



March 9, 2020

Memo: COVID-19 monitoring & update

From: Glenn MacDonell, CEO & President

To: SOO Communities

Dear SOO Athletes, families and volunteers

We would like to take this opportunity to inform you of the current recommendations for the Coronavirus (Covid-19). Since January 2020, a novel (new) coronavirus (COVID-19) was identified as the cause of an outbreak of pneumonia originating in Wuhan, China. The situation is rapidly evolving and Public Health Ontario, along with the Ministry of Health, is closely monitoring the outbreak, conducting surveillance and appropriate laboratory testing, and providing public health and infection control guidance.

We wish to advise at this point we do not have plans to cancel any of our programs, fundraising events, major games or special events. We will inform you if this situation changes. We ask that our SOO local programs collaborate, monitor and follow their local situation utilizing their community resources. For instance, if the local parks and recreation is cancelling their programs due to a greater health risk then the local SO program should also cancel sport programs and community meetings. If the community is carrying on as usual, then the local SO program should do the same.

SOO is working with our organizing committees for our major games (Waterloo and Kingston) and in collaboration with these local public health authorities and as stated previously we do not have plans to cancel the provincial games or the school championships. Should there be any changes we will advise you as soon as this occurs.

A note of safety to our SOO Members

The safety of our members is of utmost priority and we encourage everyone to take these simple actions that can help reduce exposure to the virus and protect your health.

- Wash your hands often with soap and water or alcohol based hand sanitizer.
- Sneeze and cough into your sleeve or tissue.
- Avoid touching your eyes, nose or mouth.
- Avoid contact with people who are sick.
- Stay at home if you are sick.

Please advise if you are traveling

If you are traveling abroad from now until June 30th 2020 please advise your local programs of your destination (March break, vacations) and to be aware of the high potential of risk of infection in certain countries. For more information, see the link below.

Link to <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#ath> for up-to-date information:

- Active travel health notices
- Health risks
- Safety and security abroad
- Planning a cruise
- For returning travelers

About coronaviruses

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases. Some coronaviruses transmit between animals, some between animals and people, and others from people to people.

Symptoms of coronavirus infections

Coronavirus infections are common and typically lead to the common cold. Gastrointestinal disease is possible for young infants. Symptoms are usually mild to moderate and can include:

- runny nose
- headache
- cough
- sore throat
- fever
- a general feeling of being unwell

Although rare, other types of coronavirus infections cause illnesses such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS) can produce more severe illnesses such as pneumonia, respiratory failure, kidney failure, or even death.

If you get a coronavirus infection

If you have cold-like symptoms, you can help protect others by doing the following:

- stay home while sick
- avoid close contact with others
- cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the garbage and wash your hands
- clean and disinfect objects and surfaces

How coronavirus infections are diagnosed

Coronavirus infections are diagnosed by a health care provider based on symptoms and laboratory tests. In some cases, travel history may be important.

Coronavirus infection treatment

For now, there is no specific treatments for most people with coronavirus infection. Most people with common coronavirus illness will recover on their own. Your health care provider may recommend steps you can take to relieve symptoms.

Consult your health care provider as soon as possible if you are concerned about your symptoms or have a travel history to a region where severe coronaviruses are known to occur. The sooner you get treatment, the better your chances are for recovery.

More Information

You can monitor the updates by linking to the Ontario Public Health sites <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus>. This site also provides self-isolation guidelines and status reports on the virus.

Any questions that you have or concerns please feel free to reach out.

Best regards, Glenn