



Emergency Preparedness Plan- COVID-19

For the most up-to-date information related to confirmed cases in our province and/or across the country, please visit:

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

Signs and Symptoms

Symptoms of COVID-19 include:


- Fever
- Coughing
- Difficulty breathing
- Pneumonia in both lungs

The severity can range from mild to severe. Current information suggests that most cases are not severe, nor do they require hospitalization.

When to Seek Help

Individuals that have arrived to Newfoundland and Labrador from outside of Canada on or after March 14, 2020 at 7:00pm NDT are required to self-isolate for 14 days after their arrival in Canada. If they become symptomatic, individuals should use the self-assessment tool on the HealthLine 811 website to determine if they need to call 811: www.811healthline.ca. If individuals are not able to access the self-assessment tool, they are advised to call 811.

Individuals that have arrived to the province from outside of Newfoundland and Labrador on or after March 20, 2020 are required to self-isolate for 14 days after their arrival to the province.

The Public Health Agency of Canada has identified affected areas of particular concern. For more information on a list of affected areas, visit: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/covid-19-affected-areas-list.html> 

Treatment

There are no specific treatments for coronaviruses, and there is no vaccine that protects against coronaviruses. Most people with common human coronavirus illness will recover on their own.

If symptoms feel worse than a standard cold, see your health care practitioner. They can relieve symptoms by prescribing medication for pain and/or fever.

How to Protect Yourself

Everyone has a role to play in reducing the spread of disease, including coronaviruses. Actions that can be taken to stay healthy include:

- Washing your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer in the absence of soap and water.
- Avoiding contact with people who are sick
- Practising proper cough and sneeze etiquette.
- Cover your mouth and nose with your arm when coughing and sneezing and immediately dispose of used tissues in the trash.
- Staying at home if you are sick
- Frequent cleaning and disinfecting of high-touch areas such as toilets, bedside tables and door handles with diluted bleach or a regular household cleaner.

If you are travelling to an area known to have cases of coronavirus, be sure to avoid:

- High-risk areas such as farms, live animal markets and areas where animals may be slaughtered
- Contact with animals (alive or dead), including pigs, chickens, ducks and wild birds
- Surfaces with animal droppings or secretions on them

Travelling

Anyone arriving from outside of Canada is asked to self-isolate and monitor for symptoms. You may also be asked to self-isolate if you have been exposed to someone with COVID-19. As of March 14th, Newfoundlanders and Labradorians arriving from outside of Canada are asked to self-isolate, meaning stay home and do not go to work or school, and monitor for symptoms for 14 days after arrival in Canada.

If you are not having symptoms, this means the following:

- Stay at home and do not go to work or school for 14 days.
- Avoid close contact with people with chronic conditions, compromised immune systems and older adults.
- You do not need COVID-19 testing if you do not have symptoms.
- Monitor for symptoms (symptoms include: fever or coughing or difficulty breathing).

If you start having symptoms, isolate yourself from others as quickly as possible and call 811. If you are having symptoms or had exposure to someone with COVID-19, contact 811 for further direction.

Public Health Emergency

Effective March 18, 2020, the Minister of Health and Community Services declared COVID-19 a public health emergency under the Public Health Protection and Promotion Act. The following facilities are ordered to close:

- Gyms and fitness facilities, including yoga studios, tennis and squash facilities
- Dance studios
- Businesses that hold a license under the Liquor Control Act whose primary purpose is the consumption of beer, wine, or spirits
- Cinemas
- Arenas
- Performance spaces
- Bingo halls

Restaurants are permitted to operate at 50 per cent capacity, as long as appropriate social distancing (2 arms' length from others) can be maintained.

Gatherings of 50 people or more are not permitted. For greater clarity, this order applies to funerals and visitation at funeral homes.

Anyone arriving to Newfoundland and Labrador from outside of Canada on or after March 14, 2020 at 7:00pm NDT is required to self-isolate for 14 days after their arrival in Canada.

Anyone arriving to the province from outside Newfoundland and Labrador on or after March 20, 2020 is required to self-isolate for 14 days after their arrival.

A person found in breach of these orders could face a fine or jail time. A corporation found in breach of these orders could face a fine of \$5,000 to \$50,000.

