



12 STEPS YOU CAN TAKE TO KEEP COVID-19 OUT OF YOUR HOME

JULY 2020 EDITION

1. LIMIT CLOSE INTERACTIONS WITH OTHERS, ESPECIALLY INDOORS. STOP SOCIALIZING IN BIG GROUPS!

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between one another.

Social distancing – more accurately, physical distancing of at least 2 metres – is proven to be one of the most effective ways of reducing the spread of illness during an outbreak.

This means making changes in your everyday routines to minimize close contact with others, including:

Avoiding non-essential gatherings.

Avoiding physical greetings, such as handshakes.

Limiting contact with people at higher risk of severe illness, such as older adults and people with chronic health concerns.

Keeping a distance of at least 2 arms (approximately 2 metres) from others.

Stay home, and self-isolate from others in your household if you feel unwell or have confirmed COVID-19.

2. STAY IN YOUR BUBBLE

As of June, 2020, some communities began to relax some of the social-distancing practices that began with COVID.

People can begin to interact more closely – grandparents can hug their children and grandchildren, for example – in groups of up to 10-15 (depending on where you live), with some conditions:

- Everyone in a "circle" must agree to keep close interactions inside the circle.
- No one inside the circle can have close social contact with people outside that one circle.
- For interactions outside the circle, all the physical-distancing rules still apply – keeping two metres away, wearing masks if necessary, etc. And people should continue to wash their hands frequently.
- The idea is that the resumption of such contact will help people manage their mental health while minimizing the risk of new, uncontrolled spread of COVID-19.
- People at higher risk of becoming seriously ill with COVID-19 may not want to participate in social circles.
- This helps keep the number of contacts low in the event a member of the circle becomes infected with COVID-19.
- Continue to practice diligent hand washing.

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3. IMPORTANT BUBBLE RULES

Important:

Step 1:

Start with your current circle. These include the people you live with

Step 2:

Households with more than 10 people (or whatever bubble limit you have in you are allowed in your community) should NOT expand their social circle.

Step 3:

Everyone agrees they will be in this circle ONLY.

Step 4:

Maintain physical distancing with EVERYONE outside of your circle.

Step 5:

NO ONE SHOULD BE PART OF MORE THAN ONE CIRCLE. THIS IS THE TRICKY PART.

4. METICULOUS HAND HYGIENE

Proper hand hygiene can reduce the risk of becoming infected with COVID-19 or spreading infection to others:

- Wash your hands often, with soap and water, for at least 20 seconds (especially after using the washroom and when preparing food).
- Use an alcohol-based hand sanitizer if soap and water are not available.

When coughing or sneezing:

- Cough or sneeze into a tissue or into your inner elbow, not your hand.
- Dispose of any tissues you have used as soon as possible, into a lined garbage basket, and wash your hands afterwards for at least 20 seconds.
- Avoid touching your eyes, nose, or mouth with unwashed hands.

5. CLEANING WELL

Health Canada and the CDC have published a list of hard surface disinfectants that are likely to kill COVID-19.

We recommend regularly cleaning, with either regular household cleaners or diluted bleach (1-part bleach to 9 parts water, or 1 cup to 1 gallon of water), the following surfaces:

- Toys
- Phones and other electronics, remotes
- Toilets and toilet handles
- Door handles
- Bedside tables
- All kitchen and bathroom surfaces

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6. MINIMIZE TRAVEL

The risk of COVID-19 may increase within certain settings, such as:

- Cruise ships
- Airplanes
- Crowded areas (such as public transit, grocery stores)
- Gatherings (such as spiritual settings, conferences and festivals)

Avoid all non-essential travel.

7. WEARING MASKS

The mask acts as a barrier and helps stop COVID-19 droplets from leaving your body when you cough or sneeze and then infecting others.

The CDC recommends that people wear cloth face coverings in public settings and when around people who are outside of your bubble, and when social distancing measures are difficult to maintain.

Cloth face coverings may help prevent people who have COVID-19 from spreading the virus to others, especially when they are widely used by people in public settings.

Cloth face coverings should NOT be worn by children under the age of 2 or anyone who has trouble breathing, is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

Medical grade masks should be saved for health care providers who require masks to keep themselves safe, to enable them from being able to provide ongoing care to patients.

8. RECEIVING PACKAGES

To protect yourself from COVID-19, make sure to do the following when handling products shipped within or outside of Canada:

- Use good hygiene measures.
 - Regularly clean and disinfect surfaces.
 - Keep your hands away from your eyes, nose and mouth.
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9. LIMIT CONTACT WITH PEOPLE AT HIGHER RISK

This, sadly, includes older adults and those with chronic health concerns.

Remember you can include anyone in your bubble as long as you are limiting your close contact to those in your bubble only (and those in your bubble are doing the same).

10. STAY AT HOME

- Work from home unless absolutely necessary.
- Talk to your employer about working from home.
- Avoid all non-essential trips in your community.

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11. GROCERIES AND TAKE-OUT SAFETY

We all have to eat.

While I do recommend staying at home as much as possible, when you do have to venture out to get groceries or prepared food (or even if it is being delivered to you), there are strategies to minimize risk.

Again, keep imagining that every person and every surface have COVID.

- When in the grocery store, stay 2 meters away from other customers.
- Don't touch what you aren't going to buy. Yes: stop picking up 10 apples, turning them around to inspect for bruises, and then putting them back. Those apples have undoubtedly been handled by others, and COVID may be lurking!
- Limit grocery shopping to every 2 or 3 weeks, if you can.
- The less you are out in the world, the lower the risk of becoming infected.
- Wash your hands well for 20-30 seconds before and after shopping.
- **Don't touch your face!**
- As we know, COVID-19 can linger on cardboard for 1-2 days and on plastic for 3-4 days. We suggest leaving non-perishables in your car or garage for a few days. If you bring them in, wipe off the containers with the bleach solution or alcohol product (>70%), or remove containers altogether. The food inside wasn't handled like the containers on the outside were (by grocery clerks, by other customers, the cashier, etc.). If you remove the packaging, less COVID on the surface can infect you.

WATCH DR. DINA ON YOUTUBE, DISCUSSING GROCERY SHOPPING and TAKE OUT WITH COVID-19.



Safe grocery shopping in the COVID-19 pandemic



How To Safely Bring Take-Out Into Your Home in the COVID-19 Pandemic

12. GO OUT AND EXERCISE

Stay close to home, and always keep a distance of 2 meters from others, but please do get some time outside every day. The fresh air will do you good, and many of us are not getting our usual heart racing activity these days.

You will feel your best, emotionally and physically, if you get your heart rate up daily. If you have kids, model this behaviour for them as well.

Your brain, heart and body will thank you!

WHERE TO GET YOUR INFORMATION

For reliable, up-to-date information on the COVID-19 outbreak, I recommend:

1. [The World Health Organization's COVID-19 Coronavirus Information Page](#)
2. [The CDC's COVID-19 Coronavirus Information Page](#)
3. [Health Canada's COVID-19 Coronavirus Information Page](#)

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