

# GIGNUL MASENYGUN

## SPRING CLEANING DURING COVID-19



Since so many of us are

staying at home during the COVID-19 pandemic, it's a great time to get a little spring cleaning done. But how do you do that and still keep yourself and everyone else safe. We're offering a few tips.

### Spring cleaning

{} GLAD Cleaning the Capital Spring Campaign activities will be delayed until further notice

{} Stay home and restrict all non-essential activities

{} Limit cleaning projects to your own property

{} Only members of the same household should

be involved, don't get together with friends or neighbours

{} Wear protective material on your hands such as gloves or plastic bags

{} Use a picker if available to avoid using hands

{} Collect litter into plastic bags and tie up when filled

{} Put filled litter bags into your household waste on collection day

{} Do not touch your face at any time during cleaning

{} Wash your hands immediately following cleaning

{} Never touch a needle

with your hands. Follow safe pickup procedures, or call 3-1-1 (TTY: 613-580-2401) for assistance

{} If you live in a multi-unit dwelling, do not participate in any outdoor cleaning unless physical distancing of 2 meters can be maintained at all times

{} If you have traveled recently or are ill, remain inside. You should not be participating in outside activities where there is a chance you may come in contact with someone else

{} If you're over 70 you should self-isolate and not participate in any outdoor cleaning activities

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## PROTECT YOURSELF

wash your hands often with soap and water or alcohol-based hand sanitizer

sneeze and cough into your sleeve

avoid touching your eyes, nose or mouth

avoid contact with people who are sick

stay home if you are sick



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## COOK WITH CAUTION

{} Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.

{} Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the

kitchen for even a short period of time, turn off the stove.

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## TIPS TO STAY SAFE AND HEALTHY WHILE WORKING FROM HOME

### QUESTION

Because of the closure of yet more businesses by the Ontario government, I've been sent home to work from my highrise apartment instead of working from my office. What steps should I take to keep safe while I work from home?

### ANSWER

You should maintain social distancing, even in your building. Only take the elevator with another person if you can stay two metres away from that person. In a building with a small elevator that means waiting for an empty elevator or taking the stairs.

Keep your hands away from your face by avoiding rubbing your eyes or touching your mouth. After you come in from the outside, wash your hands thoroughly with soap and water. Some people are using gloves or a paper towel to open door handles or press elevator buttons, since many people touch those during the day.

Public Health authorities also recommend that people clean and disinfect their homes. You can do this with a household cleaner that indicates it contains a disinfectant, or you can use sprays or wipes. If you are using a disinfectant wipe, remember al-

ways to throw it into the garbage. Don't flush it down the toilet. Those wipes can cause blockages in the plumbing system, which is the last thing anyone wants at this time.

While working from home, you should also consider your digital safety. There are a number of COVID-19-related scams going around right now, so be wary of emails from senders you don't know and websites you haven't visited before. You should make sure you have antivirus software installed on all your devices, frequently back up your data and review the security of your router, online accounts and electronic devices.

### UPDATED INFORMATION ABOUT COVID-19 BENEFITS

The government programs in response to COVID-19 have been changing from day to day. Since the Rental Guide published one week ago, the government has changed several aspects of the Canada Emergency Response benefit (CERB). The CERB provides \$500 per week to eligible individuals ( \$2000 over four weeks), as opposed to the \$462 per week (\$2000 per month) as stated last week.

It is also clear now that if a person's work ended after March 15, then

even if the person's EI payment would be higher than the CERB, it is the CERB payment that the person is to receive. The EI maximum would have been \$554 per week, whereas the CERB payment is to be \$500 per week.

The government has created a questionnaire to help applicants determine whether they should apply for CERB and/or EI at [www.canada.ca/coronavirus-cerb](http://www.canada.ca/coronavirus-cerb). On that page, there is also a link to "questions and answers" with more details on the program.

Prime Minister Trudeau has also said there will soon be changes to the eligibility for CERB to include some part-time workers and others with reduced income, but the details of these changes have not been announced.

The Canada Summer Jobs program is to be expanded. The program will extend the end date for employment to Feb. 28, 2021, include part-time jobs and offer an increased wage subsidy of up to 100 per cent. The Canada Emergency Wage Subsidy (CEWS) is also to be expanded.

**SOURCE BY: DICKIE & LYMAN LLP WHO PRACTICE LANDLORD/TENANT LAW AND OTHER AREAS OF LAW**

### COOKING WITH CAUTION

🔥 If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.

🔥 Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire...

🔥 On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner.

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## SPRING CLEANING DURING COVID-19

### Donation bins

- ⌘ Don't take items to donation bins
- ⌘ Most charities are not picking up donations from those bins, so after a day or two, your dropped off items start to go moldy and are no longer able to be considered as donatable items.
- ⌘ Set aside your items somewhere on your property for a later date

### Large or bulky items

- ⌘ Don't dispose of large or bulky items like furniture, mattresses or couches. This allows collection op-

erators to do their job efficiently and maximize their physical distancing so they can stay safe while they continue providing this essential service for you.

