

HEALTHY HEADLINERS

Should I Get It or Shouldn't I Get It, that is Today's Question

Cathy Cook

Since March we have been bombarded with information concerning COVID 19. For something that we knew so little about we sure have come a long way on the COVID Information Highway. All the information available can be confusing. The latest piece of information is no exception. The COVID Alert App is the newest innovation in the fight against COVID 19.

There are varied opinions on the benefit of this product, some good, some not so good. Again, I think it's up to the individual as to whether or not you choose to use the app.

We can help you make that decision by providing you with as much information as we can about the app. So, I have done a bit of research and can provide you with the details and then the decision is yours.



COVID Alert for iOS & Android

(info taken from the Government of Canada website, <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html>)

The COVID Alert helps break the cycle of infection. The app is an early warning system, even before any symptoms appear.

The app uses Bluetooth for transmitting. Now you might be asking, what is Bluetooth? Bluetooth is a short-distance wireless connection between electronic devices and found on most mobile devices. Instead of sending data through a cable, it sends data over radio waves. The typical range for Bluetooth is approximately 325 feet.

So, now you're asking, why is this important to know?

Well, COVID Alert uses Bluetooth to exchange random codes with nearby phones that also have the app. Every day the app checks a list of random codes from people who tell the app that they tested positive. So, if you have been near one of those codes in the past 14 days, you will be notified.

COVID Alert does not use your phones GPS or track your location. It also has no way of knowing:

- Your Location
- Your Name or address
- Your Phone's contacts
- Your Health Information
- The health information of anyone you're near.

Technical Details Simplified

The app runs in the background and will not interrupt the normal operation of your device. Whenever you're near someone else with COVID Alert, both devices will exchange random codes every 5 minutes.

The random codes change often and cannot be used to identify you. The app estimates how near people are to you by the strength of the Bluetooth signal. If you're closer than 2 meters for more than 15 minutes, the app will record an exposure.

If someone with the app is diagnosed with COVID 19 they can choose to upload the random codes their phone sent. By uploading the codes, you are sending them to a central server. The server only gets the codes, it does not get any information about the person.

Every day, whenever it has an internet connection, your phone will get a list of the random codes from people who reported a diagnosis. If it finds codes that match, the app notifies you that you've been exposed and explains what to do next.

You should also know about a few of the current drawbacks with the app.

It will only be a benefit to you if you have Bluetooth initiated and you have your phone with you.

At the time of writing this you can report a diagnosis in 8 provinces/territories. They include:

New Brunswick

Newfoundland and Labrador

Ontario

Saskatchewan

Manitoba

Nova Scotia

Prince Edward Island

Quebec

The app is completely voluntary. You choose to download, use or delete it. The more people who use it the more effective it will be in helping to protect each other and our communities.

So, there you have it. That's how the COVID Alert app works. Check out the "**NEWS**" section located at the bottom of each page on our website www.northshorefamilyhealthteam.ca for the article "Do You Have the COVID Alert App Yet?" for a video that has additional details about the app.

Make your choice today!

*The **North Shore Family Health Team** would like to take a moment to Welcome its newest Team Member, **Katie Freeman!!***

Katie is our not so new now Registered Social Worker!!

Welcome Katie!!

Your Contact Information Is Important to Us

Cathy Cook

Have you changed your email address, landline number, cell phone number, mail address or have you removed one of the listed?

If the answer is yes, then please, call the clinic and let us know of the changes.

Having current contact information on our patients is very important to us!!



Mental Health in a Pandemic

Katie Freeman, RSW

I am not sure about most of you, but at times this pandemic has really put a cramp in my happiness lifestyle. As if life wasn't difficult enough, now we have had to move away from stress relievers like the gym, social gatherings, movies, local coffee shops, family and friends.

You may often hear things like, "everyone is going through this" or even "people are taking this too far". Whether you are a parent dealing with children at home, a senior with worries about your health, a social being missing your friends or even just frustrated at the new slowness and extra hurdles of many things, the most important thing you can do is acknowledge that the pandemic is affecting you and that this is normal given our world situation.

You may be experiencing anxiety and low mood and feeling unsure why? As a counsellor, I see that most people have a desire to move forward and may be tripping over increased frustration, isolation and the real impacts of loneliness. So how do you manage when life as you knew it has changed?

