

OUTBREAK RESPONSE HANDBOOK

A GUIDING DOCUMENT TO HELP
KEEP THE PUBLIC SAFE

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02

BACKGROUND

Outbreaks such as the COVID-19 pandemic has affected everyone, temporarily shutting down certain businesses while deeming others essential. Regardless of the region, the pandemic has prompted an unprecedented global state of emergency, in which people everywhere have had to rapidly adapt to changing environments. The reopening of many businesses and services calls on evidence-informed guidelines to help the public remain as safe as possible throughout this process. The goal of this document is to provide clear, concise information and to combat misinformation during any droplet-vector viral outbreak- similar to COVID-19.

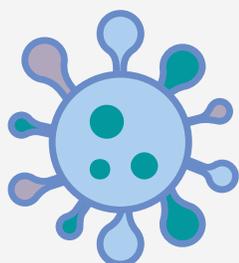
DISCLAIMER:

This is ETIO Public Health Consultants's private initiative. All the information included in this document is evidence-informed and sourced from credible organizations. We still suggest everyone to stay up to date with the guidelines posted by the local public health centers. If you are experiencing symptoms of illness or have been exposed to an infected individual, we strongly urge you to contact your doctor or your local health unit.

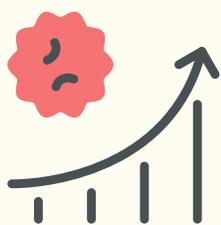


03

COMMON TERMS



INFECTIOUS DISEASES can spread from the environment or from one person to another, directly or indirectly. They are caused by pathogenic micro-organisms, such as bacteria, viruses, parasites or fungi.



OUTBREAK refers to a sudden increase in the number of people with disease, greater than expected. Either there are more cases of a disease than the usual pattern of occurrence, or the disease is found in a community where it has not been present before.



EPIDEMIC refers to an outbreak that spreads over a larger geographical area. A disease is considered an epidemic when it suddenly occurs and rapidly spreads within a population.



PANDEMIC refers to an epidemic with a global scale. A pandemic spreads over several countries and continents and affects a large number of people.

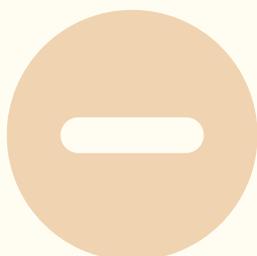


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COMMON TERMS



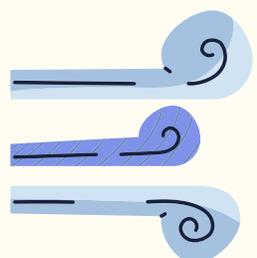
SENSITIVITY of a clinical test refers to the ability of the test to correctly identify patients with the disease. Low sensitivity means that some people with the disease go undetected (false negatives).



SPECIFICITY of a clinical test refers to the ability of the test to correctly identify patients without the disease. Low specificity means that some people are incorrectly identified as testing positive (false positives).



DROPLET TRANSMISSION refers to the spread of disease by respiratory droplets from an infected individual contacting another person or contacting surfaces that are later touched by someone else. These droplets typically spread only one to two metres and quickly fall to the ground.



AIRBORNE TRANSMISSION refers to the spread of disease by smaller evaporated droplets or dust particles containing the virus floating in the air. Transmission occurs when others breathe in this infected air.



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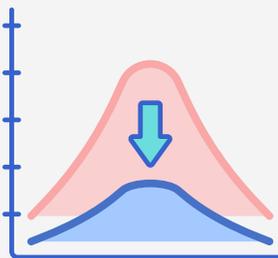
COMMON TERMS



VULNERABLE POPULATION are groups at higher risk for poor health. The most vulnerable groups for COVID-19 include the elderly and the immunocompromised. Vulnerable populations are not the only groups who can get infected or the only groups who should be concerned - all individuals are able to become infected.



