



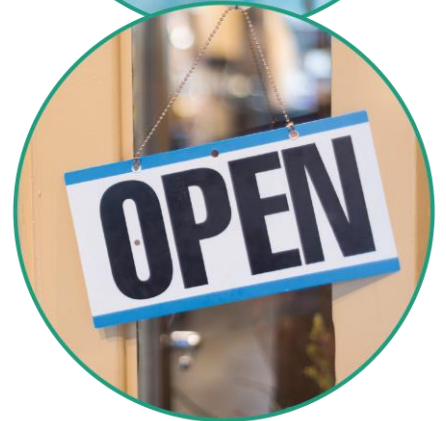
COVID-19 Pandemic Response Ottawa City Council Update

Dr. Vera Etches, Medical Officer of Health

May 27, 2020

Approach to the Pandemic

- Epidemiology Update - NEW Dashboard
- Expanded Testing
- Contact follow-up
- Outbreaks
- Prevention - mask use
- Public Engagement, Reopening advice
- Mental Health
- Looking Ahead



Epidemiology Update

As of 2:00 pm on May 25, 2020

- 1,908 lab-confirmed cases (7 new)
- 27% are health care worker, first responder or staff of a facility with outbreak
- 35 Ottawans currently hospitalized (235 cumulative)
- Seniors >60 years - 73% of hospitalized
- One new death, total of 234
- See NEW Dashboard at **OttawaPublicHealth.ca**

