

# Grande Prairie Volunteer Services Bureau **WEEKLY** **SANE-ITIZER**

**Helpful information for Not-for-Profits, Individuals and Businesses during the COVID-19 Pandemic.**

## The Employer's Kitchen...

### Faith and Finality

We all know the Social Media followers who never check their facts, but just love to pass on



information that 'resonates' for them. Pseudoscience, old-wives tales, and personal opinions are presented as 'solid fact' and you risk being bullied and persecuted if you disagree with any of it.

In addition most of us have family and friends who refuse to follow any preventative measures. They gleefully ignore physical distancing. So certain that they are either blessedly immune or haven't been exposed they cough and sneeze and refuse to wear a mask. You just know, they haven't mastered basic handwashing. And, if you squint your eyes you're pretty sure you can see the virus floating around them just waiting for it's chance to orbit into your own personal space.

There are things in life that we cannot see but we have a belief that they are real. We cannot see electricity but we have light and warmth by flipping a switch. We cannot see radio waves but we can press a button and hear a voice come from a machine in real time.

We take chances, we plan, we drive in huge machines at incredible speeds, we climb mountains our only safety a tiny little rope, we sit in a tin can and let someone pilot it into the sky. In reality it really doesn't make a whole lot of sense to do these

things, we are operating on faith that it will be okay.

***The virus unlike a fire or flood is an unseen disaster: It can be difficult to relate your own circumstances to something you cannot see or feel and therefore it becomes easier to believe that it is not real.***

It is easier to do the things you want, when you want, if you don't believe, but what about the 'just in case' issue? For example: I am not the most spiritual person around. I am probably closer to being agnostic, however there are a few things I'm not prepared to take a chance on 'just in case.' So just in case I made sure that all of my children were baptized, had their first communion and were confirmed. My theory is if they don't get to the "great upstairs" that's not on me, I've done my part. The point is I didn't necessarily have to believe in something in order to take precautions to protect my kids. The same goes with the Coronavirus.

One doesn't have to believe that it is real, but do you really want to take that chance? Is it really fair to your coworkers, your family and friends, strangers you may meet for you to ignore what is being asked of you? In the span of your lifetime, will it really hurt you or simply inconvenience you to be respectful of short-term limits for long-term gain?

Everyone has freedom of choice, within reason. It's okay to state your position and follow your beliefs. What is not okay is to insist that everyone else do the same. If someone chooses to wear a mask, that is their right. They might be hurt by you choosing not to wear one, but you won't be hurt by their choice. I may be missing something here but it doesn't make sense to be protesting someone else's use of a mask or physical distancing.

We need to have faith in evidence-based science, we need to have faith that this will end, we need to have faith in each other to do the right thing. At the end of the day how we are able to live our lives may be dependent upon it. CAP

# Song of the Week

## Under Pressure

Queen, David Bowie

[https://www.youtube.com/watch?v=YoDh\\_gHDvkk](https://www.youtube.com/watch?v=YoDh_gHDvkk)

Mmm num ba de  
Dum bum ba be  
Doo buh dum ba beh beh

Pressure pushing down on me  
Pressing down on you, no man ask for  
Under pressure that burns a building down  
Splits a family in two  
Puts people on streets

Um ba ba be  
Um ba ba be  
De day da  
Ee day da, that's okay

It's the terror of knowing what the world is about  
Watching some good friends screaming  
"Let me out!"  
Pray tomorrow gets me higher  
Pressure on people, people on streets

Day day de mm hm  
Da da da ba ba  
Okay  
Chipping around, kick my brains around the floor  
These are the days it never rains but it pours  
Ee do ba be  
Ee da ba ba ba  
Um bo bo  
Be lap  
People on streets  
Ee da de da de  
People on streets  
Ee da de da de da de da

It's the terror of knowing what the world is about  
Watching some good friends screaming  
'Let me out'  
Pray tomorrow gets me higher, high  
Pressure on people, people on streets

