

PH Resource List for “Covid-19 Vaccines and the New Normal” with Dr Nell Thomas, May 13, 2021

1. **Dr. Nell Thomas Biographical Information:**

2. **Face Masks**

* **Understanding their differences:**

<https://www.n95decon.org/files/mask-comparison-factsheet>

* **Everything you need to know about masks:**

<https://www.n95decon.org/publications>

* **The astounding physics of N95 masks:** <https://youtu.be/eAdanPfQdCA>

* **So where’s the fun math magic I promised?** A Fun Explorable Essay on How Masks Can End COVID-19 with highly effective visuals and interactive adjustable calculator:

<https://aatishb.com/maskmath/>

* **Why Masks Work Better Than You’d Think:** <https://youtu.be/Y47t9qLc9I4>

* **Check out “The Slo Mo Guys”** gooey viedo of coughs, sneezes, talking, with Dr. Fauci, special guest: <https://youtu.be/qZ66wJFD3bs>



* **How to select your mask, properly put on and take off, store and wash your mask:**

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

* Public health guidelines and policies regarding wearing a mask in Haliburton:

<https://www.hkpr.on.ca/wp-content/uploads/2020/07/HKPR-COVID-factsheet-Required-Masks-new-July17-aoda.pdf>



3. Testing and Vaccination

* When should I be tested?

Ideally, within hours to days of the start of symptoms. For most patients, shedding of viral RNA is at peak value on the day symptoms start, remains high for approximately 6 days, fades significantly in the second week of illness, and usually stops by day 14. The maximum viral shedding begins 5-8 hours before you even have symptoms.

* Where can I get tested?

[COVID-19 \(coronavirus\) in Ontario](#) provides locations for testing, allows you to book online in some cases, and track your results. Haliburton's COVID Assessment Centre is in the parking lot of the Family Health Medical Clinic. Book a test by calling 705-457-1212, ext 6. You do not need to be a resident of Haliburton.

* Where can I get vaccinated?

[COVID-19 \(coronavirus\) in Ontario](#)

* Visit: website:

www.ontario.ca/bookvaccine; phone: 1-888-999-6488

* Read the [Government of Canada Travel Restriction](#), Exemptions and Advice - Canada.ca

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#a2>

4. Staying informed re infection rates in Canada and Ontario

* [COVID-19 Tracker Canada \(covid19tracker.ca\)](https://covid19tracker.ca)

5. Adverse Vaccine Events

* **Tracked and Monitored here:**

[COVID-19 vaccine safety: Weekly report on adverse effects following immunization - Canada.ca](https://www.hkpr.on.ca)

* Follow updates on the public health websites

<https://www.hkpr.on.ca>

* The Haliburton Family Health Team website

www.hhfht.com

* Public Health Agency of Canada government of Canada website

<https://phac-aspc.gc.ca>

* Tracking the variants:

[\(National SARS-CoV-2 Genomic Surveillance Dashboard | CDC\)](https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/variant-surveillance/variant-info.html)

* The CDC variants tracker (<https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/variant-surveillance/variant-info.html>).

* [Coronavirus disease \(COVID-19\): Outbreak update - Canada.ca](https://www.hkpr.on.ca)