هل نتيجة اختبارك لكوفيد-19 إيجابية؟

تعاني دائرة الصحة العامة في منطقة هالتون حاليا من عدد كبير من حالات كوفيد-19. يرجى التحلي بالصبر حيث أننا نعمل على التواصل مع كل فرد كانت نتيجة اختباره إيجابية لكوفيد-19. اتبع الخطوات أدناه أثناء انتظار مكالمتنا:

1. العزل الذاتي.
2. إذا كنت بحاجة إلى عناية طبية، اتصل بمزود الرعاية الصحية المتابع لك أو تيلي هلث Telehealth، على الرقم 1-866-797-0000.
3. إذا كنت بحاجة إلى عناية طبية فورية، اتصل بالرقم 911.
4. راجع رسالة التعليمات الخاصة بحالات كوفيد-19 هذه حول ما يجب القيام به إذا كانت نتيجة اختبارك لكوفيد-19 إيجابية.
5. إذا لم تتلق بريدًا إلكترونيًا برسالة تحتوي على نموذج كوفيد-19، انقر على الرابط الموجود في النموذج.
6. أخبر الأشخاص الذين خالطتهم بأن نتيجة اختبارك إيجابية وشاركهم رسالة التعليمات الخاصة بمخالطي هذه الحالات.

مرض الفيروس التاجي 2019 (COVID-19)

كيفية العزل الذاتي

يجب عليك عزل نفسك عن الآخرين إذا كان لديك أعراض **COVID-19** أو ربما تكون قد تعرضت لـ **COVID-19**.
إذا بدأت تشعر بسوء، اتصل بمقدم الرعاية الصحية الخاص بك أو برقم الخدمات الصحية عن بعد **(1-866-797-0000)**.



ابق في المنزل

- لا تستخدم وسائل النقل العام أو سيارات الأجرة أو سيارات الركوب.
- لا تذهب للعمل أو المدرسة أو الأماكن العامة الأخرى.



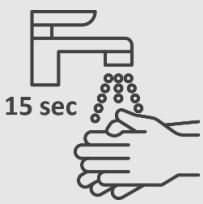
تجنب الاتصال بالآخرين

- لا تستقبل الزوار إلا إذا كان الأمر ضرورياً (مثل مقدمي الرعاية.)
- الابتعاد عن كبار السن والأشخاص الذين يعانون من حالات طبية مزمنة (مثل السكري ومشاكل الرئة ونقص المناعة.)
- قدر الإمكان، ابق في غرفة منفصلة بعيداً في منزلك عن الآخرين واستخدم حماماً منفصلاً إذا كان متاحاً.
- تأكد من أن الغرف المشتركة فيها تدفق هواء جيد (على سبيل المثال النوافذ المفتوحة).
- إذا لم تكن هذه الخطوات ممكنة، فحافظ على مسافة مترين من الآخرين على الأقل في جميع الأوقات.



حافظ على مسافتك

- إذا كنت في غرفة مع أشخاص آخرين، فحافظ على مسافة مترين على الأقل وارتد الكمامة أو غطاء وجه يغطي أنفك وفمك.
- إذا لم تستطع ارتداء الكمامة، فيجب على الأشخاص حولك ارتداءها إذا كانوا في الغرفة التي أنت فيها ذاتها.



اغسل يديك

- اغسل يديك كثيراً بالماء والصابون.
- جفف يديك بمنشفة ورقية أو بمنشفة قماش لا يشاركك استعمالها أي شخص آخر.
- استخدم مطهر اليدين الكحولي إذا لم يتوفر الماء والصابون.

غط سعالك وعطاسك



- غط فمك وأنفك بمنديل عند السعال أو العطس.
- اسعل أو اعطس في كمك العلوي أو كوعك وليس في يدك.
- ارم المناديل المستعملة في سلة مهملات مبطنة، واغسل يديك.
- وضع كيس بلاستيكي كبطانة لسلة المهملات يجعل التخلص منها أكثر أمناً.
- نظف يديك بعد تفريغ سلة المهملات.

ارتد كمامة على أنفك وفمك



- قم بارتداء كمامة إذا كان يجب عليك مغادرة منزلك لرؤية مقدم الرعاية الصحية أو للخضوع لاختبار COVID-19.
- ارتدِ كمامة عندما تكون على بُعد مترين من الأشخاص الآخرين، أو البقاء في غرفة منفصلة.
- إذا لم يكن لديك كمامة، حافظ على مسافة مترين من الناس وغط سعالك وعطاسك. انظر التباعد الجسدي physical distancing .

