

Coronavirus Disease 2019 (COVID-19)

Member Update

Dear Friends,

As another season at our beloved Slovenian Summer Camp approaches, we find ourselves in extraordinary circumstances. The ongoing Covid-19 pandemic is affecting us all in unprecedented ways. The Slovenian Summer Camp is first and foremost, focused on the health and safety of our members and visitors. We continue to closely monitor the evolving situation and will endeavour to keep you all as informed as possible during these challenging times.

Over the next few weeks, the Committee will be developing a plan of action for the coming season. We anticipate that these plans will be very fluid and that we will need to continue to adapt quickly as the season progresses. We will continue to keep you updated on a regular basis.

In the meantime, we strongly encourage you to follow the public health recommendations in regards to hand washing, social and physical distancing and self isolation. It will take absolute commitment from each one of us to follow these recommendations and help prevent the spread of Covid-19, so that our lives can return to normal as soon as possible.

Stay safe and stay healthy!

The Committee



IMPORTANT HEALTH INFORMATION COVID-19

WHAT IS COVID-19?

Coronavirus Disease 2019 (Covid-19) is a respiratory illness that is caused by the sudden acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The virus has been named SARS-CoV-2 because its genetic material is 82% identical to the SARS coronavirus that was the cause of the SARS epidemic in 2002-2003.

WHAT ARE THE SYMPTOMS OF COVID-19?

Human coronaviruses cause infections of the nose, throat and lungs. Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu and may take up to 14 days to appear after exposure to the virus. This is the longest known incubation period for this disease. Symptoms have included:

- fever
- cough
- difficulty breathing
- pneumonia in both lungs

In severe cases, infection can lead to death.

If you develop emergency warning signs for Covid-19 get immediate medical attention. Emergency warning signs include:

- trouble breathing
- persistent pain or pressure in the chest
- new confusion or inability to rouse
- bluish lips or face

HOW DOES COVID-19 SPREAD?

Covid-19 is most commonly spread from an infected person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets.

HOW CAN THE SPREAD OF COVID-19 BE PREVENTED?**WASH YOUR HANDS:**

Wash your hands often with soap and water. Follow these five steps every time.

- Wet your hands with clean, running water and apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. Don't forget the thumbs.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

Watch the video of proper hand washing technique at

<https://www.youtube.com/watch?v=3PmVJQUcm4E&feature=youtu.be>

Use alcohol-based hand sanitizer containing at least 60% alcohol if soap and water are not available. The procedure should take 20-30 seconds and is the same as handwashing except you use sanitizer instead of soap and water.

Watch the video of proper hand sanitizer technique at

<https://www.youtube.com/watch?v=ZnSjFr6J9HI>

SOCIAL AND PHYSICAL DISTANCING:

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

This means making changes in your everyday routines to minimize close contact with others, including:

- avoiding non-essential gatherings
- avoiding common greetings, such as handshakes
- avoiding crowded places such as concerts, arenas, conferences and festivals
- limiting contact with people at higher risk like older adults and those in poor health
- keeping a distance of at least 2 arms-length (approximately 2 metres) from others
- hygiene:
- cough or sneeze into a tissue or the bend of your arm/elbow, not your hand
- dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards
- avoid touching your eyes, nose, or mouth with unwashed hands
- use approved disinfectants when cleaning hard high-touch surfaces
- clean the following high-touch surfaces frequently with regular household cleaners or diluted bleach (1 part bleach to 9 parts water):
 - kitchen and bathroom counters
 - faucet handles
 - door handles
 - toilets
 - phones/tablets/laptops/keyboards
 - light switches
 - bedside tables
 - electronics
 - television remotes
 - toys

SHOULD I WEAR A MASK?

Only wear a mask if you are ill with COVID-19 symptoms (especially coughing) or looking after someone who may have COVID-19. Disposable face mask can only be used once. Their effectiveness to filter pathogens decreases the longer you wear them. Therefore, they must be changed frequently.

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK?

Remember, a mask should only be used by health workers, care takers, and individuals with respiratory symptoms, such as fever and cough.

- Before touching the mask, clean hands with an alcohol-based hand rub or soap and water
- Take the mask and inspect it for tears or holes.
- Orient which side is the top side (where the metal strip is).
- Ensure the proper side of the mask faces outwards (the coloured side).
- Place the mask to your face. Pinch the metal strip or stiff edge of the mask so it moulds to the shape of your nose.
- Pull down the mask's bottom so it covers your mouth and your chin. Secure the ear loops.
- After use, take off the mask; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask.
- Discard the mask in a closed bin immediately after use.
- Perform hand hygiene after touching or discarding the mask. Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water.

<https://www.youtube.com/watch?v=OABvzu9e-hw>

SHOULD I WEAR GLOVES?

Wearing gloves may give one a false sense of security. There is a potential risk of infection with improper glove use and disposal.

IT DOES NOT REPLACE THE NEED FOR PROPER HAND HYGIENE.

Watch the following video to see how to remove gloves properly...

<https://youtu.be/S4gyNAsPCbU>

WHAT TO DO IF YOU ARE SICK?**STAY HOME:**

Stay home: People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.

Call your doctor or your public health authority: Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.

Avoid public transportation: Avoid using public transportation, taxis or ridesharing.

SELF ISOLATE:

Stay away from others: As much as possible, you should stay in a specific "sick room" and keep a minimum of 2 meter distance from other people in your home. Use a separate bathroom, if available.

WEAR A FACEMASK:

If you are sick: You should wear a facemask when you are around other people and before you enter a healthcare provider's office.

If you are caring for others: If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.

IS THERE A VACCINE, DRUG OR TREATMENT TO TREAT COVID-19?

To date, there is no vaccine and no specific antiviral medication to prevent or treat Covid-19. Possible vaccines and some specific drug treatments are under investigation. They are being tested through clinical trials. The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue, and maintain a distance of at least 2 meters from people who are coughing or sneezing.

HOW LONG DOES THE VIRUS SURVIVE ON SURFACES?

It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others. Clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.

WHAT ELSE CAN I DO TO PROTECT MYSELF?

Stay healthy and strengthen your immune system by eating a healthy diet, exercising and getting plenty of sleep.

RESOURCES TO HELP YOU STAY INFORMED!

https://www.who.int/health-topics/coronavirus#tab=tab_1

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

<https://www.ontario.ca/page/2019-novel-coronavirus>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.covid-19canada.com/>

QUESTIONS?

If you need to get in touch with us, click on the contact button below and send us an email.

