



Date: December 16, 2021

From: COVID-19 Task Team and HFN Council

Re: Rapid Antigen Tests and Medical Grade Masks Packages

Aaniin Hiawatha Citizens,

In Response to new COVID-19 measures being implemented by Ontario, Peterborough Public Health and Hiawatha, due to the immediate concerns of Omicron variant, we will have medical supply care packages available at the LIFE Services Centre on Friday, December 17, 2021 from 8:30 a.m. – 5:30 p.m.

These packages will include: **Rapid Antigen Tests (1 per household), medical grade masks and hand sanitizer.**

To support limiting the spread over the holidays please consider the following:

- Events and gatherings have the potential to increase the risk of COVID-19 transmission, especially for those who are at high-risk of severe disease and/or exposure to COVID-19. Limit gathering as much as possible.
- If gathering, considering opening windows to increase air ventilation.
- Wash your hands thoroughly or use hand sanitizer regularly, especially after opening gifts or before preparing, serving and eating food.
- Stay home if you are sick, even if your symptoms are mild.
- Even if fully vaccinated, you must wear a face covering and physically distance when it is required.
- Regardless of where you are, you can wear a face covering and physically distance if you feel it is right for you, especially if you or others are immunocompromised or at high-risk of severe disease or exposure to COVID-19
 - A medical grade mask (N95, surgical) is the best option to protect yourself and others.
 - If gathering over the holidays, consider taking rapid test prior to gathering.

If you receive a positive result on your rapid antigen test, the following guidelines apply:

1. Confirm the result:
 - Get tested as soon as possible (ideally within 48 hours) at a local COVID-19 assessment centre, participating licensed community lab or specimen collection centre, where available. Go to www.covid-19.ontario.ca to find one near you.
2. Self-isolate:
 - Go home immediately and self-isolate at home until you receive your confirmatory test result. This means that you should only leave your home for critical reasons (like a medical emergency) and avoid contact with other people (including your household members).
 - If your confirmatory test is positive, you will need to continue self-isolating, and your local public health unit will be in contact with you.
 - If you do not get a confirmatory test, you should remain self-isolated until 10 days have passed since your positive antigen test result. If you do not get a confirmatory test you should inform everyone you were in close contact with in the 48 hours before your antigen positive result that they should self-isolate and get tested.
3. Get a PCR test if:
 - a. you have symptoms of COVID-19; or,
 - b. you've been identified as a high-risk close contact of a known COVID-19 case by your local public health unit.

Please drop by the LIFE Services Centre on Friday, December 17, 2021 from 8:30 a.m. – 5:30 p.m. to get your Rapid Antigen Tests (1 per household), medical grade masks and hand sanitizer.