

## COVID-19 Daily Family Brief - Example

DATE: 18 March, 2020

### SITUATION

Global	<p>-On 11 March 2020, the World Health Organization declared the novel Coronavirus-19 (COVID-19) a pandemic.</p> <p>-Outside of China, Europe now the epicentre of the outbreak.</p> <p>-201k confirmed cases. 8k dead. 82k recovered.</p> <p><a href="https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6">https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6</a></p>
National	<p>-Border is closed to all travelers who present symptoms of the disease. Entry permitted for returning Canadians, diplomats, and for the time being American citizens.</p> <p>-International flights are allowed to land at Vancouver, Calgary, Toronto, and Montreal airports only.</p> <p>-Government urges all Canadians to return home.</p> <p>-Emergency measures currently under consideration.</p>
Provincial / Regional	<p>-Ontario declared a state of emergency.</p> <p>-The province is prohibiting gatherings of more than 50 people, including at indoor recreation centres, theatres and concert venues, libraries, places of worship, private schools and licensed daycares until March 31.</p> <p>-Ontario previously ordered all publicly-funded schools to close until April 6.</p> <p>-The order does not yet apply to public transit (Uber closed), shopping malls, grocery stores and pharmacies.</p>
Local	<p>-Local grocery stores and pharmacies remain open and reasonably well stocked, less toilet paper and hand sanitizer. Expect long line ups to get in and at the cashier.</p>
Medical	<p><u>Reputable References:</u></p> <p>-daily global coronavirus SITREP from WHO:  <a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports">https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports</a></p> <p>-Public Health Agency of Canada (PHAC) Coronavirus Outbreak Updates at</p>

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	<p><a href="https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html">https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html</a></p> <p>-PHAC Risk Matrix for Mass Gatherings during Coronavirus (use this to determine if your gathering should occur, such as family sports):  <a href="https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/mass-gatherings-risk-assesment.html">https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/mass-gatherings-risk-assesment.html</a></p> <p>-Ottawa Public Health local guidelines for coronavirus at:  <a href="https://www.ottawapublichealth.ca/en/public-health-topics/novel-coronavirus.aspx">https://www.ottawapublichealth.ca/en/public-health-topics/novel-coronavirus.aspx</a></p> <p><u>For individual consideration:</u>  Preliminary evidence suggests complications may arise when using Ibuprofen in coronavirus patients (confirmation pending), so in the meantime use acetaminophen for fever/pain.</p>
Weather	-Mostly sunny. -3C to +3C

### GOALS / TASKS

	SG	MG	AG	EG
Month	-Prep for return to school.	-Reschedule all April-May client work.	-Prep for return to school.	-Prep for return to school.
Week	-Clean house. -Start puzzles.	-Restart gym routine at home. -Clean garage and basement.	-Homework. -Apply for university grants.	-Homework.
Day	-Clean kitchen. -Walk w EG.	-Clean fridge. -5km run. -Blog "Tent Routine"	-Dust family room. -Crossfit workout. -Walk w friend.	-Laundry. -Dust bedrooms. -Walk w SG.

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### TIMINGS

<u>Date</u>	<u>Time</u>	<u>Description</u>	<u>Remarks</u>
18 March	11:00	AG walk with friend.	Maintain 2m separation.
18 March	13:00	EG Doctor's appointment cancelled.	Doctor's office to rebook.
18 March	14:30	Pick up rental gym equipment.	Text coach upon arrival to gain entry.
22 March	-	Grandma birthday	
6 April	-	Schools in ON scheduled to re-open (to be re-evaluated).	Alberta has closed schools for the remainder of the school year.

### COORDINATING INSTRUCTIONS (Amplifying Details)

<u>Description</u>	<u>Details</u>
Daily "Tent" Routine:	<ul style="list-style-type: none"> <li>-Wake-up (no later than) 0830.</li> <li>-Morning Routine: make bed, ablutions, take temperature, eat breakfast with mandatory vitamins.</li> <li>-Daily brief 0900.</li> <li>-Chores / errands.</li> <li>-Homework.</li> <li>-Free time.</li> <li>-Physical fitness routine.</li> <li>-Daily call to reach-out / check-in with friends and family.</li> <li>-Family supper 1730.</li> <li>-Family game / activity (#Forced Fun!).</li> <li>-Netflix.</li> <li>-Take temperature.</li> </ul>

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Meal Plan (Day)	<p><u>BF</u>: Cereal (individual).  <u>Lunch</u>: Left overs (individual).  <u>Supper</u>: Pasta with meat sauce (family meal).</p>
Social Distancing Protocols:	<ul style="list-style-type: none"> <li>-Avoid groups larger than 50 people.</li> <li>-Stay 2 meters away from others.</li> <li>-Avoid restaurants, food courts, and bars.</li> <li>-Avoid visiting friends and family over age 65.</li> <li>-Avoid gatherings with children.</li> <li>-No trip planning.</li> <li>-Avoid all people who present infectious symptoms.</li> <li>-Minimize shopping, plan to click-and-collect groceries/online purchasing.</li> <li>-If I go out in public, pack food and hygiene supplies.</li> <li>-Maximize use of phone, social media, and internet to interact with friends and family this way vs face to face.</li> <li>-Plan to self-isolate for 14 days if sick or recently returning from overseas travel.</li> </ul>
Personal Protective Equipment:	<ul style="list-style-type: none"> <li>-Bring sanitizer wipes to the grocery store to wipe down cart handles.</li> <li>-Carry hand sanitizer and clean hands routinely. If soap and water are available, use these instead.</li> <li>-Masks. There is no evidence on the usefulness of face masks worn by healthy/asymptomatic persons as a mitigation measure, therefore it is not recommended at this time. They are also in short supply and reserved for the sick and healthcare/frontline workers (Health Canada)</li> </ul>
Personal Hygiene Practices:	<ul style="list-style-type: none"> <li>-Continue to wash hands with soap (20 secs) as best defence. Before and after preparing food and eating. After using the toilet. After sneezing or coughing. After being out in public. Etc.</li> <li>-If soap and water are not available, clean hands with a hand sanitizer of at least 60% alcohol. .</li> <li>-Avoid touching your face. Think about this again, it's hard to do without constant attention.</li> <li>-Cough and sneeze into a kleenex or elbow.</li> <li>-Wash mobile phone twice daily.</li> </ul>

