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**UPDATE FROM NEPEAN HOUSING CORPORATION- (COVID-19)**  
**PLEASE SHARE THIS INFORMATION WITH NEIGHBOURS**  
**WHO DON'T HAVE AN E-MAIL ADDRESS**

Hi Everyone, it's Wednesday, week 33 – We hope you're all doing well. Well, needless to say with the snow that we had on Monday and today, we can confirm: 1) winter is coming, and 2) we are indeed heading into flu season.

Getting your annual flu vaccine is an important way to help protect yourself, your family and vulnerable people in your community against seasonal flu. It will also help reduce the burden on Canada's health care system during this unprecedented time. The flu vaccine will not protect against COVID-19, but it will help reduce your risk of getting the flu and COVID-19 at the same time. Having both illnesses at the same time could put you at a higher risk for severe illness. So having said that, just a casual reminder to get your flu shot! Contact your primary care provider and ask if they are offering flu shots this year. Ottawa Public Health will be hosting some flu shot clinics. For more information, visit: [https://www.ottawapublichealth.ca/en/public-health-topics/influenza-flu.aspx?utm\\_source=OPH&utm\\_medium=Friendly\\_URL&utm\\_campaign=Flu](https://www.ottawapublichealth.ca/en/public-health-topics/influenza-flu.aspx?utm_source=OPH&utm_medium=Friendly_URL&utm_campaign=Flu)

#### **NEW- Self-Isolation periods have changed for COVID-19 Ottawa**

COVID-19 self-isolation periods NOW range from 10,14, to 20 days or more (rare). The self-isolation instructions and criteria to discontinue self-isolation vary for each person's situation. Visit here to learn more: <https://www.ottawapublichealth.ca/en/public-health-topics/self-isolation-instructions-for-novel-coronavirus-covid-19.aspx>

#### **Testing Criteria Has Been Updated: When should I go for testing?**

According to Ottawa Public Health, there are four reasons to seek testing for COVID-19:

1. You are showing [COVID-19 symptoms](#). OR
2. You have been exposed to a confirmed case of the virus, as informed by Ottawa Public Health or exposure notification through the COVID Alert app. OR
3. You are a resident or work in a setting that has a COVID-19 outbreak, as identified and informed by Ottawa Public Health. OR
4. You are eligible for testing as part of a targeted testing initiative directed by the Ministry of Health or the Ministry of Long-Term Care.

Visit here for more information on testing: <https://www.ottawapublichealth.ca/en/shared-content/assessment-centres.aspx>

#### **Halloween 2020**

On Monday, October 19th, the Province of Ontario announced its recommendations and public health advice on how to stay safer this Halloween. The Province advised that: *“Given the high transmission of COVID-19 in the modified Stage 2 public health unit regions of Ottawa, Peel, Toronto and York Region, traditional door-to-door trick or treating is **not recommended** and people should consider **alternative ways to celebrate**.”*

This guidance from the providence mirrors Ottawa Public Health's recent guidance to be [HalloWISE](#):

**H:** Haunt your mind by sharing scary stories with friends on Facetime or Zoom.

**A:** Adapt your celebration by trick or treating inside with the people you live with or with your chosen social support person(s) if you live alone. Think an Easter Egg hunt but Halloween themed.

**L:** Limit your in-person celebration to those you live with or your chosen social support person(s) if you live alone.

**L:** Launch a virtual competition with your neighbors for the best outdoor Halloween decorations.

**O:** Organize a virtual costume party with your friends.

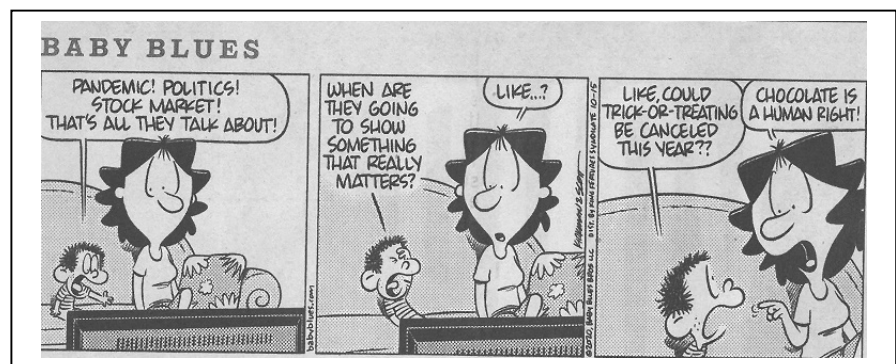
**W:** Watch scary or fun movies with the people you live with or your chosen social support person(s) if you live alone.

**I:** Inspire your costume around a mask... how can you create the most thematic 2020 costume?

**S:** Show kindness by sharing photos, or connecting virtually, instead of hugs with your loved ones who are more at risk.

**E:** Eat a fun and spooky meal you've made with those you live with or that chosen social support person(s) if you live alone.

You can find additional guidance on the Province's [Halloween Briefing](#). There are also free Halloween posters on the Government of Ontario's Website that you can print off and stick on your door. This may be helpful for those who still want to decorate for Halloween, but don't feel comfortable handing out candy. View the printable poster here: <https://files.ontario.ca/sorryseeyounextyear.jpg>



### ***Accessibility for Ontarians with Disabilities Act (AODA)***

NHC has a process / procedure with respect to AODA following a template provided by the Ministry for Seniors and Accessibility. NHC will apply the policy mindful of community needs and the requirements of the AODA and will adhere to the key principles of the AODA of independence, dignity, integration, and equality of opportunity. Feedback

regarding the way NHC provides goods and services to people with disabilities can be made by mail, e-mail, verbally, or by the client or through a designated third party. All feedback will be directed to the Director of Administration at 16 Kilbarron Road, Nepean, ON, K2J 5B2, or [selene.commerford@nepeanhousing.ca](mailto:selene.commerford@nepeanhousing.ca), or 613-823-8452. Tenants can expect to hear back within ten days.

## Coronavirus and How it Spreads

Viruses are microscopic particles that must have a host to multiply.

The coronavirus is a family of viruses that has an envelope shell, and spikes made of proteins that help protect the envelope. Human coronaviruses are common, and are usually associated with mild illnesses like a cold. Most people have some immunity to these cold viruses because we have been exposed to similar ones in the past. In 2019, a new (novel) coronavirus emerged called SARS-CoV-2, which is the virus that causes the illness COVID-19. Because it is new and different from other coronaviruses and common cold viruses we have been exposed to in the past, people do not have immunity to SARS-CoV-2, and can become seriously ill.

The coronavirus spreads in the droplets we make when we cough or sneeze. The spread is more likely to infect another person when we are within 2 metres (6 feet) of each other.