FRONTLINE WORKERS are employees and workers who provide essential services and work at the forefront of health and social care. Frontline workers are critical to the infectious disease response. Examples of frontline workers include personal support workers, registered nurses, auxiliary staff, mental health workers, paramedics, etc.



FLATTENING THE CURVE means slowing the spread of disease using measures such as social distancing, in order to delay infections, reduce the health impact, and prevent deaths by spreading the burden on hospitals and infrastructure over time. This will help ensure that hospitals do not run out of beds, ventilators, etc., and are able to treat everyone infected with the disease.



PUBLIC HEALTH CAPACITY refers to the capacity of the government and relevant organisations to anticipate, prevent, respond to and recover from disease outbreaks. In Ontario, the core areas that account for public health capacity include the following: health governance and structure, system accountabilities, human resources, funding, research and knowledge transfer, and exchange.

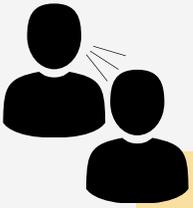


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COMMON TERMS

DAYS

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



INCUBATION PERIOD is the time between exposure to the virus and the first day that symptoms present. The incubation period for COVID-19 ranges from 2-14 days but is typically 5 days.

INFECTIOUS PERIOD is the time period in which a person is contagious. The infectious period for COVID-19 can start 2 days before symptoms appear. Individuals are the most infectious on the first day that their symptoms appear and contagion decreases over time.

QUARANTINE separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick.

Quarantine for 14 days if you have no symptoms and if either of the following apply:

- You are returning from travel outside of Canada.
- You have had close contact with someone who has or is suspected to have COVID-19.

SELF-ISOLATION separates sick people with a contagious disease from people who are not sick.

Isolate if any of the following apply:

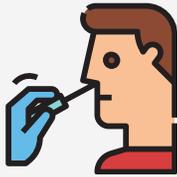
- You have been diagnosed with COVID-19, or are waiting to hear the results of a lab test.
- You have symptoms of COVID-19.
- You have been in contact with a suspected, probable or confirmed case of COVID-19.



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TESTING

VIRAL TEST



A viral test is an oral, nasal swab, or saliva test that looks for evidence of an active infection. There are two types of viral tests. A **PCR test** looks for the presence of a virus's genetic material. Whereas, an **antigen test** looks for specific proteins on a virus's surface. The antigen test produces results more quickly but may be less sensitive.

SEROLOGY TEST



A serology test is a blood test that detects antibodies specific to the virus in order to look for evidence that someone may have been infected with the virus in the past. A serology test does not diagnose an active infection or confirm protection from re-infection.

TELEHEALTH

Telehealth is a free and confidential service for health advice or information. This service is usually offered through the phone.

If you or someone you know is feeling sick, but not sure if it is serious, please contact your local health unit, telehealth network, or doctor. For more information, see page 19.



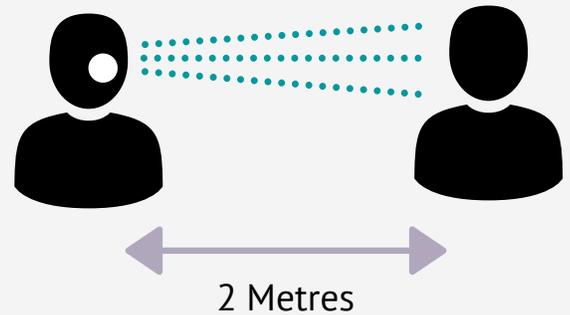


08

SAFETY PROCEDURES

PHYSICAL DISTANCING

Individuals can contract infectious diseases, such as COVID-19, by breathing in the respiratory droplets of someone who is infected. The infected droplets can travel up to 2 metres (6 feet) when someone coughs, sneezes, or speaks. This is why it is important to maintain a distance of 2 metres between yourself and others.



