

Kanata Cares - Stopping COVID -19 Transmission in our community

The Chinese Community has taken the risk of COVID 19 transmission very seriously to protect our families and neighbours in Ottawa. At this time people in our community may be worried or anxious. But by focusing instead on what you can do to slow the spread of this virus - you can help your family, your neighbours and the whole community.

STAY HOME

- **Move your socializing online.** With all the technology we have at our disposal, consider visiting your friends and family online (Skype, Facebook messenger, facetime). Be sure to check in with those in long-term care facilities.
- **Reduce all unnecessary outings.** Avoid public places and keep necessary trips for groceries and medicines to a minimum. Only grocery shop when absolutely necessary and then buy in bulk to limit the number of trips.
- **Check-in with elderly neighbors** or those at higher risk. Please protect our elders - they are at high risk and protecting them should be a priority. People at risk should avoid all interactions (including grocery shopping) and will need your help to do so. Offer to pick up their grocery shopping or medicines. Leave these outside their door.
- **Develop a neighbourhood phone list or an online group** so neighbours can check-in with one another or ask for support. There is a good community-level Facebook group to join: [Kanata North Covid19 Community Support group](#).

EDUCATE YOURSELF

- **Review proper handwashing practices.** Make sure your family understands and is practicing proper handwashing.
- **Review proper cleaning procedures** (viruses can survive on hard surfaces for up to 3 days).
- **Learn about self-isolation procedures** to protect the rest of your family (see considerations for self-isolation below).
- Read [Government of Canada advice](#) for **self-Isolating in the home or co-living setting**.

DISCUSS & DEVELOP PLANS FOR DIFFERENT SCENARIOS

- Plan for if someone in your household gets sick.
- Plan for alternative care for your children if you (and your partner) get sick.
- Plan how your parents will be supported if you get sick.

THINK OF OTHER WAYS YOU CAN SPEND FREE TIME

- **Take a walk** with your family making sure to keep a safe social distance of 2 meters from neighbours.
- **Take your social clubs online** (book club, wine appreciation club).
- **Help your children organize online group activities** (reading club, debate club) with their friends and classmates.
- Try Scholastic's [Open-Access Digital Hub](#) for students
- **Develop a skill** or take an online course ([edx.org](#))
- Join an online meditation course ([mantasyoga.com](#))