



Village of South River

These are the most important ways that you can protect yourself and your family from respiratory illness, including COVID-19.

- Make a plan
- Fill your prescriptions
- Stock up on essentials but avoid panic buying
- How to care for those who are ill

If you or a member of your family become ill with COVID-19, there are [precautions that should be taken in the home](#). Your health care provider will advise you if hospital care is more appropriate.

To prepare for this potential situation, you should have on hand:

- soap
- facial tissue
- paper towels
- alcohol-based hand sanitizer
- household cleaning products
- regular detergents for washing dishes and doing laundry
- fever-reducing medications, such as acetaminophen or ibuprofen
 - this includes products for children if you are a parent or caregiver
- plastic garbage bags for containing soiled tissues and other waste
- household bleach for creating a solution of 1 part bleach to 9 parts water to disinfect surfaces

- Get reliable information
- Communicate with family, friends and neighbours

Food and COVID-19

Measures to protect yourself from COVID-19 include making sure you are ready in case the illness spreads in our communities. To help prevent the spread of COVID-19, [social distancing](#) is being recommended, as well as [self-isolation](#) if you have [COVID-19 symptoms](#) and/or have returned to Canada from another country within the last two weeks.

Here are a few tips to help you while grocery shopping to ensure you're prepared to be at home and that there is enough food for all in our communities.

Food purchasing

- According to the [Ministry of Agriculture, Food and Rural Affairs](#), our food system, including food distribution, is strong and can meet the needs of communities across Ontario. This means that there will be enough food for all, at all times.
- Try to buy enough food to have a 2 week supply, in case you and/or your household need to stay in isolation. If you already have enough, don't buy extra.
- Don't panic buy, it is important to make sure there is enough food at the grocery stores for all. Many people are not able to easily stock up, such as older adults, those with limited access to transportation, households without enough money, or those who are not able to store large amounts of food.
- Keeping enough food for 2 weeks also means not needing to visit the grocery store as often. This means stores are less crowded, which can decrease the risk of COVID-19 for everyone, including staff.
- Try your best to plan for balanced meals and include foods from [Canada's Food Guide](#).

What should I buy?

Check the list of suggested items below. Take some time to go through your fridge and pantry. See what you have, what you are missing and/or running low on, before you go to the store. This will help you spend less time at the store.

Vegetables and fruit

- Fresh vegetables with a longer shelf life to store in a cupboard:
 - Potatoes, yams/sweet potatoes, winter squash, onions
- Fresh vegetables with a longer shelf life to store in the fridge:
 - Beets, carrots, parsnips, rutabaga, turnip, cabbage

- Frozen and canned vegetables, tomato sauce
- Fresh fruit with a longer shelf life to store in the fridge:
 - Apples, melon, oranges, grapefruit, pears
- Frozen and canned fruits, dried fruit, applesauce

Whole grain foods

Rice, couscous, quinoa, tortillas, pasta, cold and hot cereals, crackers, granola bars

- Bread and bread products (e.g., bagels, pitas, buns, English muffins) with a longer shelf life or that can be frozen
- Flour and other baking products to make homemade baked goods (e.g., flour, oil, butter or margarine, sugar)

Protein foods

- Canned or dried beans and legumes, like chickpeas, lentils, kidney beans, baked beans
- Nuts, seeds, nut butters
- Fresh meats that can be frozen
- Frozen and canned meat and fish
- Yogurt, hard cheese, non-refrigerated milk and plant-based beverages, milk powder, evaporated milk
- Eggs

Other food items with a longer shelf life

- Frozen or canned soup, stews, meals
- Your preferred beverages such as coffee, tea or hot chocolate
- Other flavourings frequently used in your cooking and meals, such as condiments, bouillon cubes, spices, jam or honey
- Infant formula and meal replacements (if applicable)

Food Preparation

Take care to prepare food safely, especially if you will be sharing the food you make with others.

- Cook food, especially meats, to **the right temperature.**
- Wash your hands before cooking, during cooking as needed, and before eating
- Wash your vegetables and fruits
- If sharing food, divide it first and avoid sharing personal items (e.g., cutlery, napkins, cups)

Lastly, remember we are all in this together - **support your family and community.** If you know of someone who cannot access food due to being isolated or high-risk, do your best to help as you can.