



# IMPORTANT COVID-19 ADVISORY

**Date: April 11, 2021**

**From: COVID-19 Task Team and HFN Council**

Aanii Hiawatha Citizens, Residents and OSM Residents,

We have had a small number of confirmed COVID-19 cases identified in Hiawatha over the weekend. We are not disclosing exact number as individuals have the right to privacy and not disclose who they are.

Close high-risk contacts have been identified and in process of being notified by Peterborough Public Health. Low-risk contacts will not be contacted by Peterborough Public Health, but must self-monitor. The origin of this outbreak cannot be confirmed at this time.

If you are a confirmed case of COVID-19, or become diagnosed with COVID-19, or identified as a high-risk contact (see attached chart) by Peterborough Public Health and are required to self-isolate, please know we are here for you and to help assist you through your self-isolation requirements.

Should you require any assistance with food, water, medications, etc. please contact our Community Health Nurse, Lori Webster or our Health Manager, Tina Howard at 705-295-4421.

**Let's keep those impacted directly and indirectly by this virus in our thoughts and prayers.**

**Please remain vigilant in the health and safety measures and stay-at-home orders that are in place.**

***“Our Citizens and Community remain our first priority and we will work to mitigate risks for best possible outcomes moving forward through the COVID-19 pandemic.”***

# COVID-19 Contact Risk Level Information Sheet

<p><b>High Risk Contact</b></p>	<p>A high-risk contact corresponds generally to a person who has been in sustained physical contact with the person who tested positive without wearing a procedure/protective mask:</p> <p>(i.e. someone living under the same roof, someone who is an intimate or sexual partner or someone who has had direct contact with infectious biological fluids such as saliva).</p> <p>OR;</p> <p>Has had close contact (less than 2 m) for more than a total of 15 minutes with the person who tested positive without wearing a procedure/protective mask.</p>
<p><b>Low-risk contact</b></p>	<p>A low-risk contact is someone:</p> <ul style="list-style-type: none"> <li>• who was more than 2 m away at all times from the person who tested positive</li> </ul> <p>OR;</p> <ul style="list-style-type: none"> <li>• who wore appropriate personal protective equipment</li> </ul> <p>OR;</p> <ul style="list-style-type: none"> <li>• who was less than 2 m away, but for less than 15 minutes</li> </ul>
<p><b>I have COVID-19 symptoms?</b></p>	<ul style="list-style-type: none"> <li>• Take the COVID-19 symptom self-assessment quiz.</li> <li>• Self-isolate at home.</li> </ul>
<p><b>I have symptoms and am awaiting the results of a COVID-19 test?</b></p>	<ul style="list-style-type: none"> <li>• Self-isolate at home and await the results of the test.</li> </ul>
<p><b>My test results for COVID-19 came back positive?</b></p>	<ul style="list-style-type: none"> <li>• Self-isolate at home.</li> </ul>
<p><b>I have been in contact with someone who tested positive for COVID-19, and am in the high-risk category*?</b></p>	<ul style="list-style-type: none"> <li>• Self-isolate at home for the 14 days following your last contact with the person who tested positive.</li> <li>• If you take a COVID-19 test and it comes back negative, continue your 14-day isolation.</li> </ul>
<p><b>I have been in contact with someone who tested positive for COVID-19, and am in the low-risk category*?</b></p>	<ul style="list-style-type: none"> <li>• Monitor yourself to watch for symptoms, as you normally would, but you do not need to self-isolate.</li> <li>• Note: Public Health authorities do not notify anyone who is a low-risk contact.</li> </ul>
<p><b>I live with someone who has symptoms and is awaiting the result of a COVID-19 test?</b></p>	<ul style="list-style-type: none"> <li>• Self-isolate at home and await the results of the test.</li> </ul>