ماذا أفعل إذا ظهرت لدي أعراض؟

- أكمل التقييم الذاتي لـ COVID-19 Self-Assessment
- اتصل Telehealth (1-866-797-0000) أو مقدم الرعاية الصحية الخاص بك.
- يجب على أي شخص كان لديك اتصال بدني قريب (على سبيل المثال، في منزلك) في اليومين السابقين لبدء الأعراض الخاصة بك أو بعد ظهور الأعراض أن يعزل نفسه أيضًا. إذا كانت لديك أسئلة حول ذلك، فاتصل بوحدة الصحة العامة المحلية local public health unit.
- اعزل نفسك لمدة 14 يوماً من بداية الأعراض.
- بعد 14 يوماً، يمكنك التوقف عن العزل إذا لم تعد مصاباً بالحمى وتحسنت أعراضك، ولكن يجب عليك الاستمرار في اتخاذ إجراءات المسافة البعيدة physical distancing measures.
- إذا لم تكن على ما يرام في اليوم 14، فاتصل بـ Telehealth أو مقدم الرعاية الصحية الخاص بك.

تعرف على الفيروس

COVID-19 هو فيروس جديد. ينتشر عن طريق رذاذ الجهاز التنفسي من شخص مصاب إلى الآخرين ذوي الاتصال الوثيق بهم، مثل الأشخاص الذين يعيشون في نفس المنزل أو يقدمون الرعاية. يمكنكم أيضاً الوصول إلى أحدث المعلومات حول COVID-19 على موقع وزارة الصحة في أونتاريو ontario.ca/coronavirus :

للمزيد من المعلومات أرجو الاتصال: _____.

المعلومات الواردة في هذا المستند سارية اعتبارًا من 31 يوليو 2020

Ontario

©Queen's Printer for Ontario, 2020

This is an important message. Take it to someone who can read English.

Ce message est important. Montrez-le à quelqu'un qui peut lire l'anglais.

这是一个重要消息。请把它拿给可以阅读英语的人。

To jest ważna wiadomość. Proszę zwrócić sie do kogoś, kto potrafi czytać po angielsku.

ਇਹ ਇੱਕ ਬਹੁਤ ਜ਼ਰੂਰੀ ਸੰਦੇਸ਼ ਹੈ। ਇਸਨੂੰ ਕਿਸੇ ਅਜਿਹੇ ਵਿਅਕਤੀ ਕੋਲ ਲੈ ਕੇ ਜਾਉ ਜਿਹੜਾ ਅੰਗ੍ਰੇਜ਼ੀ ਪੜ੍ਹ ਹੋਵੇ।

Este es un mensaje importante. Lléveselo a alguien que pueda leer el inglés.

Esta mensagem é importante. Deve levá-la a alguém que leia inglês.

یہ ایک اہم پیغام ہے۔ اسے کسی ایسے شخص کے پاس لے جائیں جو انگریزی پڑھ سکتا ہو۔

이것은 중요한 전갈입니다. 영어를 읽을 수 있는 사람에게 가져가십시오.

هذه رسالة هامة. يجب أن تأخذها إلى أحد الأشخاص الذي يستطيع قراءة اللغة الانجليزية

Questo è un messaggio importante. Portatelo a chi sa leggere l'inglese.

این پیام مهم است. لطفاً آن را به کسی که قادر به خواندن و درک زبان انگلیسی باشد، برسانید.

Ovo je važna poruka. Dajte je nekome ko može čitati engleski.

Ово је важна порука. Дајте је некоме ко може да чита енглески.

Это важное сообщение. Отнесите его кому-либо, кто умеет читать по-английски.

Acesta este un mesaj important. Arătaţi-l cuiva care poate citi limba engleză.

Ito ay isang mahalagang mensahe. Dalhin mo ito sa isang taong nakakabasa ng Ingles.

Das ist eine wichtige Nachricht. Bitte bringen Sie sie zu jemandem, der Englisch lesen kann.

આ એક અગત્યનો સંદેશો છે. તેને કોઈ એવા પાસે લઈ જાવ જે અંગ્રેજી વાંચી શકતા હોય.