In my experience, one of the best things people can do for themselves is to acknowledge the personal changes felt in their own lives. We all need to stop being so hard on ourselves and each other. Some of us miss work, some of us struggle without structure, and some of us miss the days when you could enter a store without a mask or a sanitizer bath. On the other spectrum, some folks may have loved the opportunity to be home and worry about returning to their previous lifestyle. Many people have real worries about the future, finances, the environment and the world we are leaving to the next generation. Whatever you are feeling, a good place to start is to give space to your own experience and emotions without judgments.

And then what, you may ask? Well, then you can ask yourself what opportunities could come from slowing down, the collective struggle we are experiencing, and a new future. Is it possible that before this you were trying to do too much? What are the possibilities in your life that you may now have space to explore?

If you have felt more anxious and depressed than usual, you are most definitely not alone. Mental health issues have risen significantly and it is important to talk to friends and family, or reach out to health care

providers and speak your truth about your experience. Counselling can support a different outlook on life and help move you into a more positive way of seeing your present and your future.

In your community you can seek counselling supports from the Northshore Family Health Team, North of Superior Programs and Dilico. Below are some links to other helpful resources.

Be safe and kind to yourself and others.

Adult Counselling

North Shore Family Health Team: 824-2952; 825-3235

North of Superior Counselling Programs: 824-3236

Dilico: 807-887-2514

Children's counselling

North of Superior Counselling Programs: 824-3236

Dilico: 807-887-2514

Peer Support

People Advocating Change through Empowerment 824-1362

Big White Wall – online mental health community <https://www.bigwhitewall.com/>

Rural Ottawa South Support Phone Line

The phone line is open seven days a week, 8 a.m. to 12 a.m. Anyone in Ontario 55 and older can call **613-692-9992**, or outside Ottawa toll-free **1-855-892-9992**. Calls are confidential and answered by trained volunteer.

Online Therapy

Bounce Back: <https://bouncebackontario.ca/>



Annual Physicals, Do We Still Need Them?

Susan Fairservice, NP



In these unfortunate times of Covid-19 we are constantly re-evaluating how we are providing health care to our patients. Previously many of our patients would book an annual physical with myself or their family physician to review their health status and their concerns.

However currently due to this pandemic, we are trying to discourage our patients from having in person appointments and instead schedule virtual or phone appointments.

Thus, this leaves many of you with the question of when will I have my annual medical that I normally have?

Upon review of the current guidelines on annual physicals it has become apparent that we need to change how we provide health care to our patients.

The current recommendations from Choosing Wisely Canada are that most people should only schedule a test or examination if they have symptoms or risk factors. Research has shown that annual checkups do not help you live longer, and unfortunately unnecessary tests can cause problems.

Choosing Wisely Canada is the national voice for reducing unnecessary tests and treatments in health care.



The Screen for Life Coach is coming to a location near you!

Mobile Screening Services for Breast, Cervical and Colon Cancer

Providing screening services at these locations:

ONLY these locations for 2020

Marathon: Sept 8 - Oct 7

Geraldton: Oct 25 - 30

Nipigon: Oct 30 - Nov 8

The Screen for Life Coach has implemented safety precautions to keep everyone safe.

Call to book your appointment

1-800-461-7031

www.tbrhsc.net/screenforlife



Announcement



Want the latest from the North Shore Family Health Team?

Go to

www.northshorefamilyhealthteam.ca

and sign up for e-blasts, newsletters, etc.






MINDFUL EATING PROGRAM

Do you eat when you're not hungry?

November 24, 2020
 December 1, 2020
 December 8, 2020
 December 15, 2020
 January 8, 2021
 January 12, 2021

Do you struggle with cravings?

6:00 pm - 8:00 pm

Terrace Bay Community Centre
Activity Room

For more information or to register please call Andrea at 825-3273 extension 199

Note: Face coverings must be worn at all times while in the Community Centre.

Diets never work? Do you eat for emotional reasons?

Allied Health Professionals

Nurse Practitioner – Sue Fairservice

Registered Practical Nurses – Chelsea Cole & Lisa Tymko

Registered Dietitian- Andrea Kennedy

Registered Social Worker – Katie Freeman

Administration Staff

Administrator – Mary Lynn Dingwell

Administrative Clerk – Cathy Cook

North Shore Family Health Team Board of Directors

Dr. Hurst; Dr. McLeod; Dr. Shaheen; Dr. Rushton

J. E. Stokes Medical Centre

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