CLEANING AND DISINFECTION

Respiratory droplets from infected individuals can land on surfaces. Others can become infected by touching these surfaces, then touching their eyes, nose or mouth. This is why it is important to frequently sanitize highly touched surfaces. The COVID-19 virus can survive for:

72 HOURS

Stainless Steel
and Plastic

24 HOURS

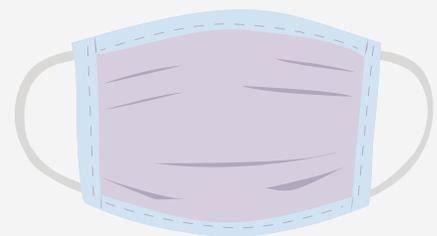
Cardboard

< 4 HOURS

Copper

PROTECTIVE EQUIPMENT

Measures taken by individuals can greatly impact their safety and the safety of others. The use of protective equipment and staying home when you are sick can significantly reduce the spread of infectious diseases.

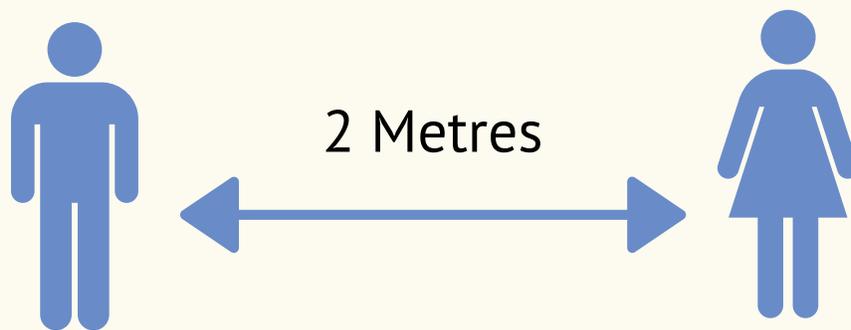




09 PHYSICAL DISTANCING



Physical distancing is maintaining a distance (2 metres) between yourself and others to minimize close contact.



PRACTICE



Waving instead of handshake



Staying home if possible



Exercising at home



Grocery shop once a week



Virtual meetings

AVOID



Crowded places



Handshakes



Going out when sick



High risk individuals



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PROPER HANDWASHING

1

Wet hands with water

Remove any jewelry from your hands, roll up sleeves if possible.

2

Apply soap

Bar soap should be kept in a self draining holder. Finished liquid soap containers should be discarded and not topped up to reduce chance of contamination.

3

Wash hands for at least 20 seconds

Wash palm and back of each hand, between fingers, under nails, around the thumb, and wrist.

4

Rinse hands thoroughly

Rinse hands in a rubbing motion to remove all residues.

5

Dry hands well

Use paper towel, do not dry on clothing. Avoid using a common hand towel.

6

Turn off tap using paper towel

Do not touch any surfaces or objects with a high chance of contamination. This includes tap handles, door handles, sinks, & countertops.



Wet hands



Apply soap



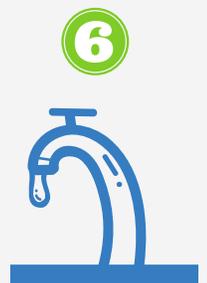
Wash hands
(20 seconds)



