

COVID POSITIVE?

Have you or a member of your household tested positive for COVID-19?

Uncertain times can be stressful, but when we focus on factors within our own control, it can help us feel more secure in the situation. When feeling stressed or anxious, it can be difficult to think clearly.

For individuals or families in quarantine or isolation due to COVID-19

- The person who has tested positive must stay in isolation, even within their own home if at all possible.
 - 5 days for those fully vaccinated
 - 10 days for anyone 12 + and not fully vaccinated
 - 20 days for those with severe illnesses
- You must self-isolate for as long as your household member with COVID-19, unless you have no symptoms of COVID-19 AND one of the following apply:
 - Previously tested positive for COVID-19 (including a Rapid Antigen Test) in the last 90 days
 - 18 years or older and have received a booster dose (i.e. 3 doses of a COVID-19 vaccine; or 4 doses if you have a weak immune system)
 - 17 years or younger and are fully vaccinated
 - If you have a weak immune system and do not meet any of the above criteria, you must self-isolate for 10 days, even if the person with COVID-19 is only required to isolate for 5 days.

See the checklist on the back page which can help guide you through this potentially stressful situation after you or a household member tests positive for COVID-19. These tools can be helpful to prepare before someone needs to isolate or quarantine.

For More Information:

 1-833-784-4397

 [canada.ca/coronavirus](https://www.canada.ca/coronavirus)

Checklist

Prepare a space for isolating within the home;

- Can you dedicate one room? Is there an option to dedicate a separate bathroom? Can 1 adult be the dedicated caregiver?
- How can you limit shared items? (Toys, games, devices, etc.)

Book a test for others in the household

Make a list of who you need to inform

- Teachers / Child care providers
- Follow Notification Process

Consider parenting custody agreements; both parties should remain flexible and reasonable

Create an emergency contact list (see the following Action Plan template)

Identify how you will meet your immediate needs such as:

- Groceries, medications or medical supplies
- Talk to your Healthcare provider to maintain necessary medical appointments virtually or by phone
- Pet care; do you need someone to help with walking the dog or take over care for the pet temporarily?

Notify friends and/or family members and ask for help if needed

Create a list of local organizations that may be able to help provide:

- Delivery of groceries, medications or other supplies
- Support or counselling

Cancel commitments or re-schedule for phone or virtual (meetings or appointments)

- Talk to your Healthcare provider to maintain necessary medical appointments virtually or by phone

List some activities you and your family can look forward to such as:

- Keep a daily routine, include a daily goal and stay physically active
- Talk to your family about meaningful activities that you can still do at home
- Maintain social connection virtually or by phone
- Organize or declutter an area of the house
- Baking/Cooking – please avoid food preparation for others if you are sick
- Catch up on some sleep/rest
- Go outdoors but remember, you must remain on private property (this may not be possible if you live in a condo or apartment building with no balcony)
- Check out the Coping at Home for Families for a listing of activities

COVID-19 POSITIVE - WHAT NOW?

Islamic Foundation of Toronto and Social Services Network Collaborative



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COVID-19 CHECKLIST

Wear mask, gloves and eye protection

- Wear a well-fitted mask. When in a room with an infected person, have them wear a mask, keep your distance and wear a mask.
- Wear gloves and eye protection when you have contact with the person's saliva, phlegm or other body fluids (e.g., blood, sweat, vomit, urine and feces).
- Examples of eye protection include safety glasses, goggles and face shields.



Wash laundry thoroughly

- There is no need to separate laundry, but clean your hands after handling.



Clean

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.



Be careful when touching waste

- All waste can go into regular garbage bins. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Clean your hands with soap and water or alcohol-based hand sanitizer after emptying the wastebasket.



Clean Your Hands Often

- Clean your hands with soap and water or alcohol-based hand sanitizer after each contact with the infected person and throughout the day.



Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the infected person.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwashers and washing machines can be used.
- Do not share cigarettes or vapes.



Limit close interactions with the infected person

- Avoid having outside visitors. If a visitor is essential for personal support, keep the visits short.
- Keep seniors and people with chronic medical conditions (e.g., diabetes, lung problems and immune deficiency) away from the infected person.
- Designate caregiver(s) for the infected person if possible.



Get Vaccinated

- Get fully vaccinated for COVID-19, plus a booster if you are eligible.
- Being vaccinated helps to protect you from severe disease and hospitalization due to COVID-19.



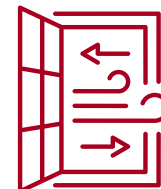
Dispose of mask, gloves and eye protection after use

- Take the gloves, eye protection and mask off right after you provide care and dispose of them in the wastebasket lined with a plastic bag. Cloth masks can be washed with other laundry using a high temperature cycle.
- Take off the gloves first and clean your hands with soap and water or
- Alcohol-based hand sanitizer before taking off your mask and eye protection.
- Most face shields and goggles can be reused and cleaned between use with dish detergent and water or disinfectant wipe.
- Clean your hands again before touching your face or doing anything else.