இது ஒரு முக்கியமான செய்தியாகும். ஆங்கிலம் வாசிக்கக்கூடிய ஒருவரிடம் இதை எடுத்துச் செல்லுங்கள்.

Đây là một thông điệp quan trọng. Hãy đem nhờ người biết tiếng Anh đọc giúp.

यह एक महत्वपूर्ण सूचना है। कृपया इसे ऐसे किसी व्यक्ति के पास लेकर जाइए जो अंग्रेज़ी पढ़ सकता हो।

Instruction Letter for individuals who tested positive for COVID-19

This letter gives you information on how to self- isolate and how to notify those who were exposed to you while you were infectious.

The attached Class Order applies to you. It is a legal order by the Medical Officer of Health because of the public health importance in stopping to the spread of COVID-19 in Halton Region, to protect you and other people in our community. If you have questions, please call us at 311 in Halton, or toll-free 1- 866-442-5866

The majority of cases in our community are variants of concern and are known to spread more quickly.

Please follow these four steps to prevent the spread of COVID-19 to your loved ones and in the community.

Step 1: Self-isolate

You must self-isolate. **The Class Order explains what is required.**

Self-isolate for 10 days from the date that:

- **your symptoms first started, or**
- **you tested positive if you never had symptoms**

- If you get very sick from COVID-19 and need ICU care or have a very weak immune system, you must self-isolate for 20 days. See paragraph 2(i) of the Class Order for information.
- If you have travelled outside of Canada, self-isolation may be longer because of the Federal Quarantine Act.
- Stay home unless you need emergency medical care.
- Do not leave your home for non-emergency reasons, such as work, school, groceries, pharmacies, or non-urgent medical care. Ask family and friends to help with these activities while you are self- isolating.
- If you need extra support to self-isolate, please call us at 905- 825-6000, or call 311.
- Keep your phone nearby. You are required to remain reachable for monitoring and support by Halton Public Health as per the Class Order.

You should also:

- Stay in a separate room from other people in your home, including when you are preparing or eating food.
- Use a separate bathroom if you have one.
- Wash your hands and clean surfaces you touch often (lights, knobs, taps, etc.).
- If you must be in the same room/area with other people:
    - Stay at least 2 meters (6 feet) apart, both indoors and outdoors
    - Everyone should wear a mask

Step 2: Tell your household members to self-isolate right away

Your household members must self-isolate for 10 days from the day you went for COVID-19 testing, regardless of whether they are fully vaccinated or were previously positive.

Self-isolation means:

Your household members can only leave home for COVID-19 testing or for urgent medical care. Your household members must not leave home for non-emergency reasons, such as work, school, groceries, pharmacies, or non-urgent medical care.

Your household members should:

- Get a COVID-19 **PCR test** immediately even if they have no symptoms, AND
- Get tested again on or after day 7 of their isolation period if their initial test was negative
- If your household members develop ANY symptoms at any time, they must get a **PCR test** as soon as possible.

Step 3: Inform everyone else who was exposed to you while you were infectious

Your infectious period begins two days before your symptoms started. If you have not had symptoms, your infectious period begins two days before you were tested for COVID-19. You are considered infectious until the end of your 10-day isolation period, as described in Step 1.

It is important that you notify anyone who was exposed to you during that time. This includes your workplace, social gatherings, if you played or coached on a sports team, attended an appointment, and any other interactions as described below.

Generally, individuals who have been exposed to you while you were infectious are people who you:

- Lived with
- Had intimate contact or were sneezed or coughed on
- Were cared for by, or provided care to. For example, helped with bathing, feeding or dressing
- Had face-to-face contact with:
    - while less than 2 metres (6 feet) apart;
    - regardless of duration of exposure
    - regardless of whether you or the other person wore a mask; and
    - regardless of whether you were indoors or outdoors
- Were in a crowded and/or closed space with them or they had been there after you had left (e.g. a room or a gym), regardless of mask use or physical distance.

These are some of the criteria of an exposure but are not inclusive of all factors. To be safe, inform everyone you met with in-person while infectious.

Follow these steps to notify everyone who had an exposure to you while you were infectious:

1. Tell them they have been exposed to COVID-19 and they should get a COVID-19 PCR test immediately.
2. Share the COVID-19 Contact Instruction Letter with them.
3. Tell them to follow the self-isolation instructions in the COVID-19 Contact Instruction Letter.

