



# IMPORTANT NOTICE

**Date: April 12, 2021**

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

**Re: COVID-19 Update #20**

Aanii Hiawatha Citizens, Residents, and OSM Residents,

As you are aware, we have had a small number of confirmed COVID-19 cases identified in Hiawatha over the weekend. Exact numbers will not be disclosed as individuals have the right to privacy and not disclose who they are.

Close contacts have been identified and notified by Peterborough Public Health. The origin of this outbreak cannot be confirmed at this time.

We remind you that a 'Stay-at-Home Order' is in place and you **MUST NOT** socialize outside your family household. Socialize means:

- **NO** gatherings inside your home.
- **NO** other person inside your home, other than those with whom you live.
- **NO** more than 5 people outside your home and you must be wearing masks and keeping 6ft of physical distance.

## **Enforcement:**

- Hiawatha Police and OPP will be monitoring the Community and failure to follow these restrictions will result in fines.

We must remain vigilant with the health and safety measures in place as:

- We are in Wave 3, and this will be the worst wave so far due to the Variants of Concern (VoCs)
- COVID cases have been increasing 20 – 30% each week for the last 3 weeks
- Variants account for 60% of all COVID cases and have severe consequences and increased fatalities
- The UK variant is the identified variant in the majority of cases

- These variants are affecting those ages 29 – 50 with increased hospitalizations and deaths reported
- Variants are now in all PPHs
- Testing is being done for 1.1.5 which tests for variants – the testing for specific variants takes up to 3 weeks for results
- Currently there are over 600 people in ICU, which is the highest from the beginning of the COVID-19 Pandemic

Out of an abundance of caution, and due to the Variants of Concern (VoC), **HFN Child Care Centre and Youth Centre will be closed immediately**, and the **Administration and Health Offices will be closed until further notice**. We will be monitoring and assessing the situation on a day-to-day and weekly basis.

### **Programming:**

Due to the “Stay-at-Home” Orders in place, program drop-offs and/or pick-ups will not take place until further notice.

### **ORRS:**

ORRS will remain open to be able to provide services so our Citizens do not have to travel to Peterborough, where COVID-19 cases are higher. Please follow all health and safety measures in place. At this time, only **1** customer will be allowed in at the Gas Till end and in the main part of the Store.

The health and safety measures we have in place exceed the mandatory Public Health COVID-19 requirements, in order to keep the risk of transmission low.

### **Vaccine Clinics:**

Our Vaccine Clinics will proceed on April 23, 24 and 25, 2021, (as noted in the vaccine flyer sent on Friday, April 9, 2021).

### **COVID-19 Health and Safety Protocols:**

- Practice physical distancing of at least two metres (6ft) with those outside your household.
- Wear a face covering when physical distancing is a challenge or where it is mandatory to do so.
- Face coverings should be tightly fitted to cover the nose, mouth, and chin.
- Wash your hands frequently and thoroughly. Use hand sanitizer when soap and water is not available.

## COVID-19 Symptoms and Testing:

Symptoms of COVID-19 can vary from person to person. They may also vary in different age groups.

Some of the more commonly reported symptoms include:

- new or worsening cough
- shortness of breath or difficulty breathing
- temperature equal to or over 38°C
- feeling feverish
- chills
- fatigue or weakness
- muscle or body aches
- new loss of smell or taste
- headache
- gastrointestinal symptoms (abdominal pain, diarrhea, vomiting)
- feeling very unwell

Children tend to have abdominal symptoms and skin changes or rashes. Symptoms may take up to 14 days to appear after exposure to COVID-19.

You can infect others even if you are not showing symptoms, and this virus can be spread to others from someone who is infected but not showing symptoms.

This includes people who:

- have not yet developed symptoms (pre-symptomatic)
- never develop symptoms (asymptomatic)

This kind of spread is known to happen among those who are in close contact or are in enclosed or crowded settings.

