

QUESTION 1

As a resident of Memberton, where is the closest testing center, and when should someone be tested?

ANSWER 1

Our closest testing center is on the ground floor of the Sydney Health Park building. Testing is by appointment only, spaced in 15 minute intervals. Appointment times are arranged through calling 811.

Anyone with any two or more of the following symptoms should be tested:

- Fever (temperature greater than 38 degrees Celsius)
- New or worsening cough
- Sore throat
- Headache
- Runny nose

If anyone meets the above criteria, they should contact 811 as soon as possible to arrange for testing. If at all possible, they should isolate themselves from everyone (including family) from the time they develop symptoms until they are notified by Public Health of their swab result.

If you are unsure if you should contact 811, please contact the Wellness Home and we will direct you.

QUESTION 2

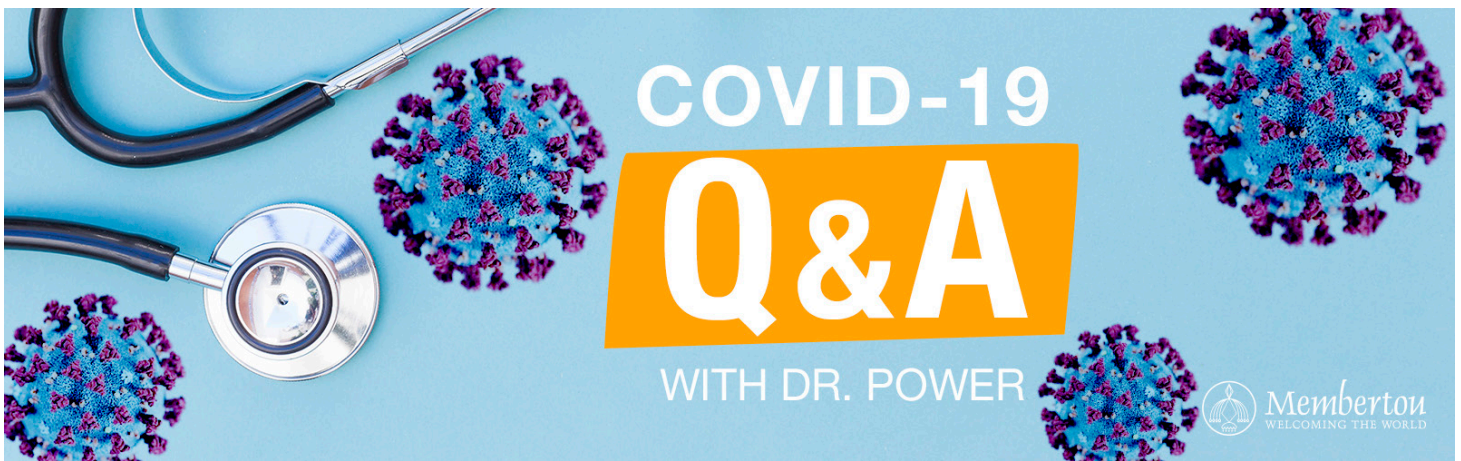
What is community spread?

Can someone who has already had COVID-19 and “recovered,” still spread the virus to others?

ANSWER 2

Community spread essentially means that we are unable to determine how or where an individual has contracted COVID-19. The vast majority of cases in Nova Scotia can be directly attributed to another case of COVID-19, or from travel to an affected area. Unfortunately, we do have cases of community spread COVID-19 in Cape Breton. Because of this, we need to be vigilant with social distancing and proper hand hygiene.

Once an individual has recovered from COVID-19, they are no longer capable of transmitting the virus to another individual and pose no risk to the general public.



QUESTION 3

How does COVID-19 spread and what should I do if there is a case in my community?
How long should we be practicing physical distancing? Why is it so important?

ANSWER 3

COVID-19 is spread from person to person, primarily through respiratory droplets. When we talk, cough or sneeze, we expel small droplets. People contract COVID-19 from either inhaling these droplets or touching contaminated surfaces.

Physical distancing of 6 feet or more minimizes the risk of coming into contact with these droplets from an infected individual and significantly reduces the spread of COVID-19.

At this time, we do not know how long social distancing will have to be maintained, however, it will be a minimum of several months. I suspect social distancing in some form or another will be present until a reliable vaccine is available.

QUESTION 4

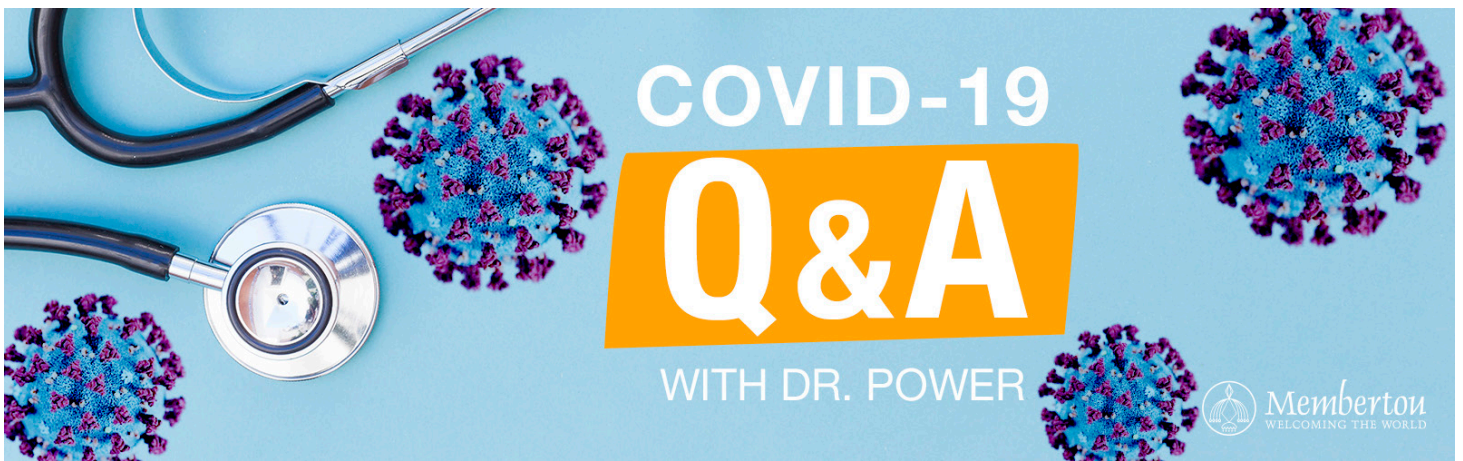
Who is at higher risk for serious illness from COVID-19?

ANSWER 4

Elderly individuals (over 65) are at the most risk. This risk increases considerably with age, with those over 80 carrying the highest overall risk.

Individuals with diabetes, hypertension, chronic lung conditions (eg COPD, Asthma, etc.) and obesity also appear to be a risk for a more severe illness.

With that said, the vast majority of people who contact COVID-19 will have mild symptoms, but anyone has the potential to become seriously ill.



QUESTION 5

Do I need to wear a mask and/or gloves when I go out for essentials?

ANSWER 5

The greatest benefit from wearing a mask is to stop asymptomatic or mildly symptomatic individuals from spreading the disease to other individuals. If you have a mask and would feel more comfortable wearing one when out, then by all means you should wear one. For those without access to a mask, proper social distancing is essential to minimizing the risk.

Anyone in a situation where social distancing is not possible should really wear a mask.

Gloves are not as essential as proper handwashing. While many may feel more comfortable wearing gloves, they can become contaminated from touching infected surfaces. Proper hand hygiene and not touching your face should provide adequate protection.