Step 4: Monitor your symptoms

Symptoms of COVID-19 range from mild to severe. Most people with COVID-19 will recover on their own, without the need of any special treatment.

Visit The Ministry of Health COVID-19 Reference Document for Symptoms for further information on the signs and symptoms of COVID-19.

*** Important ***

If your symptoms get worse, call your **health care provider** or **Telehealth (1-866-797-0000)** and let them know that you are confirmed or probable for the COVID-19 virus.

If you need emergency medical care, for example, experiencing trouble breathing or chest pain, **call 911** and let them know that you are confirmed or probable for the COVID-19 virus.

If you must leave your house for medical attention:

- Wear a mask
- Wash your hands often with soap and water or hand sanitizer
- Travel in your own car where possible. Do not take public transit.

Step 4: Come out of self-isolation

Many people may feel better after only a few days. It is important that you stay home for your full isolation period to prevent others from getting sick.

You can come out of self-isolation if:

1. You have completed the duration of self-isolation described in Step 1
2. You do not have a fever (without the use of fever reducing medications); **and**
3. Your symptoms are getting better, for the past 24 hours or longer

Some symptoms, like cough and loss of sense of taste or smell, may last longer. However, if you are past your isolation end date and your symptoms are still not improving, call your health care provider and **continue to self-isolate until you meet the criteria above.**

Re-testing is generally not advised as a person can continue to test positive for COVID-19 for several weeks but not spread the virus to others.

When you stop self-isolating, continue to follow physical distancing measures and wear a mask if you cannot keep 2 meters (6 feet) from people outside your household.

Where to go for more information

To learn more about COVID-19, visit halton.ca/covid19.

Visit Social and Community Supports at halton.ca/covid19 or call Halton Region at **311** for information about food, housing, financial support or if you are having trouble self-isolating.

COVID-19 is affecting our lives in many different ways. It is normal to feel stressed or worried, especially when you are self-isolating. Taking care of both your physical and mental well-being will help you in your recovery. Look for ways to stay connected with others through technology and practice self-care. Reach out to a co-worker, friend, loved one or health care provider. If you need support visit Mental Health Supports at halton.ca/covid19 or call Halton Region at **311**. You are not alone, we are here to help.

Yours in health,
Halton Region Public Health

CCM2 December 17, 2021

CLASS ORDER

Made pursuant to section 22(5.0.1) of the
***Health Protection and Promotion Act*, R.S.O. 1990, c.H.7, as amended**

THIS CLASS ORDER ISSUED AND EFFECTIVE SEPTEMBER 8, 2021 AT 12:01 a.m. REPLACES THE ORDER ISSUED AND EFFECTIVE JUNE 16, 2021 AT 12:01 a.m.

DATE: September 8, 2021

TO: All persons residing or present in The Regional Municipality of Halton[1] ("Halton Region") who:

a. Are a confirmed case or probable case of COVID-19;

b. Have new symptoms (even mild symptoms) or worsening symptoms of COVID-19, have been tested for COVID-19 and are awaiting the results of their test;

c. Otherwise have reasonable grounds to believe they now have symptoms (even mild symptoms) of COVID-19, or have had such symptoms within the past 10 days;

d. Have had a high-risk exposure to a person identified in a. even if they do not themselves have any symptoms of COVID-19;

e. Have been advised to self-isolate by Halton Region Public Health, including in circumstances other than those in a., b., c. or d. above; or

f. Are a parent, or person with responsibilities of a parent, of a person under 16 years of age identified in a., b., c., d. or e. who resides or is present in Halton Region.

NOTES:

- The symptoms of COVID-19 and definitions for "confirmed case", "probable case" and "high-risk exposure" are explained below.
- If you are a person described in f. above, your responsibility is to ensure that this Order is complied with. You do not need to self-isolate unless you are a person described in a., b., c., d. or e. above.

I, Dr. Hamidah Meghani, Medical Officer of Health, The Regional Municipality of Halton, ORDER YOU TO TAKE THE FOLLOWING ACTIONS, effective 12:01 a.m. on September 8, 2021:

1. **Isolate yourself immediately** and remain in isolation from all other persons ("self-isolation").

   While in self-isolation you must conduct yourself so you do not expose any another person to infection or possible infection from COVID-19. The instructions you must follow are set out in paragraph 3 below.

