



Update – April 17, 2020

1) No Departmental changes

2) Ontario Self-Assessment Tool has been updated

- The Province has updated the range of symptoms and improved instructions for results screens on the COVID-19 self-assessment tool.
- People are encouraged to retake the self-assessment if you are experiencing any new symptoms, including a cough or runny nose.

To take the self-assessment, visit: <https://covid-19.ontario.ca/self-assessment/>

3) Reminder to be thoughtful of what resources you use for information

This time is already stressful enough. Avoid adding to that stress and concern by getting your information from credible sources, such as:

- [Simcoe Muskoka District Health Unit](#)
- [Ministry of Health Ontario](#)
- [Government of Canada](#)

4) Ontario significantly expands hospital capacity for COVID-19 outbreak scenarios

- The province has added 1,035 acute care beds and 1,492 critical care beds and taken steps to ensure hospitals have the staff available to care for a sudden surge in patients.
- Ontario hospitals have taken steps to make more beds available for COVID-19 patients in every region across the province. As a result, Ontario has a total of 20,354 acute care beds with the potential for an additional 4,205 acute care beds by April 30, 2020. Of Ontario's 3,504 critical care beds, 2,811 are now equipped with ventilators, up from 1,319 when the outbreak first started.

To read the full media release, visit: [Hospital Capacity Expanded](#)

5) Federal Government launches *Wellness Together Canada* portal

- The Government of Canada has launched a new portal designed to help Canadians with our physical and mental well-being during the COVID-19 pandemic.
- ***Wellness Together Canada*** provides free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals.

For more details and/or to use the portal, visit: [Wellness Together Canada Portal](#)

If you think you may have COVID-19 symptoms or have been in close contact with someone who has it, first self-isolate and then use [Ontario's Self-Assessment Tool](#) to see if you need to seek further care.

Remember to pre-screen daily when entering any Town building.

Any changes within a department will now be provided to Randy to be included in an update and copied to HR@midland.ca for tracking.