Rinse hands



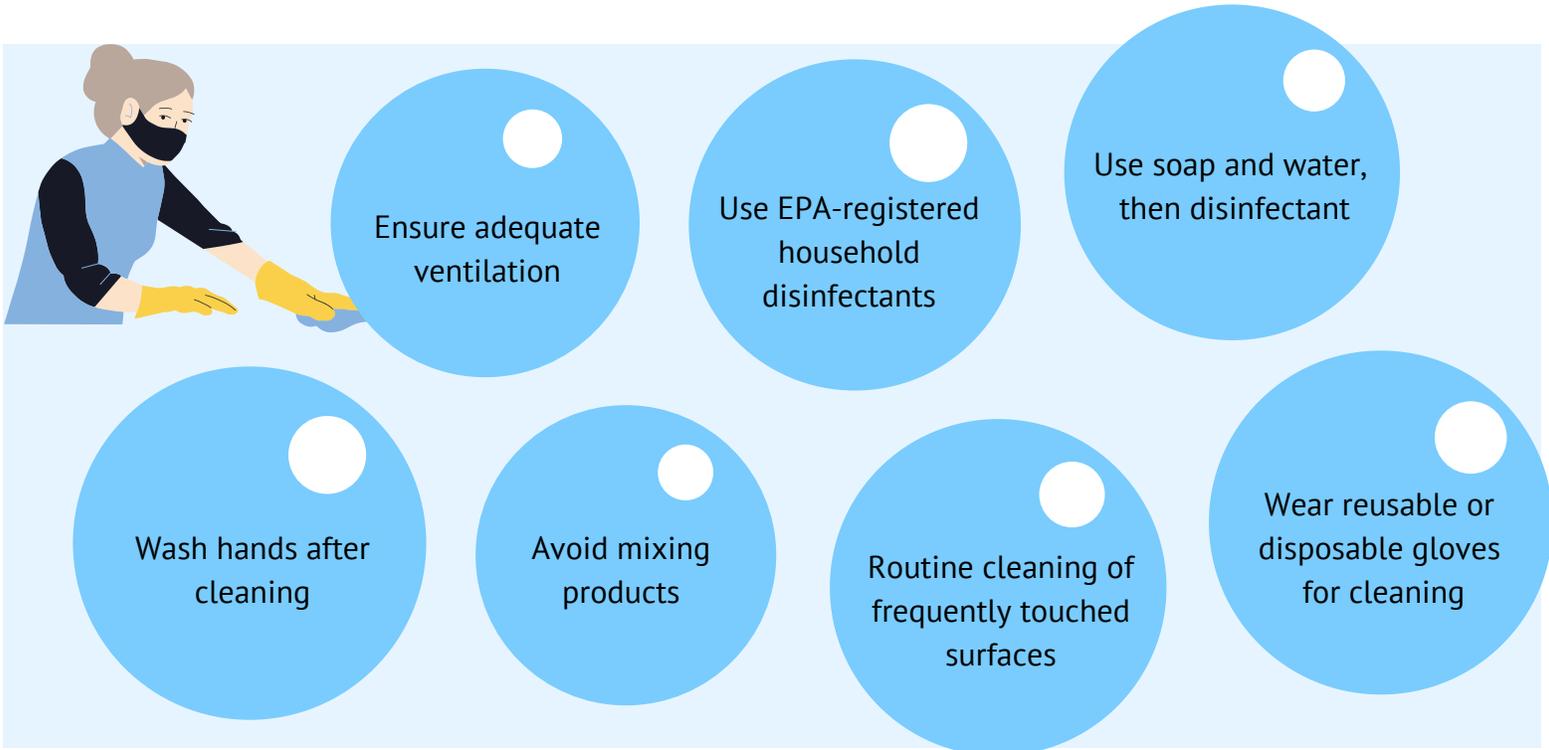
Dry hands



Turn off tap



11 CLEANING & DISINFECTION



SOFT SURFACES

- Carpets, rugs, drapes, etc.
- Use government approved cleaning products.
- Wear disposable gloves when cleaning dirty surfaces.

CLOTHING

- Wear disposable gloves when cleaning dirty laundry.
- Wash your hands after cleaning.
- Clean & disinfect hampers.

HARD SURFACES

- Use government approved cleaning products.
- Wear disposable gloves when cleaning dirty surfaces.
- Diluted household bleach solutions can be used.

ELECTRONICS

- Tablets, touch screens, keyboard, remote controls, etc.
- Apply wipeable cover on electronics if possible.
- Use government approved cleaning products.



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PROTECTIVE SUPPLIES



- Product should contain at least 70% alcohol.
- Sanitize before and after eating food and putting on a mask.
- Sanitize after sneezing, coughing, using the washroom, touching public spaces or handling garbage.



- For single use only.
- Only disposable gloves should be used, to prevent disease transmission.
- Remove and discard if it becomes dirty.
- Wash hands before putting on gloves, and after taking it off.
- Gloves are not a substitute for handwashing.



