



IMPORTANT NOTICE

PLEASE READ

Date: December 24, 2021

From: COVID-19 Task Team and HFN Council

Re: COVID-19 Update # 28 – COVID-19 Case, Contact and Outbreak Management Guidance

Aanii Hiawatha Citizens,

We know that the Omicron variant has a rapid rate of transmission. The increase in positive cases is putting a strain on all areas of public health, including the Peterborough Public Health Unit, Peterborough Regional Health Centre, COVID-19 testing sites, etc.

Due to the strain on the health system and staff shortages, in order to assist in Public Health Measures, interim guidance on Cases, Contact and Outbreak Management has been implemented. Updated Case and Contact Management for All COVID-19 Cases are now being sent to the Provincial Workforce (PWF) for initial contact, the PWF will:

- Provide cases with self-isolation instructions as well as testing and self-isolation information to be passed onto their household members and other high-risk contacts (a virtual handout will be provided).
 - Ask all household members and high-risk contacts to be tested right away and again 7 days after the exposure.
 - Ask household members of cases to self-isolate, regardless of vaccination status.
 - Ask high-risk contacts (non-household members) who are symptomatic, not fully vaccinated or immunocompromised to self-isolate for 10 days.
- Following the initial case assessment by the PWF as outlined above, if a case is determined to live, work, attend, volunteer or be admitted in any of the following high-risk settings, the PWF will send these cases back to the Public Health Unit for additional follow up. High-risk settings include:
 - Hospitals and Health care settings (including complex continuing care facilities and acute care facilities)

- Congregate living settings (e.g., Long-Term Care, Retirement Homes, group homes, shelters, hospices, post-secondary dormitories, temporary foreign worker setting, correctional institutions)
- Elementary School, Middle School or Secondary School
- Child Care Centres, Camps

Peterborough Public Health (PPH) is following the above measures and will only be able to provide case contact for the high-risk settings noted above.

As part of PPH's case and contact guidance they are requesting:

- If you have any respiratory symptoms (including a runny nose) isolate immediately and expect to continue to isolate for 10 days. Alert everyone that everyone that you have come into contact with within the last 2 – 3 days and ask them to self isolate as well.
- Seek PCR testing, and if there is a significant delay in getting an appointment do not worry continue to self isolate and if you have a Rapid Antigen Test (RAT) available consider using this.
- If you have symptoms and test negative on the RAT assume you still have COVID.
- If you test positive on the RAT isolate immediately and expect to isolate for at least 10 days. Alert everyone that you have come into contact with within the last 2 – 3 days and ask them to self isolate as well, and seek PCR testing.
- If you test positive with a PCR test isolate immediately and expect to isolate for at least 10 days. Alert everyone that you have come into contact with within the last 2 – 3 days and ask them to self isolate as well, and that they too should seek PCR testing.

*Delays in PCR testing will not impact duration of isolation.

Hiawatha is here to assist you with this, if you test positive and would like our assistance in case and contact management, please contact Renee Harrison, HFN Pandemic Nurse at 705-295-4421 or by email at chn@hiawathafn.ca

If you require assistance during our office closure (December 20, 2021 to January 3, 2022), you can contact **Chief Laurie Carr at 705-927-7012** or **Administrator, Trisha Shearer at 705-977-0755** or **Health Manager Tina Howard at 705-930-1107**.

This can all be overwhelming and we are here to help take some of the stress and burden off you, and support you through this time.

PCR Testing:

Bring your Ontario Health Card to any appointment to ensure test results are available online.

If you have moderate **COVID-19 symptoms** and require a physician assessment, please call 705-876-5086 to book an appointment. If you are asymptomatic or

experiencing mild symptoms that do not require a physician assessment, please book online at: <https://peterborough.appointio.tech/MonthView>

Just a reminder, to mitigate COVID-19 transmission that can occur at informal social gatherings, the social gatherings are limited to:

- 10 people indoors and 25 people outdoors.

Please follow all health and safety protocols and complete an antigen test before you gather.

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.
- Wash your hands frequently and thoroughly. Use hand sanitizer when soap and water is not available.

Face Coverings:

- For the best protection an N95 mask should be worn, if you are not fitted for an N95 mask, the next source of protection is a surgical mask. If you do not have either of these available a cloth mask will be your next source of protection.

Antigen Testing:

- We have provided antigen tests, surgical masks, and are working on obtaining more antigen tests and will let you know as soon as we receive them. In the meantime, please follow all health and safety protocols.
- As noted above, take an antigen test if you plan on attending a gathering.

Vaccines/HFN Vaccine Clinic:

Vaccines are one of the tools in mitigating the risk of contracting and transmitting the COVID-19 virus. If you are vaccinated you can still get COVID-19, however the series of vaccines (3 doses) significantly decreases your risk of hospitalization, going into ICU, and/or death.

The next vaccine clinic for Hiawatha is scheduled for January 15, 2022 for those eligible to receive their third dose (booster) and any person who would like to receive a first or second vaccine.

However, if you would like to get your vaccine (first, second, or third dose) prior to the Hiawatha Clinic, you can book an appointment online at:

<https://covid-19.ontario.ca/book-vaccine> or call: **1-833-943-3900**.

Police Services:

For emergency services call **911**.

For other incidents that require Police attention, which is not an emergency, please call the OPP Line at **1-888-310-1122** to report an incident.

PLEASE NOTE: As noted in the December 17th Update (#27), we will keep you informed of any further changes that arise. Please watch for updates on our Website, Social Media Pages and through email blasts. To help us in our communication efforts, please share any updates with your family, friends, neighbours who may not have access to social media.

Once again, as a reminder, our offices will be shut down from **December 20, 2021** for two weeks, opening **January 3, 2022**. If you require any assistance due to case and contact management and/or self-isolation regarding COVID-19, please contact **Chief Laurie Carr at 705-927-7012** or **Administrator, Trisha Shearer at 705-977-0755** or **Health Manager Tina Howard at 705-930-1107**. We are here to assist HFN Citizens and Community through this time.

We thank you in advance for your efforts in keeping yourself, your family, your neighbours and Community safe.

“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.”