

IMPORTANT CORONAVIRUS UPDATE

KEVIN 
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FOR THE MOST UP-TO-DATE
INFORMATION, VISIT:
[SASKATCHEWAN.CA/CORONAVIRUS](https://www.saskatchewan.ca/coronavirus)



Friends,

These are unprecedented times. The spread of the COVID-19 coronavirus has caused communities to band together and take important and necessary steps to try and prevent further spread.

Here in Saskatchewan, all levels of governments continue coordinating with local health agencies to ensure that this crisis is being handled in the best possible manner.

As this situation continues to develop, I would ask that everyone take the time to read the information included with this letter on the virus and follow the

guidance of all levels of government so we can ensure the safety of all our friends and family.

In the meantime, my office continues to offer assistance to constituents as usual. However, I ask that you please call or email my office rather than coming in. You can reach my office at (306) 975-6472 or by email at Kevin.Waugh@parl.gc.ca.

Sincerely,

Kevin Waugh, M.P.
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KNOW THE FACTS ABOUT COVID-19

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Symptoms of human coronaviruses may be very mild or more serious, such as:



FEVER

COUGH

DIFFICULTY BREATHING

Symptoms may take up to 14 days to appear after exposure to the virus. Coronaviruses are most commonly spread from an infected person through:

- Respiratory droplets when you cough or sneeze.
- Close personal contact, such as touching or shaking hands.
- Touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands.

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

The best way to prevent the spread of infections is to:

- Wash your hands often with soap and water for at least 20 seconds;
- Avoid touching your eyes, nose or mouth, especially with unwashed hands;
- Avoid close contact with people who are sick;
- When coughing or sneezing:
 - Cover your mouth and nose with your arm or tissues to reduce the spread of germs.
 - Immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards.
- Clean and disinfect frequently touched objects and surfaces, such as toys, electronic devices and doorknobs.
- Stay home if you are sick to avoid spreading illness to others.

IF YOU HAVE SYMPTOMS OF COVID-19:

- Stay home to avoid spreading it to others.
- If you live with others, stay in a separate room or keep a two-meter distance.
- Call ahead before you visit a health care professional or call your local public health authority.
- Tell them your symptoms and follow their instructions.
- If you need immediate medical attention, call 911 and tell them your symptoms.

CALL HEALTHLINE 811 IF YOU'RE SHOWING SYMPTOMS:

The Government of Saskatchewan asks that, at the first sign of symptoms such as an increase in body temperature or development of a cough or sore throat or shortness of breath, you self-isolate and call HealthLine 811 for assessment and direction.

HOW TO ISOLATE AT HOME WHEN YOU HAVE COVID-19

Isolation means staying at home when you are sick with COVID-19 and avoiding contact with other people to help prevent the spread of disease to others in your home and your community. If you have been diagnosed with COVID-19, it is expected that you take the following measures.

Limit contact with others

- Do not leave home unless absolutely necessary, such as to seek medical care.
- Do not go to school, work, other public areas or use public transportation (e.g. buses, taxis).
- Stay in a separate room and use a separate bathroom from others in your home, if possible.
- If you have to be in contact with others, keep at least 2 meters between yourself and the other person.
- Keep interactions brief and wear a mask.
- Avoid contact with individuals with chronic conditions, compromised immune systems and older adults.
- Avoid contact with pets if you live with other people that may also be touching the pet.

Care for yourself

- Monitor your symptoms as directed by your healthcare provider or Public Health Authority.
- If your symptoms get worse, immediately contact your healthcare provider or Public Health Authority and follow their instructions.
- Get some rest, eat a balanced diet, and stay in touch with others through 'communication devices'.

HOW TO CARE FOR A PERSON WITH COVID 19:

Limit contact

- Only one healthy person should provide care.
- Do not share personal items with the ill person, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- Use a separate bathroom from the ill person if possible.

Keeping your Environment Clean

- Place used masks, gloves and other contaminated items in a lined container, and dispose of them.
- Place possibly contaminated laundry into a container with a plastic liner and do not shake. Wash with regular laundry soap and hot water. Clothing and linens belonging to the ill person can be washed with other laundry.
- At least once daily, use household disinfectants or diluted bleach (one part bleach and 9 parts water) to clean and disinfect surfaces that people touch often.

Protect yourself

- If possible, vulnerable persons should not care for someone with COVID-19.
- If you need to be within 2 meters of the ill person, wear a mask, disposable gloves and eye protection.
- Wear disposable gloves when touching the ill person.
- Throw away used masks or gloves.
- Clean your hands often for at least 20 seconds, dry your hands with disposable paper towels.
- Avoid touching your eyes, nose and mouth with unwashed hands.

Who is Most Vulnerable?

While diseases can make anyone sick, some Canadians are more at risk of getting an infection and developing severe complications due to their health, social and economic circumstances.

Vulnerable populations may include:

Anyone who is:

- An older adult.
- At risk due to underlying medical conditions (e.g. heart disease, hypertension, diabetes, chronic respiratory diseases, diabetes, cancer).
- At risk due to a compromised immune system from a medical condition or treatment (e.g. chemotherapy).

Anyone who has:

- Difficulty reading, speaking, understanding or communicating.
- Difficulty accessing medical care or health advice.
- Difficulty doing preventive activities, like frequent hand washing and covering coughs and sneezes.
- Ongoing specialized medical care or needs specific medical supplies.
- Ongoing supervision needs or support for maintaining independence.
- Unstable employment or inflexible working conditions.
- Social or geographic isolation, like in remote and isolated communities.
- Insecure, inadequate, or nonexistent housing conditions.