

March 10, 2020

Dear Members,

Re: Housing Co-ops and Covid-19

We know there is a lot of information being shared about the COVID-19/Corona virus. Members are asking for more information about what they can do to protect themselves against infection and minimize the spread of the virus. Local health officials advise that the risk of exposure is still low, but everyone should consider the following preventative measures and tips:

- Wash your hands often with soap and water for at least 15 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people who are ill
- Stay home when you are ill
- Cover your cough or sneeze with a tissue, then immediately throw the tissue in the garbage and wash your hands
- If you don't have a tissue, sneeze or cough into your sleeve or arm
- Clean and disinfect frequently touched objects and surfaces

**How to Prepare yourself and Your Family IN CASE you are Quarantined**

**Think ahead about your prescription medications.** Ask your doctor or pharmacist, whether you can get an extra 30 days of your

prescription medication to have on hand at home, and/or set up home delivery of your medications.

**Reach out now to build your social circle and share contact information.** Being connected to people around you is one of the most important things you can do to prepare for, respond to and recover from an emergency. It helps with mental health and physical health during times of community stress.

**Think ahead about having some basic supplies on hand at home** (just think about what you and your family might need if you were staying home as much as possible for **up to two weeks**). You may never need these supplies, but having them on hand can also help with your peace of mind. Thinking ahead means you can start purchasing these things now, as your budget allows.

**Keep some basic sanitation and hygiene items at home**, like soap, hand sanitizer, antibacterial wipes, garbage bags, and toilet paper.

**Keep some basic first aid supplies at home**, like an inexpensive digital thermometer, gloves, and bandages. Over-the-counter medications are also helpful, including pain and fever relievers (Tylenol/acetaminophen or ibuprofen, including children's versions) and medications to help relieve coughs, colds, or diarrhea.

**If you have special medical supply needs, try to have at least 30 days of supplies on hand** (oxygen supplies, catheters, syringes, blood test monitors and strips, etc.)

**Ensure any medical equipment you use is in good repair.** This includes oxygen equipment, nebulizers, and CPAP machines. It includes hearing aids, glasses, or assistive technologies. If you use a cane, crutch, walker, or wheelchair, ensure it is in good repair.

**Think about having non-perishable or canned food on hand**, including if there are people in your family who need special foods (infants, people with dietary restrictions). Basics like canned soup, rice, beans and peanut butter are inexpensive and keep well.

**Think about the non-food items you regularly purchase at the pharmacy or grocery store and try to have at least two weeks' of supplies on hand** (basics like toilet paper, toothpaste, menstrual supplies, condoms, batteries for hearing aids, and contact lens solution).

**Think about pet supplies** (including pet medications), childcare supplies, and baby supplies like diapers.

In order to keep members informed (eg. office closure, etc.) please ensure that the Office has current and complete contact information for you and your emergency contact, including cell numbers and email addresses.

Please contact the office should you have any questions or need any help.

Regards,

**ABC Housing Co-op**

Office:

Office Email:

**Halton Public Health**

Dial: 311 or;

Phone: 905-825-6000 or toll free at 1-866-442-5866

**Peel Public Health**

Phone: 905-799-7700

**Dufferin County Public Health**

Phone: 1-800-265-7293 ext. 4752 or after hours call 1-877-884-8653