



March 24<sup>th</sup>, 2020

Dear Members,

This is a reminder that we are continuing to work with our community partners to ensure that you have access the most up-to-date information on the coronavirus pandemic that is impacting the world and our everyday lives.

We urgently advise you to respect the **social distancing** recommendations to help slow down the spread of the virus. These directives are essential to lessen the impact on our healthcare system, protect our frontline workers and the most vulnerable in our communities.

*If you have traveled out of the country, you MUST self-isolate for 14 days.*

Whether or not you agree or disagree with measures that our government has put into place, everyone has a role to play to ensure that their loved ones, their neighbours and their community get through these difficult times.

Most people recover from the coronavirus within 10- 14 days, but for some people it can be more severe and sometimes life-threatening. The symptoms are similar to illnesses such as the cold or flu. If you start to experience the common symptoms such as a cough or fever, you should self-isolate and practice good hand hygiene: wash or sanitize hands before preparing food, before eating, before and after using the bathroom and after sneezing or coughing.

If symptoms worsen and you start to experience shortness of breath, you should contact your healthcare professional immediately. For those without a family doctor and are concerned about their health or who have symptoms associated with COVID-19 - the main ones being fever, cough and difficulty breathing -

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should call the Info-Coronavirus line at [1-877-644- 4545](tel:1-877-644-4545) where nurses will assign appointments to go to one of the province's COVID-19 testing clinics.

To keep up to date on the most recent developments you can go to these sites:

Quebec: [www.quebec.ca/en/coronavirus](http://www.quebec.ca/en/coronavirus)

Canada: [www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html](http://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html)

### **Proper Hand Washing Steps:**

- Remove jewellery such as rings
- Wet hands up to the wrists
- Apply enough soap to cover hands
- Work soap under fingernails and around and between joints and fingers for a minimum of 20 seconds
- Rinse off all lather with water
- Dry hands with a clean cloth or paper towel - take special care to dry thoroughly between fingers
- Turn off the tap with a paper towel or cloth



### **Doing Your Part**

Even though our governments have been very clear that we all must stay at home, especially seniors 70 and over, many have not heeded those directives. Therefore, it has been ordered that all non-essential businesses must close down, in a move aimed at slowing down the community spread of the coronavirus.

We urge our churches who are able, to stay in contact with their members, especially those most vulnerable, through regular phone calls, e-mails or social media. Talk to them about a buddy system in which you agree to check in on each other and run essential errands, *but please remember that supplies should be*

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dropped off outside to ensure a 2-metre distance. The exchange of cash or a hand written check should be done while practising good hand hygiene, ideally using hand sanitizer if you do not have access to soap and running water.

The **Municipality of Rawdon** has now put together a support plan to encourage its seniors to stay at home. In addition to receiving personalized calls, citizens 70 years of age and older who have no one to do their shopping for them, will be able to benefit from a delivery service by registering at **450-834-2596**. They will then follow up with local food markets within 24 to 48 hours.

The **Municipality of Chertsey** also has a plan in place to support the senior citizens of their community during this time. You can contact them at **450-882-2920**.

We encourage seniors to touch base with their municipalities to find out what is available. You may also call ECOL and we will find information for you.

Some markets can also deliver groceries, but because of high demand, deliveries could take longer than usual. You can order online and pay with a credit card. Remember to not touch your face, and wash your hands after putting your groceries away. Fruits & vegetables should be washed before eating.

When it comes to your medications, most of our pharmacies deliver, so please use this service to avoid leaving your home unnecessarily.

Up until this point ECOL is continuing to provide frozen meals in the RCM Matawinie, especially to those who have difficulty preparing their own. Supplies are limited and no large orders will be accepted to ensure availability to all. You can contact Michelle at 450-421-5379 for more information. We will ensure safe delivery of all orders.

### **PROTECT YOURSELF FURTHER!**

PLEASE ensure that the news sources you get your information from are reliable. There is no miracle cure for the coronavirus. No one has been authorized to come to your door to test for the disease. There are currently several **scams** circulating, such as a text message from the Red Cross, inviting you to click a link to receive free masks, or emails from the government concerning a payment for people who

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have recently lost their jobs. Please beware, and **DO NOT** click on any of the links provided in these communications. **DO NOT** give out your credit card number or social insurance number. But **MOST IMPORTANTLY**, remain calm.

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These are unprecedented times, but we have every faith that together as a community, by respecting the guidelines, that we will come through this all together. We will continue to remain in contact with you as the situation evolves. If you have any concerns or questions please do not hesitate to call us:

- Michelle (Executive Director) at 450-421-5379 or by email at [ecollanaudiere@hotmail.com](mailto:ecollanaudiere@hotmail.com)
- Diane (Health Promotion Officer) at 450-421-5929
- Mathieu (Community Development Officer, RCM's of L'Assomption and Les Moulins) at 514-444-5379.

*Stay tuned: we will also work to get some online activities going, such as chair yoga or storytelling with children. If you are on Facebook, be sure to like our page for the quickest access to information on our initiatives.*

Keep yourself and your loved ones safe!

Sincerely yours,

The ECOL team