### Testing is available if you:

- have symptoms of COVID-19, or
- have been advised by public health that you should be tested because you were in contact with someone who tested positive for COVID-19, or
- have received exposure notification through the **COVID-19 Alert** app, or
- have been advised by a medical professional that testing is required prior to a procedure, or
- are required to be tested routinely, such as staff at long-term care homes or retirement homes, or
- are planning to visit a loved one indoors at a long-term care home, or
- are a student or staff member at a school who had symptoms and require a test to return to school.

## Testing Sites:

- The **Peterborough Regional Health Centre (PRHC)** Assessment Centre provides testing for people **with symptoms** seven days per week. The PRHC Assessment Centre operates by appointment only. To book an appointment call **705-876-5086**.
- **Northcrest Arena** (100 Marina Blvd, Peterborough) is providing COVID-19 testing (no doctor assessment) for eligible individuals by appointment only. Appointment times will open for booking the day before the testing date. The hours of operation are Monday through Friday from 10 a.m. until 5:30 p.m. An appointment can be booked online at: [www.peterboroughpublichealth.ca](http://www.peterboroughpublichealth.ca) and you meet one of the following criteria:
  - You are showing mild symptoms of COVID-19
  - Peterborough Public Health has informed you that you have been exposed to a confirmed case of COVID-19
  - You have received a notification through the COVID-19 Alert App
  - You are part of an outbreak investigation as informed by Peterborough Public Health
  - You are required to be tested routinely, such as staff at long-term care and retirement homes
  - You are planning an indoor visit with a loved one at a long-term care home
  - You are a traveller without symptoms and require a test to confirm you do not have COVID-19 before travelling internationally
  - You have been advised by a medical professional that testing is required prior to a procedure
- **Shoppers Drug Mart** (Lansdowne & High Streets - 741 Lansdowne St.) provides COVID-19 testing for those without symptoms and who meet one of the following criteria:
  - Residents or workers in long-term care home
  - Visitors to a long-term care home
  - Residents or workers in homeless shelter
  - International students that have passed their 14-day quarantine period
  - Farm workers
  - Self-Identified Indigenous
  - Resident or worker in other congregate living settings and institutions
  - Staff working in schools (including supply and specialty teachers), school boards, and childcare settings in select Public Health Units (PHU)†
  - Individuals, and one accompanying caregiver, with written prior approval for out-of-country medical services from the General Manager, OHIP
  - Individuals who are travelling into remote/isolated First Nation and Indigenous communities for work purposes

If you fall into one of these groups above, you may book an appointment by calling **705-748-6141** or emailing [asdm614@shoppersdrugmart.ca](mailto:asdm614@shoppersdrugmart.ca). Testing is available for those five years of age and older.

If you are a confirmed case of COVID-19, or become diagnosed with COVID-19, or identified as a high-risk (see attached chart) contact 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.

We ask that everyone to continue to remain vigilant in your measures to keep yourselves, your families and our Community safe.

Let us say remember our Seven Grandfathers Teachings of Wisdom, Love, Respect, Bravery, Honesty, Humility, and Truth, and send out Prayers and Thoughts and Kindness to those affected directly and indirectly by the COVID-19 virus. Together we are strongest when we support and care for each other in a good way, in the way Creator intended for us to do.

***“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 Close Contact and Self-Isolation Information Sheet

What does  
'Close  
Contact'  
Mean?

A 'Close Contact' means that you are caring for or living in the same household as someone who has Covid-19 or have otherwise been identified as a Close Contact by Peterborough Public Health.

