



# IMPORTANT NOTICE

**PLEASE READ**

**Date: December 29, 2021**

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

**Re: COVID-19 Update # 29 – Contacts, Testing and Self-Isolation**

Aanii Hiawatha Citizens,

With the number of positive cases rising, we have been contacted in regards to contacts, testing and isolation periods. Please find below information on these items.

## **What is a close contact?**

- Contact with someone who had a prolonged (15 minutes or more) exposure in close proximity (within 2 metres) to a person diagnosed with COVID-19.
- Contact with a person who is infected with the COVID-19 virus during their **infectious period** and **type of interaction** with them.

## **Infectious Period:**

- 48 hours before the person began having symptoms until 10 days after their symptoms started.
- 48 hours before the test day for someone who did not have symptoms at the time of testing.

## **Type of interaction:**

- You live or provide care in the same home with a person diagnosed with COVID-19.
- You were within 2 metres in the same room, workspace, or area for a prolonged period of time while the person was infectious.
- You had multiple close encounters less than 2 meters away over a 24-hour time period with the person.
- You had close physical contact with the person, such as a hug or a handshake.

## **Case and Contact Guidance:**

If you have symptoms, have tested positive with a polymerase chain reaction (PCR) or Rapid Antigen Test (RAT) test, think you may have or have been a contact of someone who is positive with COVID-19, please follow this important guidance:

If you have any **respiratory symptoms** (including a runny nose) or **symptoms of COVID-19**:

- **Isolate**: Isolate immediately and expect to continue isolation for at least 10 days.
- **Alert contacts**: alert your household contacts to isolate as well for 10 days. Alert other close contacts you have had in the past 2-3 days to self-isolate for 10 days if they are unvaccinated, and if they are vaccinated (2 doses) to monitor for symptoms.
- Seek PCR testing, however, if there is a significant delay in getting an appointment continue to isolate.
- If you have access to rapid antigen testing (RAT) consider using it to test yourself. However, if you have symptoms and test negative on RAT still assume you still have COVID-19 and continue to isolate for 10 days.

If you **test positive with a RAT**:

- **Isolate**: isolate immediately and expect to continue isolation for at least 10 days.
- **Alert contacts**: alert your household contacts to isolate as well for 10 days. Alert other close contacts you have had in the past 2-3 days to self-isolate for 10 days if they are unvaccinated, and if they are vaccinated (2 doses) to monitor for symptoms.
- **Report**: report your RAT result (positive or negative) to Peterborough Public Health here <https://chkmkt.com/RAT21>
- **Seek PCR testing**, however, if there is a significant delay in getting an appointment continue to isolate. You do not need to seek PCR testing to confirm your infection if access to PCR testing remains limited. With widespread community transmission of COVID-19 a positive RAT is nearly certainly truly COVID-19 infection. Do not proceed to an assessment centre or an ER if you are unable to receive an appointment for a PCR test.

If you **test positive with a PCR test**:

- **Isolate**: isolate immediately and expect to continue isolation for at least 10 days.
- **Alert contacts**: alert your household contacts to isolate as well for 10 days. Alert other close contacts you have had in the past 2-3 days to self-isolate for 10 days if they are unvaccinated, and if they are fully vaccinated to monitor for symptoms.

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

**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>

### **RAT Testing:**

- Hiawatha has very limited RAT tests left, we are waiting on an order, but cannot confirm exactly when we will receive them.

### **When/How to Self-Isolate:**

Self-isolating means staying at home and avoiding contact with other people to help prevent the spread of disease.

### **You should self-isolate if you:**

- You have tested positive for COVID-19.
- You have symptoms of COVID-19.
- You have been exposed to someone with COVID-19.
- You have recently returned from travel.
- You are directed to self-isolate by a public health unit or your health care provider.

**This means that you should only leave your home or see other people for critical reasons (like a medical emergency). Where possible, you should try to get what you need:**

- Online
- Over the phone
- From friends, family or neighbours (door drop-off)

Our information is sourced from PPH and if you would like further detailed information you can visit: <https://www.peterboroughpublichealth.ca/novel-coronavirus-covid-19/covid-19-case-and-contact-guidance/>

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](mailto: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.

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.”***