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by caring for seniors

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March 28/29

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St. Joseph Parish

Established in 1878

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162 Leslie St. Toronto, ON M4M 3C7 **Tel:** 416-466-7815 or 647-967-5712 **Fax:** 416-619-4477

Email: stjosephparishtoronto@gmail.com **Website:** <https://stjosephsto.archtoronto.org>

What you need to know about the COVID – 19 coronavirus and how to deal with it

WHAT IT IS?

Coronaviruses are a large family of viruses. Some cause illness in people and others cause illness in animals. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold. COVID – 19 is a new disease that has not been previously identified in humans.

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 generated when a person coughs or sneezes
- Close, prolonged personal contact, such as touching or shaking hands
- Touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands

THE SYMPTOMS

Those who are infected with COVID – 19 may have little to no symptoms and may take up to 14 days to appear. Symptoms have included fever, cough, difficulty breathing and pneumonia in both lungs.

TREATMENT

For now, there is no specific treatment for COVID -19. Most people with mild coronavirus illness will recover on their own. At this time, there is no vaccine for COVID -19. Flu vaccine will not protect you. While coronaviruses are a respiratory illness, these infections are not the same as those that cause the flu.

PREVENTION

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food.
- Use alcohol based hand sanitizer if soap and water is not available
- Cough and sneeze into a tissue or the bend of your arm, not your hand
- Avoid touching your eyes, nose or mouth with unwashed hands
- Clean high touch surfaces frequently with regular household cleaners or diluted bleach (one part bleach to nine parts water): toys, toilets, phones, electronics, door handles, bedside tables, TV remotes.

MASKS

If you are healthy individual, the use of a mask is not recommended. There is a potential risk of infection with improper mask use and disposal. They also need to be changed frequently. However, your health care provider may recommend you wear a mask if you are experiencing symptoms of COVID -19 while waiting for care.

In view of the requirements of the Government of Ontario, during this medical emergency, beginning Tuesday, March 17, 2020, all public Masses are cancelled, both during the week and on the weekend.

New Parish office hours:

Monday and Thursday from 10:00am to 12:00 noon.

For any assistance call

Fr. Francis at (647) 967-5712



How can you “Live the Gospel” when life is so busy?

Many people help those in need by volunteering at a local organization. But if your schedule doesn't allow for it, you can still make a huge impact in your community by supporting ShareLife-funded agencies. Next Sunday is the first ShareLife collection. Over the next week, please reflect on your ability to “Live the Gospel” by making a sacrificial gift to our parish ShareLife campaign.

Next Sunday, March 29 is ShareLife Sunday. Please give generously.

MASS INTENTIONS †

Sunday, March 22

10:00 am † **George Waugh**

Req. Ernest & Vincenza Spiteri

† **Fr. Manuel Costa**

Req. Alfredo Costa

Monday, March 23

9:00 am † **All Souls in Purgatory**

Req. Maria Carmo Oliveira

Tuesday, March 24

9:00 am **Health of Holly Sheridan**

Req. Friends

Wednesday, March 25

7:00 pm † **Natividad Perez**

Req. Laura & Allan Selman

Thursday, March 26

9:00 am † **Alvaro Gomes**

Req. Gomes Family

Friday, March 27

7:00 pm † **Alvaro Gomes**

Req. Gomes Family

Saturday, March 28

5:00 pm † **Alvaro Gomes**

Req. Gomes Family

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