2. **Remain in self-isolation:**

   i. **If you are a person described in a. above**, you must remain in self-isolation:

   - For 10 days from symptom onset as long as on the 10th day, you have no fever and your symptoms have been improving for at least 24 hours, or 10 days from test date if you have had no symptoms; or
   - For 20 days from symptom onset if you have or have had severe illness (i.e., requiring ICU level support) or if you have severe immune compromise as long as on the 20th day, you have no fever and your symptoms have been improving for at least 24 hours or 20 days from your test date if you have had no symptoms.

   If you have a fever and/or your other symptoms are not improving on the final day of isolation, contact Halton Region Public Health for direction: 311 (in Halton) or toll-free 1-866-442-5866.

   "No fever" means that your temperature is 37.7 degrees Celsius or lower.

[1] Halton Region Health Unit as designated by s.1 and Schedule 11 of R.R.O. 1990, Reg. 553 under the HPPA

i. **If you are a person described in b. above**, you must remain in self-isolation until you receive a negative test result, have no fever, any gastrointestinal symptoms (nausea, vomiting, diarrhea or stomach pain) have resolved for at least 48 hours and any other symptoms have been improving for at least 24 hours. If you receive a positive result, you are then subject to the Order as a person described in a. above.

ii. If you are a person described in c. above:

- *If tested,* you must remain in self-isolation until you receive a negative test result, have no fever, any gastrointestinal symptoms (nausea, vomiting, diarrhea or stomach pain) have resolved for at least 48 hours and any other symptoms have been improving for at least 24 hours. If you receive a positive result, you are then subject to the Order as a person described in a. above.
- *If not tested,* you must remain in self-isolation:
  - For 10 days from symptom onset as long as on the 10th day, you have no fever, any gastrointestinal symptoms (nausea, vomiting, diarrhea or stomach pain) have resolved for at least 48 hours and any other symptoms have been improving for at least 24 hours, or 10 days from test date if you have had no symptoms; or
  - For 20 days from symptom onset if you have or have had severe illness (i.e., requiring ICU level support) or if you have severe immune compromise as long as on the 20th day, you have no fever, any gastrointestinal symptoms (nausea, vomiting, diarrhea or stomach pain) have resolved for at least 48 hours and any other symptoms have been improving for at least 24 hours , or 20 days from your test date if you have had no symptoms.

iii. **If you are a person described in d. above**, you must remain in self-isolation for 10 days after the day on which you last had a high-risk exposure to a person described in paragraph a. above, or the date provided to you by Halton Region Public Health. However, if you develop symptoms during this period, you must:

- *If tested,* complete the 10 days of self-isolation if you receive a negative test result, and on 10th day have no fever, any gastrointestinal symptoms (nausea, vomiting, diarrhea or stomach pain) have resolved for at least 48 hours and any other symptoms have been improving for at least 24 hours. If you receive a positive result, you are then subject to this Order as a person described in a. above.
- *If not tested,* remain in self-isolation:
  - For 10 days from symptom onset as long as on the 10th day, you have no fever, any gastrointestinal symptoms (nausea, vomiting, diarrhea or stomach pain) have resolved for at least 48 hours and any other symptoms have been improving for at least 24 hours; or
  - For 20 days from symptom onset if you have or have had severe illness (i.e., requiring ICU level support) or if you have severe immune compromise as long as on the 20th day, you have no fever, any gastrointestinal symptoms (nausea, vomiting, diarrhea or stomach pain) have resolved for at least 48 hours and any other symptoms have been improving for at least 24 hours.

NOTE: Persons described in d. above who are fully vaccinated **may** be relieved of the requirement to self- isolate by Halton Region Public Health, if:

- You received your second dose of a two-dose COVID-19 Health Canada/WHO approved vaccine series, or first dose of a one- dose vaccine series, 14 days or more before the day on which you last had a high-risk exposure to a person described in paragraph a. above; and
- Your vaccine history has been confirmed by Halton Region Public Health; and

- You are asymptomatic; and
- You are not a resident of a long-term care home, retirement home or congregate living setting, or a patient admitted to a health care setting.