- Allow for easy breathing.
- Fit securely to the face.
- Change if damp or dirty.
- Should be comfortable and does not require frequent adjustments.



- Do not use dried or dirty wipes.
- Do not apply on skin unless indicated.
- Keep lids closed after use.
- Safely discard of wipe after use.
- Wash your hands after cleaning.



13 PUTTING A MASK ON

- 1 Clean your hands before putting on the mask.
- 2 Make sure your mask is not dirty or torn.
- 3 Put on the mask to cover your mouth, nose, and chin.
- 4 Adjust mask to close all gaps between the mask and face.
- 5 Clean your hands before removing the mask.
- 6 Remove the mask by holding the straps.
- 7 Store mask in resealable bag if it is not dirty or wet.
- 8 Wash mask with soap, at least once a day.
- 9 Wash your hands after cleaning the mask.



X AVOID

-  Using a damaged or dirty mask.
-  Removing your mask in areas where it is difficult to physical distance.
-  Sharing masks with anyone.
-  Constantly readjusting the mask.
-  Using a mask that is either too tight or too loose.
-  Wearing the mask under the nose.



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COMMON CONCERNS

SHOULD I TAKE PUBLIC TRANSIT?

It is safe to take public transit if you take all necessary distancing and safety measures. See page 14.

IS IT SAFE TO VISIT MY FAMILY?

You can visit your family in groups of 10 or less, if you take all necessary distancing and safety measures. See page 15.

IS IT SAFE FOR MY KIDS TO GO TO SCHOOL?

When teachers, parents, and students are taking all necessary precautions, it is safe for children to return to school. See page 16.

IS IT SAFE FOR MY KIDS TO GO TO DAYCARE?

If the daycare is taking all necessary precautions, it is safe for children to return to school. Contact your child's daycare to ask about precautions taken to protect children. See Page 16.