Overall Status

Red

Orange

Yellow

Green

VIRUS SPREAD AND CONTAINMENT

1908

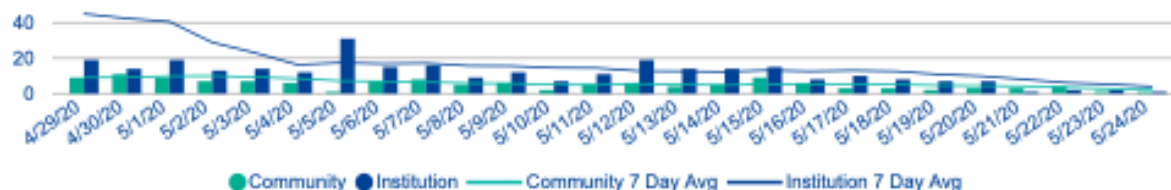
Total Cases



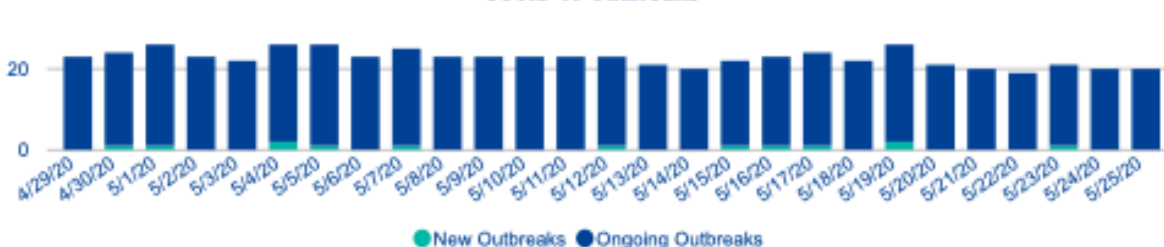
235

Total Deaths

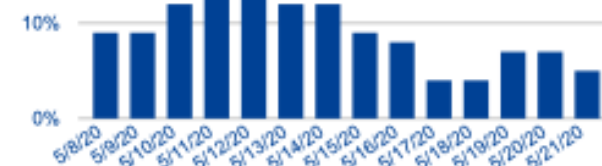
COVID-19 Cases



COVID-19 Outbreaks

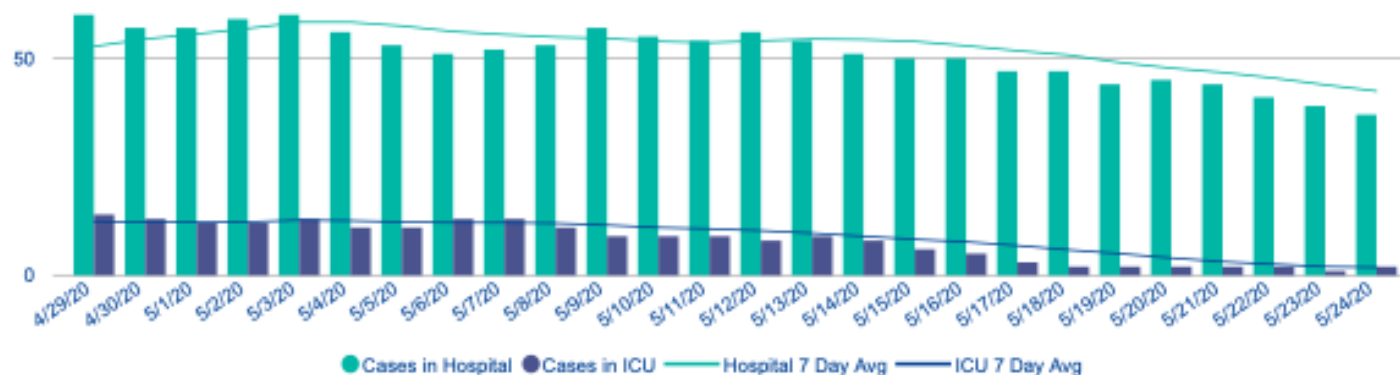


COVID-19 Community Acquired Cases - % of Overall Cases

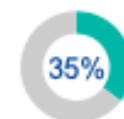


HEALTH CARE SYSTEM CAPACITY

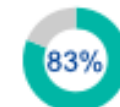
COVID-19 Hospitalization



Adult ICU Beds Occupied



Adult Acute Beds Occupied



Adult ICU Ventilator Beds Occupied



5/24/20



Overall Status

Red

Orange

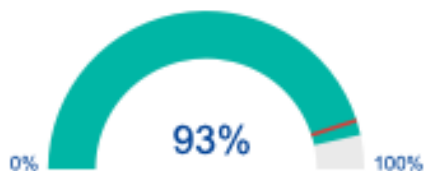
Yellow

Green

PUBLIC HEALTH



Cases Reached Within 24 Hours



Contacts Investigated Within 24 Hours



Number of Contacts per Infected Cases

5.3

05/17-05/23

Health Behaviours - Survey Data Coming Soon



Hand Washing

Staying Home When Sick



Physical Distancing



Mask Use

TESTING AND TRACKING



COVID-19 Testing Per Day for Ottawa Residents



% Positivity

5.5%

Community

5.4%

LTCH and RH Residents

Test Turn-Around Time at the Eastern Ontario Regional Laboratory Association

11.50 Hours

Positive Tests

14.75 Hours

Negative Tests

Red

Increasing spread and outbreaks

Limited hospital capacity and many health care worker infections

Limited or no ability to isolate cases/quarantine contacts

> 15% positivity or < 25% testing capacity

Orange

Decreasing spread and few outbreaks

Some hospital capacity and some health care worker infections