NOTE: Persons described in d. above who have previously tested positive for COVID-19 **may** be relieved of the requirement to self- isolate by Halton Region Public Health, if:

- You tested positive for COVID-19 in Canada within the last 90 days; and
- You have completed your isolation period following your positive test result; and
- You are asymptomatic; and
- You are not a resident of a long-term care home, retirement home or congregate living setting, or a patient admitted to a health care setting

HOWEVER: Fully vaccinated and previously positive persons who meet these requirements **may still be required** to self-isolate. This may be necessary, for example, if Halton Region Public Health has information that links your exposure to a strain of the virus that may transmit even to those fully vaccinated or to a Variant of Concern of the COVID- 19 virus for which vaccine effectiveness is not well established.

Even if relieved of the requirement to self-isolate:

- You are encouraged to inform your employer of your exposure and follow any restrictions from work as specified by your employer;
- If you develop new symptoms (even mild symptoms) of COVID-19, you must:
  - Self-isolate immediately; and
  - Report your symptoms to Halton Region Public Health.

ii. **If you are a person described in e. above**, you must remain in self-isolation for the duration specified by Halton Region Public Health.

iii. **If you have questions about what you must do**, contact Halton Region Public Health for direction: 311 (in Halton) or toll-free 1-866-442-5866.

3. **The instructions you must follow** during self-isolation are in the Public Health Ontario fact sheet, *How to Self-Isolate* dated October 28, 2020 (or as current), attached as Schedule 1 to this Order.

All instructions in *How to Self-Isolate* (attached) form part of this Order.

This fact sheet may be updated from time to time. You must follow the instructions in the current version attached to this Order as posted at: www.halton.ca/COVID19.

4. **During the periods described in 2. above, remain reachable for monitoring by Halton Region Public Health** and/or other public health staff (defined below).

Inform Halton Region Public Health if you need help to properly self-isolate or while you are self-isolating, e.g., food, water, accommodation, clothing, appropriate medical treatment and family, religious or other arrangements. To do so, contact Halton Region Public Health at: 311 (in Halton) or toll-free 1-866-442-5866.

5. **Seek immediate medical attention if your illness is worsening** (e.g., you have difficulty breathing) by calling 911. Tell them of your COVID-19 diagnosis or symptom(s) and answer all screening questions accurately (including symptom and travel history) so that you will receive appropriate care and the right infection prevention and control precautions are taken.

6. The requirements of this Order are subject to necessary modifications for the following people, who should contact Halton Region Public Health for direction specific to their circumstances (311 in Halton or toll-free 1-866-442-5866):

    i. A person who, in my opinion as Medical Officer of Health, provides an essential service, for the limited purpose of providing that essential service;

    ii. A person receiving essential medical services or treatments, whether related to COVID-19 or not; or

    iii. Where a person's self-isolation, in my opinion as Medical Officer of Health, would not be in the public interest.

7. **Provide all information requested and follow any further directions provided to you by Halton Region Public Health** and/or other public health staff pertaining to COVID-19 and the terms of this Order. This includes sharing the names and contact information for all contacts and such other information as may be requested by Halton Region Public Health and/or other public health staff to permit appropriate case and contact management for COVID-19.

8. As provided by section 23 of the *Health Protection and Promotion Act*, the terms of this Order apply to all persons under 16 years of age as served upon their parent(s), and any other person(s) who have the responsibilities of a parent, in relation to the person under 16 years of age, who shall ensure compliance with the Order by the person under 16 years of age.

The reasons for this Order are that:

1. COVID-19, a disease caused by a novel coronavirus, is designated as a disease of public health significance and a communicable disease pursuant to Ontario Regulation 135/18 under the *Health Protection and Promotion Act*.

2. COVID-19 can cause acute and severe respiratory illness in humans.

3. While most people with COVID-19 will recover on their own, complications from COVID-19 can also include serious conditions like pneumonia, cardiovascular disorders or kidney failure and, in some cases, death. People at high risk of such complications include seniors and people with chronic medical conditions, e.g., diabetes, lung problems, immune deficiency and cardiovascular disease.

4. There are no specific treatments for COVID-19; while evidence confirms that vaccines now available likely reduce COVID-19 transmission and the risk of severe illness and hospitalization if acquired, Public Health Ontario continues to monitor the impact of vaccination.