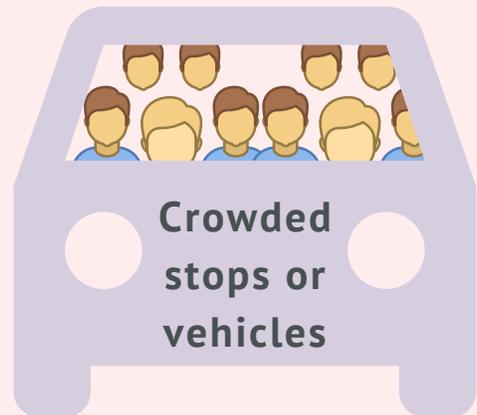


15 PUBLIC TRANSPORT PRACTICES

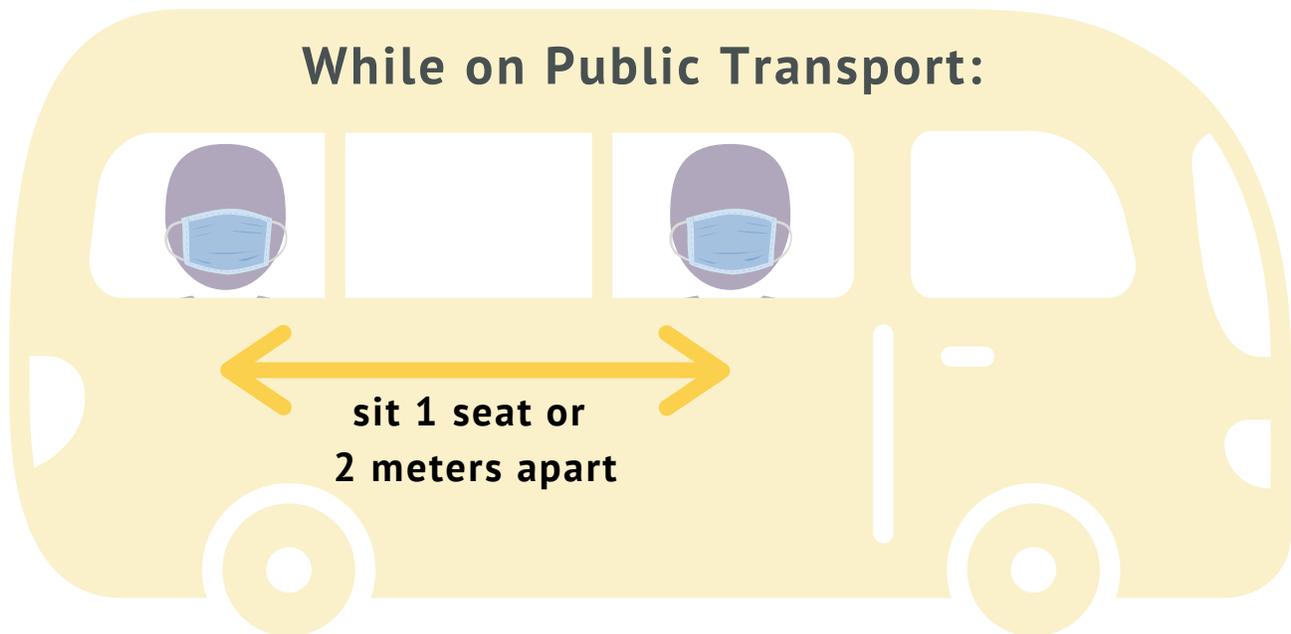
REMEMBER:



AVOID:



While on Public Transport:

