



VILLAGE OF MCADAM
146 SAUNDERS ROAD
MCADAM, NB E6J 1L2

PUBLIC NOTICE – COVID 19

With the recent developments surrounding the spread of the COVID-19 Coronavirus, Council has been proactive in establishing measures within the Community to minimize the potential spread of the virus within the Village. Now, based on the most recent information from New Brunswick's Chief Medical Officer of Health concerning efforts to limit the spread of COVID-19, Council has taken the decision to close the Village Offices until further notice.

Essential services that will be continued:

- In the event of an emergency call 911. Medical inquiries about COVID-19 should be directed to 811.
- Village water, sewage treatment, police and fire services, road clearing, garbage collection and public communications.
- To report problems with Village services, call 784-2293.
- While the payments wicket is closed, payments can still be made on-line or by phone.
- Village Council will continue to meet as required to focus on keeping the Village running.
- Village staff carrying out essential services will follow all safety protocols to protect themselves and you from COVID-19. This will include practicing social distancing, washing hands or using hand sanitizer, wearing protective gear and cleaning high touch surfaces. Employees who feel ill will immediately be asked to self-isolate.

What can you do to slow the spread of the virus?

1. Understand what COVID-19 is - COVID-19 is a new disease that has not been previously identified in humans. Those with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu. Symptoms may take up to 14 days to appear after exposure to COVID-19. Symptoms have included: fever; cough; difficulty breathing; pneumonia in both lungs and in severe cases, infection can lead to death. (Note that as of now, the highest-risk groups appear to be seniors and people with preexisting conditions like heart disease, chronic respiratory diseases, and diabetes.)
2. Understand how it spreads - Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through: respiratory droplets that are spread when you cough or sneeze; close personal contact, such as touching or shaking hands; and, touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands.
3. Understand how serious this illness is - There is currently no vaccine to protect against COVID-19 and one is not expected for at least 12 to 18 months. For now, there is no specific treatments for most people with COVID-19. Most people with common coronavirus illness will recover on their own. Call 811 as soon as possible if: you are concerned about your symptoms or you have a travel history to a region where severe coronaviruses are known to occur. The sooner you consult your health care provider, the better your chances are for recovery.
4. If you experience symptoms associated with COVID-19 and wish to go to the Health Centre, please call first so staff can be prepared to meet you. You will be screened at reception for travel history and staff will proceed accordingly. Staff will use one room for assessments and will wear masks, gloves, etc. Flu and many viral illnesses are treated at home unless respiratory symptoms are severe (shortness of breath) - there is no medication staff can prescribe to cure a viral illness so they recommend over the counter symptom management - they can also advise people over the phone rather than have people show up and risk infecting more people. Severe respiratory symptoms should be a 911 call in the event you require intensive care at the DECH ER.

5. You can stay healthy and prevent the spread of infections by: washing your hands often with soap and water for at least 20 seconds; avoiding touching your eyes, nose or mouth with unwashed hands; avoiding close contact with people who are sick; coughing or sneezing into your sleeve and not your hands; and, staying home if you are sick to avoid spreading illness to others.

In addition to the above information:

1. It is recommended you be prepared and have at least a seven-day supply of the following items in your home: medical prescriptions; non-perishable food; water; toilet paper; paper towel; bleach or other disinfectants; pet food; facial tissue; fever-reducing medications, such as acetaminophen or ibuprofen; and, personal sanitary items. The grocery stores are not closing so there is no need to rush out and get these products today, but as you do your shopping you might wish to buy a few extra items per trip. Only one family member should do the shopping.
2. Let your family, friends and neighbours know that you are making plans to prepare for COVID-19. Share your plan with them, as this might motivate them to make their own. Talk to them about a buddy system in which you agree to check in on each other and run essential errands if you become sick.
3. Many Provinces and Municipalities are advising those over 60 years of age to stay in their homes as this age group is the most vulnerable to the severest consequences of the COVID-19 virus.
4. It is advised, you do not gather in groups and you do practice social distancing.
5. Do not shake hands, share hugs or enter peoples' homes.
6. Wash your hands often and thoroughly, disinfect high touch areas and items often.
7. Stay at least 2 meters or six feet from each other.
8. Follow self-isolation protocols mandated by the Province and employers.

We are facing the most serious threat to our collective well-being our generation has ever seen. COVID-19 is a disease that, if not checked, has the potential, as it has in Italy, to claim 7% of an infected population.

However, it has been proven by the experience of the 1917/18 Spanish Flu and China's COVID-19 response that by taking the threat seriously, following social distancing protocols and working together to help each other, we can minimize the impact of this virus on our community and our families until a vaccine can be created and dispensed. McAdamites are resilient in the face of adversity, do what needs to be done and always willing to help when needed. I have no doubt that we will get through this successfully.

Village Council