5. The spread of COVID-19 is of immediate and compelling public health importance in Halton Region:

    a. On January 23, 2020, Halton Region Public Health initiated its Infectious Disease Emergency Response Plan in response to COVID-19;

    b. On March 11, 2020, the spread of COVID-19 was declared a pandemic by the World Health Organization;

    c. On March 17, 2020 the spread of COVID-19 was first declared an emergency in Ontario pursuant to the *Emergency Management and Civil Protection Act*, R.S.O. 1990, c.E.9, as amended, on the basis that COVID-19 constitutes a danger of major proportions, and further declarations of emergency have followed; while the Ontario government has since revoked the emergency declaration, emergency orders to address the continued danger presented by the spread of COVID-19 in Ontario remain valid and effective under the *Reopening Ontario (A Flexible Response to COVID-19) Act, 2020*;

    d. On March 23, 2020, Halton Region declared a State of Emergency in support of Ontario's efforts to contain the spread of the COVID-19 pandemic; Halton Region's Emergency declaration remains in place.

6. As of September 6, 2021, Ontario's Ministry of Health reports:

    a. 570,778 cases, including 9,553 deaths, for an overall case fatality rate of about 1.7%;

b. About 5% of cases have ever been hospitalized;

c. Of those hospitalized, about 19% have received ICU care.

7. As of September 6, 2021, Halton Region reports:

   a. 18,904 cases of COVID-19, including 238 deaths, for an overall case fatality rate of about 1.3%;

   b. About 4% of cases have ever been hospitalized;

   c. Of those hospitalized, about 21% have received ICU care.

8. COVID-19 continues to be present in Halton region and continues to pose a risk to the health of the residents of Halton region.

9. The COVID-19 virus is spread from an infected person to another person by direct contact or when respiratory secretions from the infected person enter the eyes, nose or mouth of another person. It is now understood to be easily transmitted between people in close and prolonged contact when they are unprotected by appropriate PPE (personal protective equipment).

10. To contain the spread of COVID-19, individuals experiencing one or more symptoms consistent with COVID-19 or who are infected with COVID-19, as well as those with high-risk exposure to these individuals, are required to isolate themselves from other people and remain in isolation until they are no longer infectious or potentially infectious; self-isolation reduces the risk that these people will spread their infection to others.

11. Halton Region and Ontario have now experienced outbreaks and community transmission of Variants of Concern (VOCs) of the COVID-19 virus even in vaccinated individuals. Following public health measures is the best way to protect ourselves against the spread of COVID-19, including VOCs.

I am of the opinion, on reasonable and probable grounds that:

a. A communicable disease, COVID-19, exists or may exist or there is an immediate risk of an outbreak of this communicable disease in the health unit served by me;

b. This communicable disease presents a risk to the health of persons in the health unit served by me; and

c. The requirements specified in this Order are necessary in order to decrease or eliminate the risk to health presented by this communicable disease.

I am also of the opinion that the delivery of notice of this Order to each and every member of the class to whom it is directed is likely to cause a delay that could significantly increase the risk to the health of any person residing in Halton region, so notice shall be provided through the public media and the internet via posting at: www.halton.ca/COVID19.

The following definitions apply to this Order:

"High-risk exposure" generally means a person who, within the past 14 days, was exposed to a confirmed or probable COVID-19 case and has a high risk of developing COVID-19. For example, a person who:

- Lived with or otherwise had close, unprotected or prolonged contact, e.g., within 2 metres (6 feet) for more than 15 minutes, with a probable or confirmed case of COVID-19 during their period of communicability;
    - "Unprotected" means without appropriate PPE (personal protective equipment). A non-medical mask or face-covering is not PPE.
- Have been identified by Halton Region Public Health or another public health unit as having had a high-risk exposure to a probable or confirmed case of COVID-19, including in the circumstances of a workplace, school or other outbreak in which a high-risk exposure may be presumed.

If you have questions about whether you have had a high-risk exposure, contact Halton Region Public Health for direction: 311 (in Halton) or toll-free 1-866-442-5866.

“Confirmed case” means a person with a positive laboratory test for COVID-19. For more detail, see the Ministry of Health definition at: http://health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_case_definition.pdf.

"Halton Region Public Health" means the Medical Officer of Health or Halton Region Public Health staff acting under the direction of the Medical Officer of Health.

“Other public health staff” means Public Health Ontario staff and/or such other public health staff as Halton Region Public Health may determine.

