



Update – April 8, 2020

### 1) Residents can now get their COVID-19 test result online

- The Province has now made it possible for residents to get their COVID-19 test results online.
- This reduces the strain on health care workers having to provide them in person, and provides less opportunity for residents to expose themselves to the virus.
- Test results can be accessed here: <https://covid19results.ehealthontario.ca/>

### 2) Mental Health is not something to ignore

During this pandemic, we will all experience moments of stress and worry. But there are ways to manage these feelings. There are some great resources on the [Staff Updates](#) web page (on the right under Health & Well-being). Here are some other helpful links.

- Article from Harvard Business Review: [‘That Discomfort You’re Feeling is Grief](#)
- Free employee resources are available 24/7 through ComPsych:

**Here when you need us.**

Call: 1-866-641-3847

TTY: 800.697.0353

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceNow<sup>SM</sup>

Web ID: TOWNOFMIDLAND

### 3) Ontario calls on all Health Care Workers to help fight COVID-19

- Province has launched an online portal to match available health care workers with employers.
- The Ontario government is taking further action to stop the spread of COVID-19 by actively recruiting health care workers to increase the frontline capacity of hospitals, clinics, and assessment centres.

For more details, please visit: [Health Workforce Matching Portal](#)

### 4) Prime Minister announces production of more medical supplies and equipment in Canada

- Canadian businesses and manufacturers are stepping up in the fight against the COVID-19 pandemic. The Government of Canada is working with companies across the country to make sure that we have the medical supplies and equipment needed to keep Canadians safe and healthy.
- The Prime Minister, Justin Trudeau, today announced further progress under Canada’s Plan to Mobilize Industry to fight COVID-19 that will help provide vital, made-in-Canada protective gear and medical equipment to respond to the outbreak.

For full details, please visit: [Production of Medical Supplies & Equipment](#)

### 5) Should you wear a mask or gloves when shopping?

According to the SMDHU:

- Gloves are not necessary and offer no added protection – frequent handwashing is best.
- Since it’s possible to have the virus without having symptoms, wearing a homemade mask **may protect others from you** when you can’t keep a 2-metre distance. Wearing



a mask ***does not protect you from others***. If you choose to wear a mask, follow directions about how to wear and dispose of masks, continue to protect yourself by washing your hands frequently, and keep 2 meters physical distance when possible. **Do not** use masks that are for healthcare workers.

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](mailto:HR@midland.ca) for tracking.