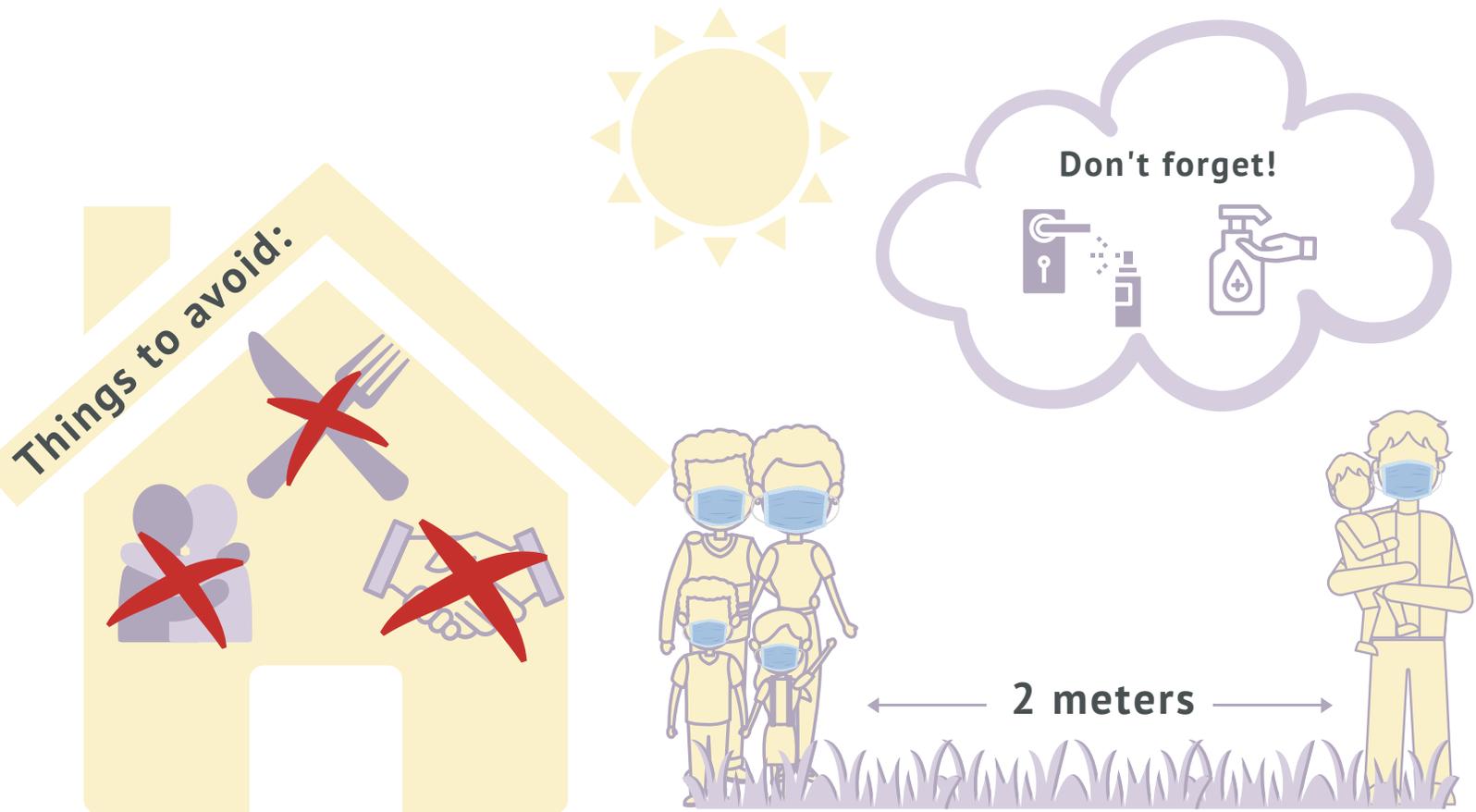




16

VISITING FAMILY

While restrictions have eased to include **gatherings of 10 people**, we still need to be safe and take precaution to **protect our loved ones!**



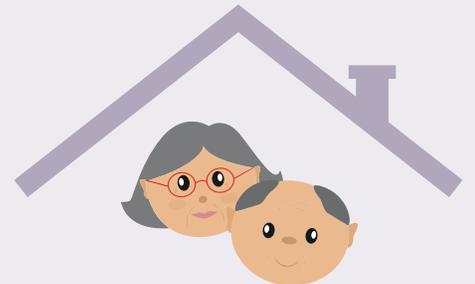
STAY HOME WHEN:



You or someone in your household has become ill.



You have come into contact with someone who has a confirmed infectious disease.



There is someone vulnerable to illness in your home.



17

SENDING KIDS TO SCHOOL

FOR TEACHERS:



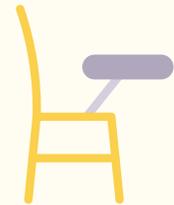
Planned
Hand-washing
breaks



Consider
outdoor
classes



Clean frequently
touched surfaces



Physically
distanced seating
arrangements

FOR PARENTS:



Perform daily
screenings on
children



Work with
physicians incase of
underlying illness



Teach respiratory
etiquette

OTHER CONSIDERATIONS:

Consider online
learning for children
who fall ill

Ensure proper
ventilation of
school

Age-appropriate
education of children
from parents and
teachers

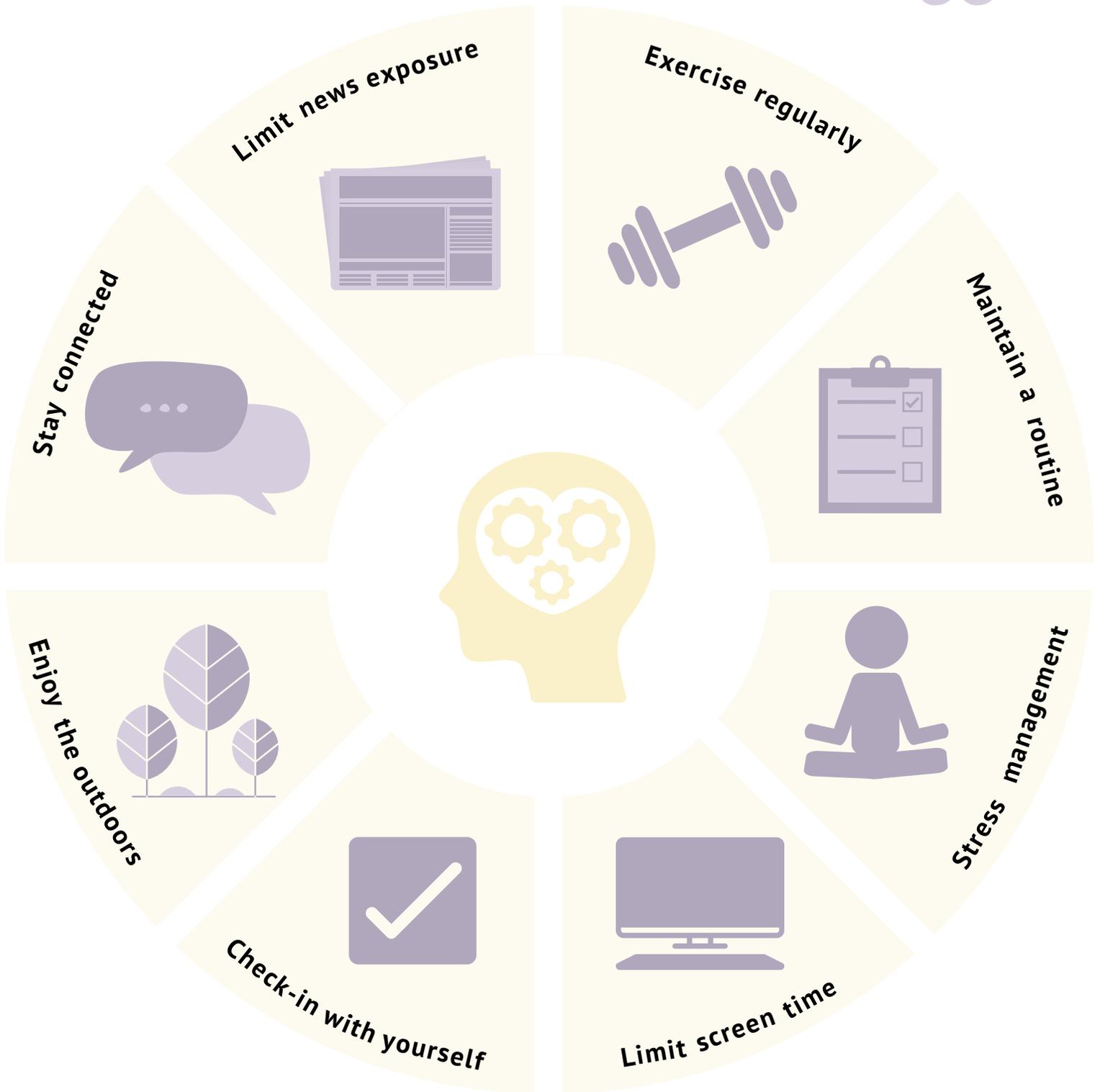


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MENTAL HEALTH



When taking care of yourself, try to think of coping strategies that **have worked for you** in previous stressful situations. Self care should not add stress or pressure.





COMMON TERMS

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SAFE PRACTICE PROCEDURES & COMMON CONCERNS

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MENTAL HEALTH

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RESOURCES

RECOMMENDED DISINFECTANTS

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

COVID-19 SELF-ASSESSMENT

<https://covid-19.ontario.ca/self-assessment/>

SICK KIDS' RECOMMENDATIONS FOR SCHOOL & DAYCARE REOPENING

<https://www.sickkids.ca/PDFs/About-SickKids/81407-COVID19-Recommendations-for-School-Reopening-SickKids.pdf>

SWIMMING POOL INFORMATION

<https://www.swimming.ca/en/resource-hub/>

STRUCTURAL PROFILE OF PUBLIC HEALTH IN CANADA

<https://www.ncchpp.ca/en/structuralprofile.aspx>

TELEHEALTH INFORMATION

<http://www.royalcollege.ca/rcsite/documents/about/covid-19-resources-telemedicine-virtual-care-e>

MENTAL HEALTH RESOURCES

<https://cmha.ca/news/covid-19-and-mental-health>