors unless essential (e.g., care providers).
- Stay away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room from other people in your home and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g., open windows).
- If these steps are not possible, keep a distance of at least two metres from others at all times.



Keep your distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.

