

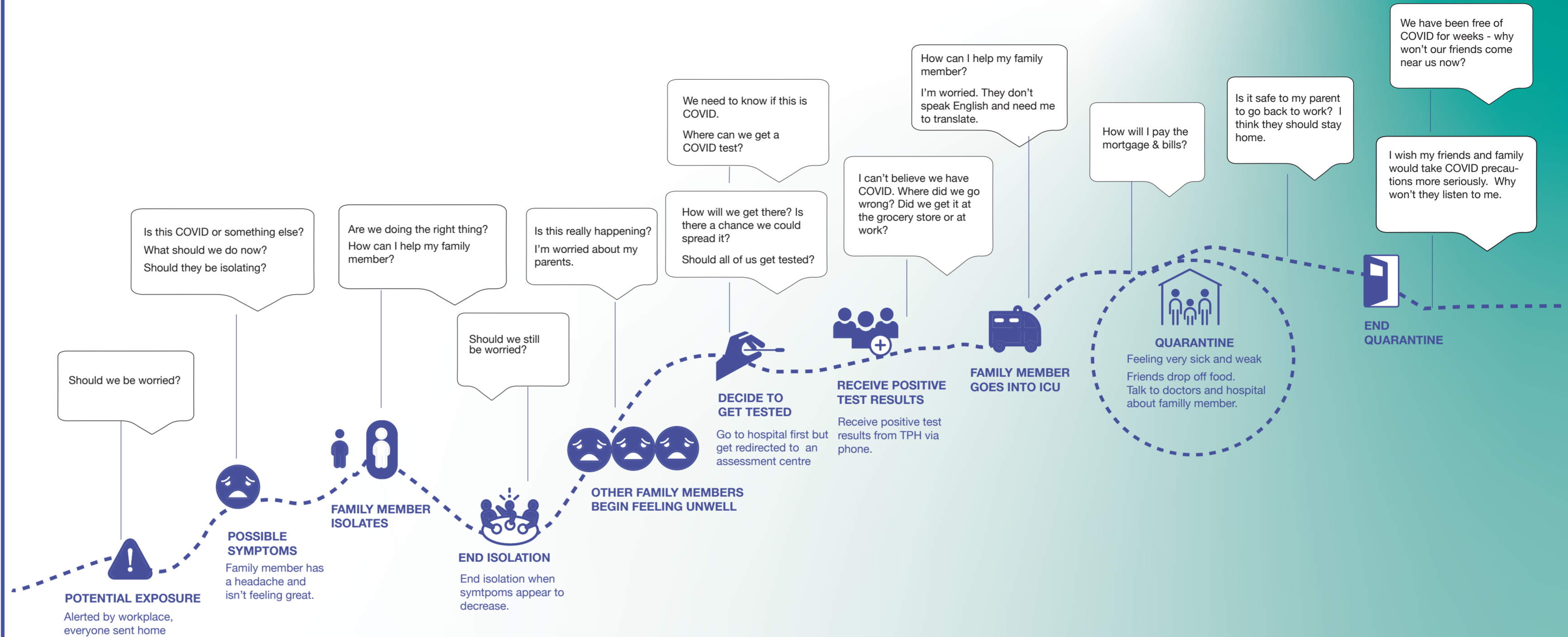
Ali's Journey Navigating COVID

To better understand what the COVID-19 experiences of residents in one of the hardest hit neighbourhoods in Toronto, we spoke to a number of community members who wanted to share their story. Here we tell you more about one community member whose journey stood out to us because it allows us to showcase the thoughts, feeling, and questions that people may have when they contract the virus. To protect the identify of this community member, we have changed names and details that could identify them.

Ali is an essential worker who works in a factory along with several members of their family. Even in the early days of the pandemic when many people were staying home, Ali's job required them to keep coming in to work.

Ali also lives in a home with their partner and parents. Ali feels a large sense of responsibility in caring and providing for their parents. This includes wearing many hats — main income earner, caregiver, driver and translator.

STEPS + THOUGHTS & EMOTIONS



KEY PHASES

INITIAL AWARENESS

Discovery of the situation. Waiting to see if they will be impacted.

BARGAINING

Taking some steps in hopes that it will be enough and the situation won't escalate.

TAKING ACTION

A decision to take further steps, including connecting with the healthcare system to getting confirmation on COVID status and medical help.

QUARANTINE & RECOVERY

Isolating from others to prevent spread while recuperating from symptoms of the virus.

PUBLIC HEALTH GUIDANCE DATED OCTOBER 8, 2020

People who are in close contact with individuals who have the virus may get infected
You can get the virus from people who do not have any symptoms and do not know they have it (asymptomatic transmission)

Stay home if you aren't feeling well, even if symptoms are minor.
It's okay to be scared or worried right now. Getting tested will help give you answers about what you need to do next.
Some people may experience mild or no symptoms. Symptoms can take up to 14 days after exposure to appear and include:

- Fever
- Cough
- Difficulty breathing
- Sore throat
- Runny nose
- Loss of taste or smell
- Nausea, vomiting, diarrhea
- Difficulty swallowing

Get tested if you:

- Have COVID-19 symptoms
- Have been exposed to a confirmed case
- Are a resident or work in a setting that has an outbreak
- Eligible for testing as part of a targeted testing initiative

Testing sites are very safe. Measures are taken to make sure people are distanced and wearing masks
The test itself is very quick (<5 mins). Sometimes the line to get tested can be long.
The test involves taking a swab from the back of the nose or throat.
Most people get their results in 24-72 hours
If you have an OHIP card, you can get your results online. If you don't, your doctor or another provider will call you
If you need help with isolating, contact Toronto Public Health

After 14 days, you can stop isolating if you have no symptoms
If you are still unwell at 14 days, contact Telehealth or your health care provider
There are no tests to be cleared to return to work
In general, you can return to work 14 days after your symptoms began
We don't yet know for sure if people can get COVID-19 more than once. It's important to follow public health measures even after having the virus