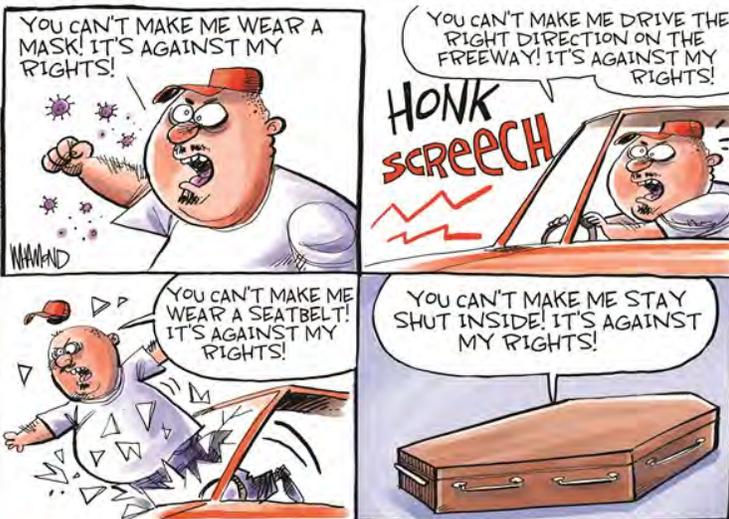
Turned away from it all like a blind man  
Sat on a fence but it don't work  
Keep coming up with love but it's so slashed and  
torn  
Why, why, why?  
Love, love, love, love, love  
Insanity laughs under pressure we're breaking

Can't we give ourselves one more chance?  
Why can't we give love that one more chance?  
Why can't we give love, give love, give love, give  
love  
Give love, give love, give love, give love, give  
love?

'Cause love's such an old fashioned word  
And love dares you to care for  
The people on the edge of the night  
And love (people on streets) dares you to change  
our way of  
Caring about ourselves  
This is our last dance  
This is our last dance  
This is ourselves under pressure  
Under pressure  
Pressure

Source: [LyricFind](#)

Songwriters: David Bowie / John Richard Deacon / Brian Harold May / Freddie Mercury / Roger Meddows Taylor



# COVID-19: Hinshaw urges Albertans with mild symptoms to isolate as case numbers rise to May levels

By Dylan Short, Sep 09, 2020

Active cases of COVID-19 in Alberta are the highest they've been since May 9, Dr. Deena Hinshaw said Tuesday as she announced 619 cases were identified over the long weekend.

There are currently 1,692 active cases in the province. Alberta's chief medical officer of health said the number comes after 154 cases were identified on Sept. 4, 171 on Sept. 5, 137 on Sept. 6 and 157 on Sept. 7.



**Dr. Deena Hinshaw**  
Alberta's chief medical officer of health

PHOTO: <https://www.alberta.ca/office-of-the-chief-medical-officer-of-health.aspx#toc-1>

As cases rise, Hinshaw urged Albertans to stay home when showing minor symptoms such as a sore throat or runny nose. She acknowledged isolating over a minor illness is inconvenient, but said it is imperative to slowing the spread of COVID-19.

**"It is absolutely critical that we support each other to do this. What is a mild, short-lived illness for one person can be a life-threatening risk for others with long-lasting health consequences,"** said Hinshaw. **"Whether we like it or not, we are all in this together."**

Hinshaw announced five deaths related to COVID-19 over the weekend, including a man and a woman in their 90s at the Good Samaritan Southgate Cen-

tre in Edmonton. The other deaths included two men in the Edmonton Zone, one in his 50s and one in his 80s, as well as a man in his 50s in the North Zone. The latest deaths bring the provincial total to 247.

**"I'm concerned about the continued rise in cases. Our focus continues to be on limiting the spread of COVID-19 in the community, and responding quickly to outbreaks when they occur. However, higher case numbers and more outbreaks can strain our frontline teams,"** said Hinshaw

As of September 7th Alberta hospitals are treating 45 COVID-19 patients, 10 of whom are in intensive care.

The province has identified a total 15,093 cases since the beginning of the pandemic with 13,154 people recovering.

There have been 132,142 confirmed cases across the country during the pandemic, latest numbers from Health Canada show. A total of 116,459 of those cases are considered recoveries while 9,146 people have died. Globally there have been 27,236,916 confirmed cases and 891,031 deaths, the World Health Organization reports.

[Source: <https://edmontonjournal.com/news/local-news/hinshaw-to-provide-update-on-covid-19-on-tuesday-afternoon>]

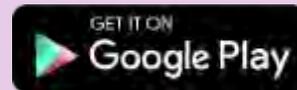
## Canada COVID-19 App and Self-Assessment Tool

Powered by  thrive health  
Réalisé avec



### Canada COVID-19 App and Daily Symptom Tracker

The app will support you to track your symptoms, receive the latest updates, and access trusted resources.



If you do not want to download the app, you can access the [web version](#).

Please note that this is best viewed on a mobile device.



### Self-Assessment Tool

This online tool will determine whether you may need further assessment or testing for COVID-19. [Click here to start your assessment.](#)

[Source: <https://ca.thrive.health/>]

# A few of our favorite myths about the virus 😊

[Source: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>]

## You can catch COVID from your shoes!

**Fact:** The likelihood of COVID-19 being spread on shoes and infecting individuals is very low. As

a precautionary measure, particularly in homes where infants and small children crawl or play on floors, consider leaving your shoes at the entrance of your home. This will help prevent contact with dirt or any waste that could be carried on the soles of shoes.