### Leaf and yard waste

- ⌘ Leave the leaves alone. It's good for [pollinators](#).
- ⌘ Many native bees or are just waking up from their winter rest. Bees and other beneficial insects spend the winter in leaf litter and dead plant stems. Give them until late spring to emerge from their slumber before you clean up your yard. While you're waiting, you may want to look into other pollinator-friendly gardening

tips from the [Canadian Wildlife Federation](#) (link is external) or [Wild Pollinator Partners](#) (link is external).

- ⌘ Stagger your leaf and yard waste material by not setting out more than 2 or 3 bags per week

### Household Hazardous Waste

- ⌘ Do not dispose of hazardous material in your garbage.
- ⌘ Safely store them until a scheduled hazardous waste depot has been scheduled.
- ⌘ Visit [ottawa.ca/hhw](http://ottawa.ca/hhw) for updates on dates and locations.

## SPRING CLEANING AND COVID-19

Spring is here and in the face of the coronavirus (COVID-19), it is now more important than ever to clean, disinfect, and sanitize. As people #StayHome, waste collection systems across the country are experiencing a strain due to increased residential waste. To keep our communities and trash haulers safe, focus efforts on cleaning up, not cleaning out. Here are ways to spring clean

without creating excess waste:

Sanitize and disinfect frequently touched surfaces, such as door-knobs, sinks, computers, and phones in order to keep our homes clean and help stop the spread of the virus and other germs.

There are still many typical spring-cleaning activities you can do while you are at home. Some activities

include cleaning windows; dusting; organizing the fridge and pantry; and sweeping under large appliances.

At this time it is recommended to box up and store any unwanted items until you can take them to a donation center. Some items, including diapers and food, may still be accepted at shelters and food banks. Check locally for locations that are accepting PPE donations.

## COOKING WITH CAUTION

- ⌘ Leave the pan covered until it is completely cooled.
- ⌘ For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire...

- ⌘ Just get out! When you leave, close the door behind you to help

contain the fire.

- ⌘ Call 9-1-1 or the local emergency number from outside the home.

# HOW TO STOP THE SPREAD OF COVID-19



You must self-isolate if you:

- {} have returned from travel outside Canada
- {} have been diagnosed with COVID-19, or are waiting for the results of a lab test for COVID-19
- {} have symptoms of COVID-19, even if they are mild
- {} have been in contact with a confirmed or probable case of COVID-19
- {} are immunocompromised or have an underlying condition OR are over the age of 70

For All Ottawa Residents Who Are Not Currently Self-Isolating:

- {} Practice **physical distancing**  
(a) Stay home as much as possible. Only leave your property

for essential travel such as grocery shopping or visiting a pharmacy  
(b) Stay at least 2 metres (6 feet) away from people outside of your household

- {} **Wash your hands** with soap and water thoroughly and often
- {} Do not touch your face with unwashed hands
- {} Clean phones, other devices and frequently touched surfaces regularly

Last revised on April 20, 2020.

Ontario's Chief Medical Officer of Health is strongly urging those over the age of 70 to stay at home and self-isolate.

There is an **increased risk** for:

- {} older people
- {} people with chronic disease (for example, diabetes, cancer, heart, renal, or chronic lung disease)
- {} people with compromised immune systems

Follow these general instructions on **self-isolation**.

## Help is Available

Many stores and services are offering special help for older adults.

Some grocery stores and pharmacies are opening their doors early and limiting the first hour of the day to older adults or people who are immunocompromised to give them a chance to shop when it is quieter. Call your preferred store or visit their website for the updated store hours and services.

While seniors' activity centres across Ottawa have shut down to limit the spread of COVID-19 among the vulnerable older adult population, senior/community centres continue to coordinate volunteers, plan meals, and reach out by phone.

To see what temporary changes are being offered, visit the Regional Geriatric Program of Eastern Ontario (RGPEO) website to see the latest updates.

## RECIPE OF THE MONTH

### Quick Chili Mac

#### Ingredients

- 1 cup uncooked elbow macaroni
- 1 lb. ground beef
- 1 small green pepper, chopped
- 1 small onion, chopped
- 2 cans (15 oz. each) chili with beans
- 1 can (11 oz) whole kernel corn, drained
- 1 cup shredded cheddar cheese

#### Directions

Cook macaroni according to package directions; drain. Meanwhile, in a large skillet, cook and crumble beef with pepper and onion over medium heat until no longer pink, 5-7 minutes; drain.

Stir in chili, corn and macaroni; heat through. Sprinkle with cheese.

## JOKE CORNER

(Q) What did one ocean say to the other ocean?

(A) Nothing, they just waved.

**Man:** I want to share everything with you.

**Woman:** Let's start from your bank account.

I get plenty of exercise - jumping to conclusions, pushing my luck, and dodging deadlines.

**WASH YOUR HANDS - COVER YOUR EYES, MOUTH, NOSE WHEN COUGHING - STAY HOME SAVE LIVES**