

# SFN COVID-19 Winter Holiday Plan 2021

(December 17<sup>th</sup> 2021 – January 3<sup>rd</sup> 2022)



## Purpose:

Aanii, with SFN holidays beginning December 17<sup>th</sup> 2021 and ending January 4<sup>th</sup> 2022, it is important to have a community guide for COVID-19 response during this time. With all offices - including the Health Centre -- being closed during this time we want you to know where you can receive support and how to access these services. All offices will reopen on January 4<sup>th</sup> 2022 and regular duties will resume at this point.

## What is COVID-19?

COVID-19 is an infectious disease caused by the SARS-CoV-2 virus. Most people infected with this virus will experience mild to moderate symptoms. However, some people may exhibit no symptoms at all (asymptomatic), some may develop severe illness, and some may develop chronic COVID-19. Anyone can get sick with COVID-19 and become severely ill or die at any age. Individuals who are older, over-weight, and/or have pre-existing conditions (e.g., diabetes, cancer, asthma, heart disease, etc.) are at a higher risk of becoming severely ill with COVID-19.

## Symptoms of COVID-19:

- New or worsening cough
- Shortness of breath or difficulty breathing
- Temperature equal to or more than 38°C
- Feeling feverish
- Chills
- Fatigue or weakness
- Muscle or body aches
- New loss of smell or taste
- Headache
- Abdominal pain, diarrhea and vomiting
- Feeling very unwell

## **Call 911** if you experience any **severe** symptoms including:

- Significant difficulty breathing
- Chest pain or pressure
- New onset of confusion
- Difficulty waking up

## Transmission

SARS-CoV-2 virus spreads from an infected person (asymptomatic and symptomatic) to others through respiratory droplets and aerosols. This occurs when an infected person breathes, coughs, sneezes, talks, sings, or shouts. You can also contract COVID-19 by touching a surface that has the virus on it and then touching your eyes, nose, or mouth with unwashed hands.

## Prevention

Steps can be taken to protect yourself and your loved ones from COVID-19. These preventative measures work best if used in combination as each method isn't 100% effective.

- Wash your hands frequently and use hand sanitizer when washing isn't an option
- Practice social distancing (staying 6ft. apart) when interacting with others who don't live in your household
- Wear a mask when in public indoor settings and when social distancing can't be maintained outdoors
- Stay home when you're sick
- Limit social gatherings
- Frequently disinfect common touch surfaces and objects
- Get vaccinated against COVID-19
- Follow all other public health guidelines and recommendations

## How to Get Tested for COVID-19

With the Health Centre being closed over the holidays, it's important that you know where and when you can get tested. From December 17<sup>th</sup> 2021 – January 4<sup>th</sup> 2022 the Health Centre will be closed and therefore testing will not be available on the reserve at this time.

Please get tested for COVID-19 if you have symptoms of COVID-19 or have been a close contact to someone who is positive with COVID-19.

### Testing Sites and Their Hours:

Please note: Walk ins are NOT accepted at any of the listed COVID-19 assessment centres. Please call 519-378-1466 or go to <https://www.gbhs.on.ca/news/book-a-covid-19-test/> to book your appointment.

**Southampton Hospital** (340 High Street, Southampton, ON)

Hours: Tuesday 4:00pm-8:00pm and Thursday 4:00pm-8:00pm

**Owen Sound Hospital** (1100 16th Avenue East, Unit C, Owen Sound, ON)

Hours: Monday 10:00am-4:00pm, Wednesday 10:00am-4:00pm, Friday 10:00am-4:00pm, and Saturday 10:00am-2:00pm

**Lion's Head Hospital** (22 Moore Street, Lion's Head, ON)

Hours: Wednesday 8:00am-11:30am

## How to Get Your COVID-19 Vaccine

There are three more COVID-19 vaccine clinics happening at the Health Centre before the holiday closure. The Health Centre has an adult clinic (12+ years old) on December 7<sup>th</sup> from 11am-4pm, a pediatric clinic (5-11-year old's) on December 8<sup>th</sup> from 4pm-6pm, and another adult clinic (12+ years old) December 9<sup>th</sup> from 11am-4pm. Vaccine clinics will resume the week of January 4<sup>th</sup>. If you are wanting to get vaccinated between December 9<sup>th</sup> and January 4<sup>th</sup> please see the booking information below:

### Southampton

- Kristen's Pharmacy (197 Albert St S, Southampton, ON). Book by calling 519-483-5085 or online through <https://www.book.rxhealthmed.ca/5085>
- Rexall (174 Albert St S, Southampton, ON). Book by calling 519-797-2113 or online through <https://www.rexall.ca/covid-19/vaccines>

If you're looking to get your vaccine in another town/city (e.g. Port Elgin, Owen Sound, Wiarton) please visit <https://covid-19.ontario.ca/vaccine-locations> for the full list of pharmacies offering COVID-19 vaccines.

## Transportation for COVID-19 Related Needs

Over the winter break if you need transportation to a pharmacy, COVID-19 assessment centre, or to the hospital (non-urgent) please contact the Health Centre's Medical Transportation Coordinator to arrange this. If you're ever experiencing severe symptoms of COVID-19 or find yourself in an emergency, please call 911.

### **Medical Transportation Contact Information**

- Email: [MedTrans.Temp@saugeen.org](mailto:MedTrans.Temp@saugeen.org)
- Phone: 519-353-8351

## COVID-19 Case Management

If there is a COVID-19 case in the community that occurs during the holiday break, the case will be managed by the regular COVID-19 response team which includes Grey Bruce Public Health, our Community Health Nurse (Katrina) and our COVID-19 Safety Coordinator (Tara).

## Distribution of Personal Protective Equipment (PPE) and Disinfectants

PPE/disinfectant packages will be available to help families stay safe over the holidays. If you would be interested in one of these free packages please contact Tara by phone (519-372-7583) or email ([Tara.Campbell@saugeen.org](mailto:Tara.Campbell@saugeen.org)) by December 9<sup>th</sup> to organize a pick up or drop off before the holidays.

If you have any questions or concerns regarding COVID-19 during the holidays please reach out to Katrina ([Katrina.Phillips@sac-isc.gc.ca](mailto:Katrina.Phillips@sac-isc.gc.ca)) or Tara ([Tara.Campbell@saugeen.org](mailto:Tara.Campbell@saugeen.org)).



**Happy Holidays Saugeen!**