## Wearing a mask too long will cause carbon monoxide poisoning!

**FACT:** The prolonged use of medical masks\* when properly worn, DOES NOT cause CO2 intoxication nor oxygen deficiency.

The prolonged use of medical masks can be uncomfortable. However, it does not lead to CO2 intoxication nor oxygen deficiency. While wearing a medical mask, make sure it fits properly and that it is tight enough to allow you to breathe normally. Do not re-use a disposable mask and always change it as soon as it gets damp. \* Medical masks (also known as surgical masks) are flat or pleated; they are affixed to the head with straps or have ear loops.



## Drinking Alcohol will stop you from catching COVID!

**FACT:** Drinking alcohol does not protect you against COVID-19 and can be dangerous. The harmful use of alcohol increases your risk of health problems.



## Putting peppers in your food will cure COVID!

**FACT:** Adding peppers to your soup or other meals DOES NOT prevent or cure COVID-19. Hot peppers in your food, though very tasty, cannot prevent or cure COVID-19. The best way to protect yourself against the new coronavirus is to keep at least 1 metre away from

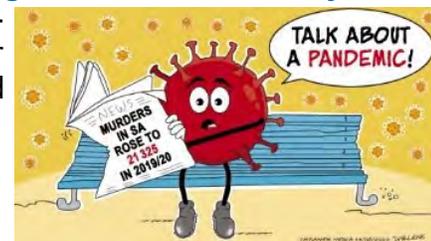


others and to wash your hands frequently and thoroughly. It is also beneficial for your general health to maintain a balanced diet, stay well hydrated, exercise regularly and sleep well. (eating garlic doesn't cure it either!)

## Kids can't catch COVID!

**FACT:** People of all ages can be infected by the COVID-19 virus. Older people and younger people can be infected by the COVID-19 virus. Older people, and people with pre-existing medical conditions such as

asthma, diabetes, and heart disease appear to be more vulnerable to becoming severely ill with the virus. WHO advises people of all ages to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.



## The virus travels via radio waves & telephones.

**FACT:** 5G mobile networks DO NOT spread COVID-19. Viruses cannot travel on radio waves/mobile networks. COVID-19 is spreading in many countries that do not have 5G mobile networks. COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes or speaks. People can also be infected by touching a contaminated surface and then their eyes, mouth or nose.



## A hot bath will prevent the Virus!

**FACT:** Taking a hot bath does not prevent COVID-19.

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.



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# Measures to reduce spread of COVID-19 for individuals

It takes more than actions from governments and the health sector to lower the spread of COVID-19. **Everyone has a role to play.**

We can do our part by:

- understanding [how coronavirus spreads](#)
- knowing [how to prevent illness](#)
- taking care of our [mental and physical wellbeing](#)

With no treatment or vaccine available, actions we're currently taking in our lives will need to continue to help control the spread of COVID-19. The following core public health practices will help you protect yourself and your community.

## Stay informed, be prepared and follow public health advice

Get credible information about COVID-19 from reliable sources.

The Public Health Agency of Canada is a reliable source of information, as are [provincial and territorial resources](#).

Continue to think ahead about what you'll do if you become sick or someone in your family becomes sick and needs care. Plan for how you'll arrange backup caregivers if you're a caregiver of children or others. If your work is re-opening, talk to your employer about working from home if you'll need to care for your family.

Follow the advice of your local public health authority and adjust your behaviours and routines based on their advice.



## Make plans and talk about them

Talk to your family, friends and neighbours about what you're doing to stay healthy and prevent the spread of COVID-19. If you live alone, consider setting up an agreement with a neighbour where you'll check on each other and run errands if either of you become sick. Think about the type of care you'd want if you became seriously ill. Talk to the people who will decide on your care if you're unable to. These discussions can help caregivers feel more comfortable and confident in making decisions you'd want. It's not always easy to begin these conversations. You can get started with information, tools and prompts from [advance care planning](#).



## Continue to practise good hygiene

COVID-19 is a contagious disease. Proper hygiene practices will help lower your chance of getting it or spreading it to others. You should continue to do the following:

- [wash your hands](#) often with soap and water for at least 20 seconds or use an [alcohol-based hand sanitizer](#) containing at least 60% alcohol
- cough and sneeze into a tissue or the bend of your arm
- avoid touching your face with unwashed hands
- dispose of used tissues in a lined waste container and then wash your hands



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## Stay home and away from others if you're feeling ill

As local governments lift public health measures, you should continue to stay home and away from others if you have [symptoms](#). If you start to develop symptoms of COVID-19 [isolate yourself from others](#) and contact your health care provider or [local public health authority](#). Adjust your behaviours and routines based on their advice.

