

COVID-19 (Novel Coronavirus) Update for LDCSB Families

What to know right now about COVID-19

Information for London District Catholic School Board families about novel coronavirus

March 21, 2020

The Middlesex-London Health Unit (serving the City of London and Middlesex County) and Southwestern Public Health (serving Oxford and Elgin Counties and the City of St. Thomas) are working with our municipal leaders, community stakeholders, hospitals, public health partners, and the provincial and federal governments to monitor and respond to the developing COVID-19 situation.

We know there has been an increase in the number of cases of COVID-19 locally and around the world. With March Break coming to an end, many families are wondering what to do since returning from abroad. The Government of Canada regularly updates its list of travel advisories on its website: <https://travel.gc.ca/travelling/advisories>.

What should I do if I have recently travelled and feel unwell?

If you or your child have recently travelled, the Government of Canada is advising ALL travellers returning to Canada from abroad (i.e. anywhere outside of Canada) since Friday, March 13th to self-isolate for 14 days, whether you have symptoms or not. If you have symptoms (i.e. fever, new cough) please:

- Complete the self-assessment screening tool at <https://covid-19.ontario.ca/self-assessment/#q0>
- Call Telehealth Ontario for a phone assessment at 1-866-797-0000

If it is necessary to visit your healthcare provider, please call ahead to let the doctor's office know about your travel history and symptoms. This will give them time to prepare to see you quickly and use proper infection control.

What to do to prevent the spread of COVID-19:

The following actions are recommended to not only help prevent the spread of novel coronavirus (COVID-19) infections, but also many other respiratory illnesses:

- Do your best to practice physical distancing by staying six feet away from others.
- Avoid all non-essential gatherings of any size.
- Stay home from work and other activities if you are sick.



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- Wash your hands frequently with soap and water for at least 20 seconds or use a waterless hand sanitizer with at least 70 percent alcohol content.
- Cover coughs and/or sneezes with your sleeve or cough into your elbow.
- Clean high-touch areas, such as doorknobs in public spaces, frequently.

Masks are not helpful for people who are NOT sick and they may provide a false sense of security. When masks are worn by people who ARE sick, they help prevent the spread of viruses, so please save masks for the people who need them.

How can I stay informed?

The Middlesex-London Health Unit (www.healthunit.com) and Southwestern Public Health (<https://www.swpublichealth.ca>) update their websites with the latest information about coronavirus (COVID-19) regularly. Information about any confirmed cases in our region will be posted to our websites and shared through social media channels, as well as with our media and healthcare partners.

Yours truly,



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