Some ability to isolate cases/quarantine contacts

10-15% positivity or 50-75% testing capacity

Yellow

Decreasing spread and rare outbreaks

Full hospital capacity and rare health care worker infections

More ability to isolate cases/quarantine contacts

5-10% positivity or >75% testing capacity

Green

Cases and outbreaks are rare

Full hospital capacity and no health care worker infections

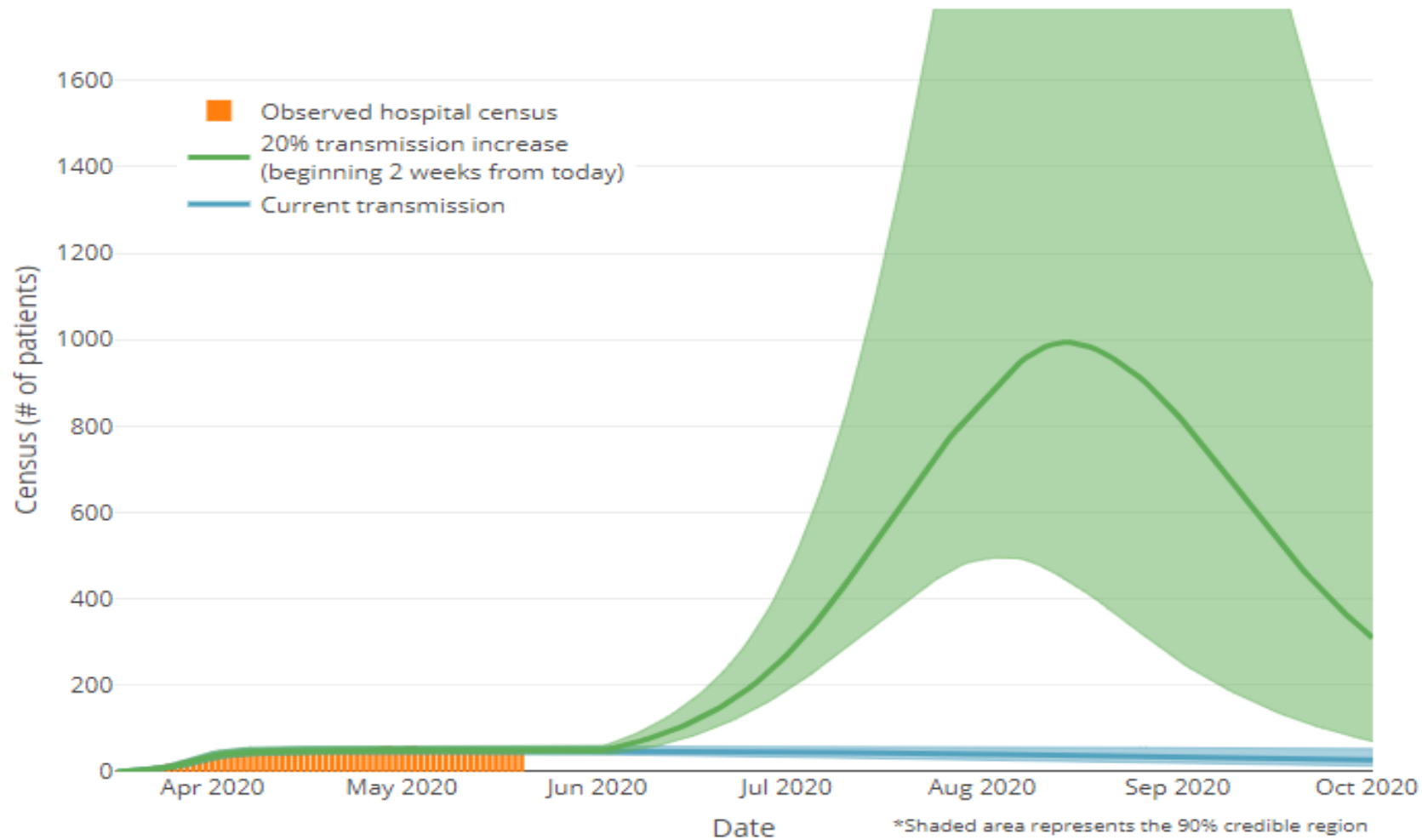
Ability to isolate cases/quarantine contacts

<5% positivity or 100% testing capacity

Epidemiology Update

Hospitalization projections

Projected census of COVID-19 patients in Ottawa



Expanded Testing

- Evolving testing strategy
- OPH following Ontario's guidance
 - **Any Ottawa resident** who feels they need a test, even if they are not showing symptoms, can go for testing
- Focus on higher risk settings/ exposures
- Mobile options



Case and Contact Follow-up

- Capacity for current numbers
- Plans to grow team if needed
- Contacts per case have dropped to average of 5
 - May grow again with more activity
- App - provincial and federal plans appear to be moving ahead

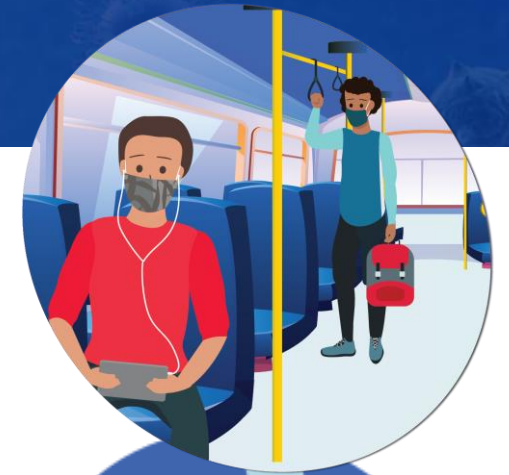


Summary of COVID-19 Outbreaks

| | Ongoing COVID-19 Outbreaks | Closed COVID-19 Outbreaks | TOTAL |
|-------------------------|----------------------------|---------------------------|-------|
| | No. | No. | No. |
| Long-Term Care Home | 10 | 7 | 17 |
| Retirement Home | 5 | 11 | 16 |
| Hospital | 3 | 9 | 12 |
| Other (Congregate Care) | 2 | 2 | 4 |
| Community/Workplaces | 0 | 3 | 3 |
| TOTAL | 20 | 32 | 52 |