Wear a medical mask if you're ill and will be in close contact with others or need to go out to access medical care. If a medical mask isn't available, wear a [non-medical mask or cloth face covering](#).

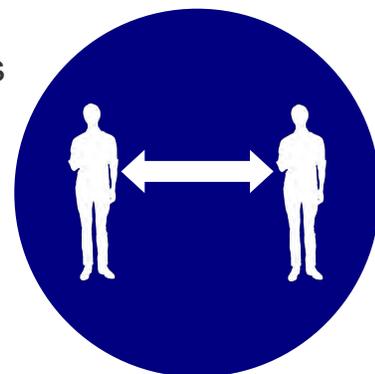


## Keep practising physical distancing

Keep practising physical distancing as your local government lifts public health measures. Physical distancing minimizes close contact with others in your community.

Things you can do to keep practising physical distancing are:

- avoiding crowded places
- reducing non-essential travel and trips out of your home
- keeping [2 metres away from others](#) when outside of your home
- commuting outside of the busiest hours if you use public transit
- avoiding greetings that include physical contact, such as handshakes
- following your local public health guidance on the number of people that can gather in one place at one time



## Clean and disinfect surfaces and objects

In your personal environment, [clean and disinfect frequently touched surfaces and objects](#). This will help lower the spread of COVID-19.

Frequently touched surfaces and objects include:

- toys
- toilets
- tablets
- phones
- electronics
- door handles
- bedside tables
- television remotes



## Stay home if you have a higher risk of serious illness

Some people have a higher risk of getting seriously ill. Stay at home as much as possible if you:

- are an older adult
- have an underlying medical condition
- have a compromised immune system

Talk with your health care provider about how to protect yourself.



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If you have an increased risk of illness and you're working outside the home, consider working from home if possible.

Ask your family, a neighbour or friend to help you with essential errands, like picking up prescriptions and buying groceries.

### **Wear a mask or face covering**

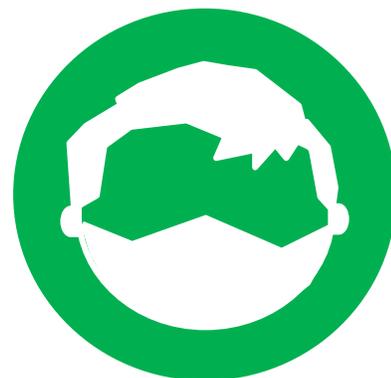
There are two categories of masks: **medical** and **non-medical (or cloth face covering)**. These masks and face coverings can help stop us from unknowingly spreading infectious droplets.

Wear a **medical mask** (if not available, wear a non-medical mask or cloth face covering) if you're experiencing symptoms and will be:

- in close contact with others
- going out to access medical care

Wear a **non-medical mask or cloth face covering** to help stop the spread of COVID-19, especially if it's not possible to consistently maintain a 2-metre physical distance from others. Wear your mask or cloth face covering safely and make sure it fits well. In some jurisdictions, the use of masks in many indoor public spaces and on public transit is now mandatory. You can check with your [local public health authority](#) on the requirements for your location. This will depend on the rate of infection or spread of COVID-19 in your community. Follow the advice of your local public health authority when it comes to wearing a non-medical mask or cloth face covering.

For more information, refer to [how to protect others by wearing a non-medical mask or face covering](#).



### **Limit non-essential travel**

If you're planning on travelling [outside your province or territory](#), check to see if your destination has different public health measures. To limit the spread of COVID-19, we advise avoiding all non-essential travel outside of Canada until further notice.

[Source: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/measures-reduce-community.html>]



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**WORK JOKES!**



Employer: We need someone responsible for the job. Job Applicant: Sir your search ends here! In my previous job whenever something went wrong, everybody said I was responsible.

Bill walks into his boss's office one day and says, "Sir, I'll be straight with you, I know the economy isn't great, but I've got three companies after me, and I'd like to respectfully ask for a raise." After a few minutes of haggling, the boss finally agrees to give him a 5 percent raise, and Bill happily gets up to leave. "By the way," asks the boss as Bill is leaving his office, "which three companies are after you?" Bill replies, "The electric company, water company, and phone company."

[Source: <https://www.distractify.com/humor/2018/11/06/2usLnK/jokes-about-work>]

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