A Foundation for Living with COVID-19
### Timeline

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec 31, 2019</td>
<td>Pneumonia of unknown cause reported in Wuhan, China</td>
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<td>Jan 13, 2020</td>
<td>First confirmed case in Thailand; the first outside of China</td>
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<tr>
<td>Jan 25, 2020</td>
<td>Canada confirms first case of COVID-19</td>
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<tr>
<td>Feb 11, 2020</td>
<td>WHO announced a name for the new coronavirus disease: COVID-19</td>
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<tr>
<td>Mar 14, 2020</td>
<td>First presumptive positive case of COVID-19 reported in NL.</td>
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<td>Mar 18, 2020</td>
<td>NL Public Health Emergency declared</td>
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<tr>
<td>Mar 30, 2020</td>
<td>Outbreak was declared a Public Health Emergency of International Concern</td>
</tr>
<tr>
<td>Mar 11, 2020</td>
<td>WHO declares pandemic</td>
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258 Cases
30 Active Cases
3 Deaths
April 29, 2020
Guiding Principles

- **Responsive Action**
  Actions must be gradual to see what the effect will be on the spread of the virus

- **Risk Mitigation**
  Identifying potential risks before they have a negative impact

- **Protecting the Vulnerable**
  Attention to vulnerable populations and how to keep them safe

- **Evidence-based**
  Scientific evidence and experience elsewhere will inform decision-making

- **Communication**
  Transparent communication to ensure everyone understands their roles and responsibilities in preventing spread of COVID-19
Keep in Mind

- COVID-19 is still with us
- An increase in cases is always a possibility
- No one is immune
- There is no vaccine
- We must learn to live with COVID-19 for the foreseeable future
We must continue to:

- Stay informed, be prepared and follow public health advice
- Practice good hygiene (wash your hands, avoid touching your face, cough into your sleeve or a tissue)
- Maintain physical distancing
- Use non-medical masks
- Stay at home and away from others when sick
- Work from home, where possible
- Shop online and use curb side pickup, where possible
Public Health Measures to be Maintained

- Flexible work from home and sick leave policies
- Self-isolation for people coming in to the province
- Limit non-essential travel
- Restriction of visitors in hospitals, assisted living facilities, long-term care and personal care homes
- “One worker-one home” policy for employees in assisted living facilities, long-term care and personal care homes
- Mass gatherings prohibited
Current state

Balance re-opening with prevention of widespread COVID-19 outbreak

Increase re-opening after demonstrating control of COVID-19 transmission

Further increase re-opening after continued control of COVID-19 transmission

Living with COVID-19
World Health Organization indicators that must be met to relax measures:

- No new cases where source of infection is unknown
- Testing widely available
- Public Health system capacity
- Health system capacity
- Early detection of outbreaks and imported cases
- Public awareness and engagement
Alert Level - May 11, 2020

- Low-risk outdoor recreational activities can resume
- Low-risk, non-essential businesses can open
- Resumption of some medical procedures in regional health authorities
- Funerals with a maximum of 10 people, including the officiant, are permitted
- Connection with one other bubble (April 30, 2020)
- Limited expansion of child care centres
Alert Level

3

- Private health care clinics can resume
- Medium-risk businesses can open
- Further expansion of child care centres
- Restaurants can re-open at reduced occupancy
- Medium-risk outdoor recreational activities can resume
Alert Level 2

- Small gatherings are permitted
- Higher-risk businesses can open, subject to conditions
- Medium-risk recreational facilities can open, subject to conditions
Alert Level

1

Consideration of lifting long-term Public Health measures dependent on:

- Evaluation of transmission patterns of COVID-19
- Availability of an effective vaccine and/or treatment
- A strong public health system with capacity to identify cases and trace contacts
Conclusion

Approach is deliberate and cautious

Priority is protection of the public

- We must be vigilant
- We must be patient
- We all have a part to play in stopping the spread of COVID-19
Thank you for doing your part