COVID-19

UPDATE: March 6, 2020

Lake of the Woods District Hospital is actively working with Public Health Ontario and the Northwestern Health Unit to monitor reports from China and around the world. While the Public Health Agency of Canada reports that the risk on COVID-19 spreading remains low, Lake of the Woods District Hospital continues its screening processes and precautions throughout the hospital to protect our patients and their families as well as staff, physicians, learners and volunteers.

Lake of the Woods District Hospital is updated daily by the Ministry of Health and Long Term Care (MOHLTC) with the latest information.

We have been diligent with the OHA guidelines for preparedness.

HAVE YOU TRAVELLED TO ADVISORY COUNTRIES IN THE LAST 14 DAYS?

If you have recently travelled to **China, Hong Kong, Iran, Italy, Japan, Singapore or South Korea,** or have been in close contact with someone who was recently at any of these countries and you are experiencing respiratory symptoms including fever, cough, congestion or runny nose, there are a few steps to consider.

1. **MONITOR YOUR SYMPTOMS**
   If you feel well enough, we recommend you stay home, drink fluids, rest and continue to monitor your symptoms. There are many viruses going around during flu season.

2. **SELF-ISOLATE**
   To help prevent the spread of any respiratory virus, we recommend you limit your exposure to others. Stay at home. Do not go to work, school or other public places while you are ill. If you leave you house to see a health care provider, wear a mask over your nose and mouth.

3. **SEEKING MEDICAL ASSISTANCE**
   If you need to see a healthcare provider, call your family doctor and discuss your recent travel history or exposure with them. They will advise you on the situation and if you should visit their office for further assessment. You can also call **Telehealth Ontario, a free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day, 7 days a week. (Toll Free: 1-866-797-0000/Toll Free TTY: 1-866-797-0007)**
   If you come to the hospital, please put on a mask upon arrival and inform the triage nurse of your recent travel history or exposure. The medical team will take care of you.

4. **IN CASE OF EMERGENCY**
   If you need urgent help, please call 911 and inform the operator of your recent travel history and concern about COVID-19.

INFORMATION FOR ALL VISITORS

! We ask that you **do not visit friends or family if you are feeling unwell.** (including fever, cough, flu-like symptoms, vomiting or diarrhea)

! As flu season continues, it's not too late to get your flu shot. Patients and visitors can get their free flu shot at the Northwestern Health Unit, your physician's office or a local pharmacy.

PREVENTING THE SPREAD OF RESPIRATORY VIRUSES

! **WASH YOUR HANDS** often with soap and water for at least 20 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 sick.
! Stay home when you are sick.
! Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
! Clean and disinfect frequently touched objects and surfaces.

For a complete list of travel advisory countries, visit:

https://travel.gc.ca/travelling/health-safety/travel-health-notices