Prevention

- No cure – don't get sick!
- Physical distancing, hand washing, and monitoring one's health
- Get tested right away if symptoms
- Wear a cloth mask when you can't keep a two-metre distance
- Working on cloth mask supply for all



Engagement and Reopening

- **Engage Ottawa tool**
 - Enabled informed decisions (Parks), understanding priorities (Mental Health)
- **Ongoing work to guide re-opening**
 - Contributing to City's Business Toolkit
 - Advising on City services
 - Responding to inquiries with links to 311, Bylaw
 - OPH Website has supportive information



Mental Health Support

- Mental Health concerns appear to be rising
- Ottawa Distress Centre had highest ever call volume recorded in the past 2 months: 9,000+ calls.
- New virtual supports, programming and services available in partnership with community and hospital partners



COVID-19 got you down?



You're not alone.
Please reach out
for help.

More info:

[OttawaPublicHealth.ca/
COVIDMentalHealth](https://OttawaPublicHealth.ca/COVIDMentalHealth)




In a CRISIS?

Call the **Mental Health Crisis Line** 24 hours a day / 7 days a week
English and French at
613-722-6914.

Looking Ahead

- OPH will continue with
 - Communicating, engaging
 - Monitoring infection rates
 - Informing testing strategy, following-up with cases, contacts
 - Controlling outbreaks
 - Focusing on people at higher risk
 - Advising on reopenings
 - Adapting our organization

 **Ottawa Public Health**  @ottawahealth · 4h

If you are making an essential trip or need to take public transit, demonstrate an [#ActOfKindness](#) to your community members by wearing a cloth mask. Practice physical distancing, avoid touching your face and continue to wash your hands. [OttawaPublicHealth.ca/Masks](https://ottawapublichealth.ca/masks)



2 19 36

 **Ottawa Public Health**  @ottawahealth · 7h

Heads up, employers and business owners! Ottawa Public Health has helpful tips to re-open your business during [#Covid19](#). For more information check out [OttawaPublicHealth.ca/WorkplaceCOVID...](https://ottawapublichealth.ca/workplaceCOVID...)



1 1 2

What is the “Bottom Line”?

- Although we are out of a "red" status, we have a small margin of safety - we are orange
- Less focus on “just stay home”
 - Smart-Distancing
 - Engage in Lower Risk activities
 - Learn to live with the virus
 - Keep protecting others with cloth mask use, limited contacts

Reducing the risk



LEAST SAFE OPTIONS

Gathering in groups of more than 5 people who live outside of your household unit, where physical distancing is difficult, both indoors and outdoors. Examples include:

- Sharing meals or snacks (indoors or outdoors like at a BBQ or picnic).
- Having guests over.
- Going to crowded places (especially indoors and also busy beaches and parks).
- Participating in team/contact sports.
- Visiting the family cottage, if with more than one household.



USE CAUTION

When you are in a public setting (indoors or outdoors), it is important to maintain physical distancing of at least 2 metres and wear a cloth mask when necessary.

OUTDOORS

- Sidestep, pass quickly and courteously, and/or stagger yourselves to not be directly behind others when walking, running, cycling, and other outdoor activities.
- Spending time outdoors (including your backyard or driveway) with people who are not part of your household.

INDOORS

- Using public transportation including buses and taxis.
- Grocery and retail shopping and farmers' markets.
- Attending medical appointments.
- Ordering take out food and curbside pick-up.
- Allowing service providers in your home for renovations, cleaning, maintenance, etc.



SAFER OPTIONS

Either alone, or with members of your household only **AND** keep at least a 2-metre distance from others.

- Going to quiet beaches and parks.
- Gardening and yard work.
- Personal hobbies such as bird watching, stargazing, painting, nature journaling, and photography.
- Picnics, playing catch, kicking a soccer ball.
- Shopping online with home or curbside delivery.
- Staying in touch with loved ones by phone, electronically or drive by visits while maintaining physical distance.