Improve fresh air supply and indoor air quality

- Ensure your home has good ventilation/fresh air. You can do this by:
 - Opening windows if weather permits and is safe to do so.
 - Ensuring ventilation supply and return vents are not obstructed.
 - Keeping bathroom and kitchen exhaust fans running longer or often.
 - Ensuring the furnace or HVAC system is maintained.



ABOUT OMICRON

What we know about Omicron

CDC has been collaborating with global public health and industry partners to learn about Omicron, as we continue to monitor its course. We don't yet know how easily it spreads, the severity of illness it causes, or how well available vaccines and medications work against it.

Spread

The Omicron variant likely will spread more easily than the original SARS-CoV-2 virus and how easily Omicron spreads compared to Delta remains unknown. CDC expects that anyone with Omicron infection can spread the virus to others, even if they are vaccinated or don't have symptoms.

Severe Illness

More data are needed to know if Omicron infections, and especially reinfections and breakthrough infections in people who are fully vaccinated, cause more severe illness or death than infection with other variants.

Vaccines

Current vaccines are expected to protect against severe illness, hospitalizations, and deaths due to infection with the Omicron variant. However, breakthrough infections in people who are fully vaccinated are likely to occur. With other variants, like Delta, vaccines have remained effective at preventing severe illness, hospitalizations, and death. The recent emergence of Omicron further emphasizes the importance of vaccination and boosters.

Treatment

Scientists are working to determine how well existing treatments for COVID-19 work. Based on the changed genetic make-up of Omicron, some treatments are likely to remain effective while others may be less effective.


STAY INFORMED

- Learn about the symptoms of COVID-19, how it spreads and how to prevent illness.
- Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
- If the news media is making you feel anxious, take a break from it.

**I GOT
MY COVID-19
VACCINE!**



For More Information:

 **1-833-784-4397**

 **canada.ca/coronavirus**

CAN VACCINE PROJECT



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ABOUT CORONAVIRUS DISEASE (COVID-19)

What it is

COVID-19 is an illness caused by a coronavirus.

Coronaviruses are a large family of viruses. Some can infect animals, and some can infect humans. COVID-19 is a new disease caused by the coronavirus (SARS-CoV-2)

Those who are infected with COVID-19 may have little to no symptoms. Symptoms of COVID-19 are often similar to other illnesses.

Spread

Coronaviruses are most commonly spread from an infected person through:

- Respiratory droplets from a cough or sneeze.
- Close personal contact like touching/shaking hands.
- Touching something with the virus on it, then touching eyes, nose or mouth.

These viruses are not known to spread through ventilation systems or through water.

Symptoms

Symptoms of COVID-19 can:

- Take up to 14 days to appear after exposure to the virus
- Be very mild or more serious
- Vary from person to person

If you have symptoms

- Stay home (isolate) — if you live with others, stay in a separate room or keep a 2-metre distance.
- Call ahead before you visit a health care Professional/local public health authority.
- If you need immediate medical attention, call 911.

Prevention

- Practice physical distancing at all times.
- Wear a non-medical mask or face covering (covers from nose to mouth).
- When coughing or sneezing: cover your mouth and nose with your arm or tissues to reduce the spread of germs.
- Wash your hands often with soap and water for at least 20 seconds.
- Clean and disinfect frequently touched objects and surfaces when possible.

BE PREPARED (COVID-19)

PLAN AHEAD

There are simple, practical things you can do to prepare in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

MAKE A PLAN THAT INCLUDES:

- Essential supplies (a few weeks' worth) on hand so you will not need to leave your home if you become ill. Avoid panic buying. Renew and refill your prescription medications.
- Alternative arrangements in case you become ill or if you need to care for a sick family member. Have backup childcare in case you or your usual care provider become ill. Talk to your employer about working from home options.
- Reducing your exposure to crowded places through physical distancing if COVID-19 becomes common in your community. For example: Shop and use public transit during off-peak hours Exercise outdoors instead of in an indoor fitness club
- Communicate by sharing your plan with your family, friends and neighbours. Set up a buddy system to check in on each other by phone, email or text during times of need.

COVID-19 VACCINES

Debunking the Myths

Vaccine Myth

Vaccine Fact

The vaccines were rushed and they aren't safe

Vaccines approved by Health Canada are backed by data demonstrating their safety, efficacy and quality

The vaccines can give you COVID-19

The vaccines cannot give you COVID-19 they do not contain a live virus strain

The vaccines contain egg proteins

The vaccines don't contain egg proteins and can be given to people with egg allergies

The vaccines cause severe side effects

The vaccines are all safe. Most side effects are mild and will resolve within a few days on their own.