The Public Health Emergency will be reviewed every two weeks. Please check this webpage regularly for updates.

Self-Isolation and Self-Monitoring

You should self-monitor for symptoms (fever, cough, difficulty breathing, or aches and pains) if:

- You are in close contact with older adults or medically vulnerable persons; or
- You have been advised to self-monitor for any other reason by Public Health or 811.

Self-isolate at home, and monitor for symptoms, if:

- You have travelled anywhere outside of Newfoundland and Labrador, for 14 days upon return to the province;

- You are a close contact of someone diagnosed with COVID-19, for 14 days following last contact with the person. **Note:** If you have been in close contact with someone who is COVID-19 positive or presumed positive, you **will** be contacted by Public Health during contact tracing.

Self-isolate at home, and remain in isolation until Public Health advises otherwise, if:

- You have been diagnosed with COVID-19;
- You have been assessed by Public Health for COVID-19 and/or are waiting to hear the results of a laboratory test for COVID-19; or
- You have been advised to self-isolate for any other reason by Public Health.

Self-isolation if you have symptoms means:

- Staying at home and not going to work or school for 14 days;
- Avoiding close contact with people with chronic conditions, compromised immune systems and older adults;
- Avoiding contact with others in your home;
- Staying in a separate room away from other people;
- Using a separate bathroom, if possible;
- Keeping a distance of at least two arm's length from other people;
- Avoiding sharing dishes, glasses, or utensils.

If you are under self-isolation and you do not have symptoms, you can:

- Go outside for a walk, hike, or ride your bike
- Go snowshoeing

Follow the public health advice outlined above for self-isolation with symptoms.

For more information on self-isolation:

[COVID-19 – How to self-isolate](#)Opens in new window (529 KB)

[COVID-19 – Self-isolation: Guide for caregivers, household members and close contacts](#)Opens in new window (561 KB)

The Canadian Red Cross has established a help line offering a wide range of supports and services for those impacted by the requirement to self-isolate. People who have issues or concerns regarding self-isolation should call 1-800-863-6582.

Social Distancing

Social distancing means limiting your physical contact with other people in order to stop, slow down or contain the spread of COVID-19. Everyone has a part to play in reducing the spread of COVID-19.

Generally, all individuals are advised to avoid crowds and maintain a 2 arm's length distance from other people.

Activities to avoid:

- group gatherings (e.g. birthday parties, weddings, funerals, etc.)
- having visitors in your home
- sleepovers, playdates and other social interactions with friends
- public spaces (e.g. malls)
- crowded stores

Safe activities include:

- family game night
- watching your favourite shows
- video chatting (Skype, Facetime)
- spring cleaning
- reading a book
- listening to or playing music
- sitting outside on your deck
- taking a walk, riding your bike, snowshoeing
- yard work
- playing outside
- cooking
- connecting with friends on social media

If you must go to public spaces for essentials such as groceries, make sure that you are maintaining a 2 arm's length distance from other people.

Mental Health and Wellness

The outbreak of COVID-19 may be stressful for people. You may be experiencing a high degree of uncertainty, worry, anxiety and stress about the health and safety of your loved ones, and how COVID-19 may disrupt the lives of you and your family.

If you are finding it difficult to cope or feel anxious, Bridge the gapp offers many services to support you and your wellbeing. Please visit www.bridgethegapp.ca Opens in new window for more information.

If you are feeling isolated and alone during COVID-19, you are encouraged to reach out and speak with a trained mental health peer supporter. Call the Provincial Warm Line at 1-855-753-2560 9:00am to 12:00am daily.

If you are experiencing a mental health crisis, you should call the Mental Health Crisis Line at 1-888-737-4668, available 24 hours a day, or use the Crisis Text service by texting 686868.

Mental Health and Wellness Resources:

[Bridge the Gapp online mental health resources](#)Opens in new window (455 KB)

[E-Mental Health Services](#)Opens in new window (1 MB)

[Managing Stress During the Pandemic](#)Opens in new window (455 KB)

[Supporting Children](#)Opens in new window (568 KB)

Additional Information

For additional information please visit the Government of NL website by clicking on the following link:

<https://www.gov.nl.ca/covid-19/>