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Symptoms	<p>-See chart for comparison of Covid-19 to Cold to Flu.  <a href="https://www.cbc.ca/news/health/novel-coronavirus-symptoms-1.5438137">https://www.cbc.ca/news/health/novel-coronavirus-symptoms-1.5438137</a></p> <p>-Dry cough, fever, difficulty breathing.</p>
Actions on COVID-19 Symptoms:	<p>-Don't panic. Remember that ~80%+ of coronavirus patients have only mild disease and do just fine.          -It's also flu and cold season. It may be hard to tell these apart from coronavirus early on or without a test, so any overlapping symptom likely counts as a trigger to act.          -Watch your family members for symptoms, and tell them if you notice they're sick.</p> <p>Actions depend on the level of symptoms. This advice is per Ottawa Public Health:</p> <p><u>Mild Symptoms?</u>          -Do not call Public Health, self-isolate until you are symptom-free x 24hours</p> <p><u>Moderate/Escalating Symptoms?</u>          -such as a new or worsening cough and/or fever, AND have either travelled outside of Canada or been in contact with someone who has been diagnosed with COVID-19 in the past 14 days?          -Do not call Ottawa Public Health          -Visit the COVID-19 Assessment Center at 151 Brewer Way open 0900-2000 daily          -call my Family Doctor          -if COVID-19 Assessment Ctr &amp; Family Doctor are both unavailable, go to the hospital ER and look for COVID-19 signage</p> <p><u>Severe Symptoms?</u>          Call 911 or go to a hospital ER and follow signage</p> <p>-Be prepared to be tested at a local facility. Note that tests are in short supply and currently reserved for those at high risk of having the virus or those admitted to hospital.</p>

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Actions on interaction with a suspected or known COVID-19 infected person	<p><u>Suspected</u> infected person:                      -self-isolate x 14days.                      -If symptoms develop follow the actions on COVID-19 Symptoms above..</p> <p><u>Known</u> infected person: Same as Moderate/Escalating Symptoms above.</p>
Actions on entry to the house:	<ul style="list-style-type: none"> <li>-Wipe down the door handle.</li> <li>-Wash hands and phone.</li> </ul>
Actions on Fire:	<ul style="list-style-type: none"> <li>-Exit the house immediately. Primary exit via the stairs. Secondary exit via the windows. Escape ladder located in the master bedroom (left hand side of the window).</li> <li>-Meeting place: Driveway opposite ours.</li> <li>-Call 911.</li> <li>- Fire extinguishers located in the kitchen and garage.</li> </ul>
Online Homework protocols:	-TBC.

### LOGISTICS & ADMINISTRATION

<u>Description</u>	<u>Details</u>	<u>Location (purchase)</u>
Food:	<ul style="list-style-type: none"> <li>-21 days of canned / dry food (4 pers).</li> <li>-14 days of frozen meats (4 pers)</li> <li>-3 days of fruit and vegetables (4 pers).</li> </ul>	-Local grocery stores.
Water / Beverages:	-40L of bottled water.	
Sanitary / Hygiene products:	-2 months supplies.	
Medical / Medication:	-All non-urgent appointments cancelled for March. April TBC.	

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	-Prescriptions filled for 2 months of supply. - First aid kit locations: linen closet, garage, truck. (bandaids, polysporin, CPR kit, gloves, gauze, steristrips, over the counter meds)	
Sanitation:	-Nothing significant to report.	
Cleaning Supplies:	-2 months supplies of bleach, soap, detergent.	
Fuel:	-Truck gas tank full. Refuel when the tank is ½ empty. - 2 x 20L gas. Truck or generator. -3 x 20Lbs propane tanks.	
Garbage / Recycling:	-No change. Alternating weeks on Fridays.	-No change. Home pickup.
School Homework:	-TBC.	
Banking:	-Feb credit card bill paid in full. -Municipal tax bill auto withdrawal from account 1 April.	
Tax Return	-All paperwork submitted to the accountant.	

### COMMUNICATIONS

#### Emergency Contact List

<u>Contact</u>	<u>Phone Number</u>	<u>Email</u>
Telehealth Ontario	866-797-0000	
Ottawa Public Health	613-580-6744	

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Medical Emergency	911	
Family Doctor	###-###-####	
Medical Insurance	###-###-####	
Power of Attorney	###-###-####	
Immediate Next of Kin - Emergency notification	###-###-####	

### Call List (check-in / keep in touch)

Contact	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Relative #1	SG		SG		SG		SG
Relative #2	MG		MG		MG		MG
Relative #3	AG	AG	AG	AG	AG	AG	AG
Relative #4	MG	SG	AG	EG	MG	SG	AG
Relative #5	EG		EG		EG		EG

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