The vaccines can make women infertile

There is no evidence that the vaccines cause infertility

Natural Remedies for COVID-19 Symptoms

- **Dyspnea** If you are having symptoms of dyspnea (difficulty breathing), schedule an appointment with your doctor. They may recommend that you lie prone, or face down, rather than flat on your back.
- **Short of Breath** If being short of breath makes you anxious, your doctor may advise breathing exercises that can help. UC San Diego Health created a short video that details how to perform a simple breathing technique to help with COVID-19-related stress.
- **Cough** For help managing a cough, try cough drops, Vicks VapoRub, and hot water or hot tea with lemon.
- **Dehydration** To reduce the risk of becoming dehydrated, drink fluids regularly and keep eating. Aim for about 64 to 70 ounces of water every day. If you are sweating a lot from a fever, you may want to supplement water with an electrolyte-containing sports drink, such as Gatorade, according to Geisinger Health System.
- **Eating** To make eating easier, opt for foods that are easy to digest and relatively bland such as chicken noodle or vegetable broth soup, avocados, or toast. While loss of taste and smell can make food unappetizing, good nutrition will aid your recovery.

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MYTHS ABOUT COVID-19



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MYTHBUSTERS

FACT: Hand sanitizers can be used often

An alcohol-based sanitizer does not create antibiotic resistance. Unlike other antiseptics and antibiotics, pathogens (harmful germs) do not seem to develop resistance to alcohol-based sanitizers.

FACT: Touching a communal bottle of alcohol-based sanitizer will not infect you

Once you've sanitized your hands, you have disinfected them from any germs that may have been on the bottle. If everyone uses sanitizer in a public place such as a supermarket entrance, the risk of germs on communal items will be lower and will help keep everyone safe.

FACT: People of all ages can be infected by the COVID-19 virus

Older people and younger people can be infected by the COVID-19 virus. Older people, and people with pre-existing medical conditions such as asthma, diabetes, and heart disease appear to be more vulnerable to becoming severely ill with the virus. WHO advises people of all ages to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

FACT: Antibiotics CANNOT prevent or treat COVID-19

Antibiotics work only against bacteria, not viruses. COVID-19 is caused by a virus, and therefore antibiotics should not be used for prevention or treatment.

However, if you are hospitalized for COVID-19, you may receive antibiotics because bacterial co-infection is possible.

FACT: It is safer to frequently clean your hands and not wear gloves

Wearing gloves risks transferring germs from one surface to another and contaminating your hands when removing them. Wearing gloves does not replace cleaning hands. Health workers wear gloves only for specific tasks.

FACT: The prolonged use of medical masks* when properly worn, DOES NOT cause CO2 intoxication nor oxygen deficiency

The prolonged use of medical masks can be uncomfortable. However, it does not lead to CO2 intoxication nor oxygen deficiency. While wearing a medical mask, make sure it fits properly and that it is tight enough to allow you to breathe normally. Do not re-use a disposable mask and always change it as soon as it gets damp.

* Medical masks (also known as surgical masks) are flat or pleated; they are affixed to the head with straps or have ear loops.

FACT: Water or swimming does not transmit the COVID-19 virus

The COVID-19 virus does not transmit through water while swimming. However, the virus spreads between people when someone has close contact with an infected person.

FACT: The COVID-19 virus can spread in hot and humid climates

The best way to protect yourself against COVID-19 is by maintaining physical distance of at least 1 metre from others and frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

FACT: Adding pepper to your soup or other meals DOES NOT prevent or cure COVID-19

Hot peppers in your food, though very tasty, cannot prevent or cure COVID-19. The best way to protect yourself against the new coronavirus is to keep at least 1 metre away from others and to wash your hands frequently and thoroughly. It is also beneficial for your general health to maintain a balanced diet, stay well hydrated, exercise regularly and sleep well.

FACT: Catching COVID-19 DOES NOT mean you will have it for life

Most of the people who catch COVID-19 can recover and eliminate the virus from their bodies. If you catch the disease, make sure you treat your symptoms. If you have cough, fever, and difficulty breathing, seek medical care early – but call your health facility by telephone first. Most patients recover thanks to supportive care.

FACT: The likelihood of shoes spreading COVID-19 is very low

The likelihood of COVID-19 being spread on shoes and infecting individuals is very low. As a precautionary measure, particularly in homes where infants and small children crawl or play on floors, consider leaving your shoes at the entrance of your home. This will help prevent contact with dirt or any waste that could be carried on the soles of shoes.

FACT: Alcohol-based sanitizers can be used in religions where alcohol is prohibited

Any manufactured substance developed to alleviate illness or contribute to better health is permitted by the Qur'an, including alcohol used as a medical agent.