## You MUST self-isolate if:

- You have been diagnosed with COVID-19.
- You have been exposed to someone diagnosed with COVID-19
- You have COVID-19 symptoms, have been tested for COVID-19, and are awaiting the results of the test.
- *However*, if your symptoms are **very severe** (shortness of breath, chest pain, confusion) call **9-1-1** or go to your local emergency room.
- If you need someone to talk to about mental health concerns, please call the **Four County Crisis Line** (24 hours a day/7 days a week) at **705-745-6484** or toll-free at **1-866-996-0991**. If you (or your child) are experiencing thoughts of suicide or harming yourself, please call **9-1-1** or go to your local emergency room. For additional supports and services see here: [COVID-19 and Mental Health](#)

## How Long Do I Need to Self-Isolate For?

- If you have been diagnosed with COVID-19, you must self-isolate for the full period of time discussed with you by Public Health.
- If you have been exposed to someone with COVID-19 you must self-isolate for a **full 14 days** from the time of your last exposure. **Even if you test negative during this time period, you must self-isolate for the full 14 days**
- If you were tested because you have COVID-19 symptoms, you must self-isolate until you receive a negative test result *and* your symptoms are improving for 24 hours.

## For more information, visit:

<https://www.peterboroughpublichealth.ca/novel-coronavirus-covid-19/covid-19-self-isolation/>



## Close Contacts

### What is a close contact?

If you interacted with someone who has been identified as a positive COVID-19 case either

- 48 hours before the person began having symptoms
- OR**
- 48 hours before the test day for someone who did not have symptoms, you may be a close contact.

Generally, close contact means being less than 2-metres away in the same room, workspace, or area for 15 minutes or more over a 24-hour time period with a confirmed case. Due to the increased risk with Variants of Concern (VOCs), the threshold for identifying close contacts is lower. For example, if you were wearing a mask, but did not maintain 2-metres distance from a positive COVID-19 case, you will be considered a close contact. Reduce your risk by limiting your close contacts to household members only.

### How will I know if I am a close contact?

Once Peterborough Public Health (PPH) has been notified of a positive result, a case manager will follow-up with the individual to let them know they have tested positive for COVID-19. The case manager will complete an interview to determine the places they went while infectious, such as work or other public places, and who their close contacts are. A contact manager will follow-up with all the close contacts that have been identified to advise them to immediately self-isolate for 14 days from the last day of exposure to the case, and provide other applicable instructions.

You can also download the COVID Alert app. The app will inform you if a phone near you was from a user who indicated on the app that they tested positive. For more information on the app, please click [here](#).

### What will I need to do as a close contact of someone who has tested positive for COVID-19?

Close contacts will be asked to:

- Self-isolate immediately for 14 days from the last day of exposure to the case. This window is known as the incubation period for the COVID-19 virus.
- Get tested, the contact manager will advise when this should be done
- Inform their household members that they are required to stay home and only leave for essential purposes, such as school, work, and/or grocery shopping. This is done to help reduce the spread, especially of more highly transmissible VOCs.

Close contacts will be provided with information on how to self-monitor for symptoms and what to do if they develop symptoms over the 14 days of self-isolation.

## What happens if the individual was out in the community (e.g., at work, place of worship, or at a grocery store) while infectious?

If a person was in contact with others while infectious, PPH will determine whether there was any increased risk of exposure to others. For example, a brief interaction, such as walking past someone, does not pose an increased risk. If a public health risk is identified, PPH will take any other measures needed to reduce the risk of transmission. This may include conducting an inspection, issuing an order, or notifying the public.

## What if I was exposed and have not been contacted by PPH?

If you have not been contacted but you are concerned that you have been exposed to COVID-19, self-isolate immediately and call 705-743-1000 to speak with a public health nurse who can help assess your risk as a potential close contact. If you are experiencing any sign or symptom of COVID-19, regardless of your contact history, you should self-isolate and get tested. You can refer to the [Peterborough Public Health website](#) for local testing options.

## I learned about this case from social media – is Peterborough Public Health going to alert the public about this?

If there is an increased health risk to the public, PPH would alert the public of an outbreak in any facility, clinic, business or public setting. The public health measures that have been mandated by the province, if followed correctly, should help keep you safe.

When there is a low risk to the public, PPH encourages the facility to disclose this information to reassure the public they are working with public health and taking the necessary measures to control the spread of infection.