“Probable case” means a person without a positive laboratory test for COVID-19 but who is considered likely to be infected with COVID-19 based on symptoms and other factors. For more detail, see the Ministry of Health definition at:

https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_case_definition.pdf

“Severe immune compromise” includes, for example, cancer chemotherapy, untreated HIV infection with CD4 T lymphocyte count <200, combined primary immunodeficiency disorder, taking prednisone >20 mg/day (or equivalent) for more than 14 days and taking other immune suppressive medications.

“Symptoms” of COVID-19 as listed on the Halton Region website, halton.ca/COVID19.

TAKE NOTICE THAT each member of the class to whom this Order is directed is entitled to a hearing by the Health Services Appeal and Review Board if the member has delivered notice in writing to me (at the address below) and to the Health Services Appeal and Review Board (at 151 Bloor Street West, 9th Floor, Toronto, Ontario, M5S 1S4) requesting a hearing within 15 days after publication of this Order or otherwise in accordance with applicable law. *In the context of the COVID-19 outbreak:*

- All requests for review, submissions, materials, and inquiries should be sent to the Health Services Appeal and Review Board by e-mail to hsarb@ontario.ca or faxed to the Board at 416-327-8524.
- Instead of mail or courier, you may email your request for review to me at: accesshalton@halton.ca. Should you wish to do so, however, please carefully consider the use of electronic communication for sensitive information. Halton Region will use reasonable means to protect your information but, due to the inherent risks of electronic communication, confidentiality cannot be guaranteed.

AND TAKE FURTHER NOTICE THAT although a hearing may be requested this Order takes effect when it is delivered to a member of the class or brought to the attention of a member of the class.

FAILURE TO COMPLY WITH THIS ORDER may result in further legal action being taken against you under sections 36(2), 35, 102 and other relevant provisions of the *Health Protection and Promotion Act*.

FAILURE TO COMPLY WITH THIS ORDER is an offence under sections 100 and 101 of the *Health Protection and Promotion Act* for which you may be liable, on conviction, to a fine of not more than $5,000.00 (for a person) or $25,000 (for a corporation) for every day or part of each day on which the offence occurs or continues.

If you have any questions about this Order, please contact Halton Region Public Health by telephone at 311 (in Halton) or toll-free 1-866-442-5866, or by e-mail to accesshalton@halton.ca.



Hamidah Meghani, MD, MPH, MM, FRCPC
Medical Officer of Health,
Halton Region Public Health
The Regional Municipality of Halton
1151 Bronte Road,
Oakville, Ontario
L6M 3L1

This Order shall be posted at: www.halton.ca/COVID19

Instruction Letter for Individuals who had Exposure to COVID-19

If you have been identified as having been exposed to COVID-19, please follow these instructions:

You are considered exposed to COVID-19 if you had contact with a person that tested positive for COVID-19 while they were considered infectious. This exposure could have been because you:

- Lived with them
- Had intimate contact or were sneezed or coughed on by them
- Cared for by them, or provided care to them. For example, helped with bathing, feeding or dressing
- Had face-to-face contact with them:
    - for any duration of time;
    - while less than 2 metres (6 feet) apart;
    - regardless of whether you or the other person wore a mask; and
    - regardless of whether you were indoors or outdoors
- Were in a crowded and/or closed space with them or where they had been (e.g. a room or a gym), regardless of mask use or physical distance.

These are some of the criteria of an exposure but are not inclusive of all factors. To be safe, consider any in-person meeting with a confirmed case as high-risk.

The attached Class Order applies to you. It is a legal order by the Medical Officer of Health because of the public health importance in stopping to the spread of COVID-19 in Halton Region, to protect you and other people in our community.

If you have questions, please call us at 311 in Halton, or toll-free 1- 866-442-5866. If you reside outside of Halton Health Unit jurisdiction, please visit this Public Health Unit Locator **(**https://www.phdapps.health.gov.on.ca/phulocator/**)** to find your local Public Health Unit and reach out to them with any questions.

Please follow these steps to prevent the spread of COVID-19:

Household Exposures

If you were exposed to someone with COVID-19 who lives in your home, then you are required to isolate for 10 days from the date the individual with COVID-19 got tested, **regardless of your vaccination or previously positive status.**

School, Childcare or Day Camp Setting Exposures

If you were exposed to someone with COVID-19 at a school, childcare or day camp setting, Public Health will provide you instructions for isolation and testing based on risk-assessment. If you had a high-risk exposure, you are required to isolate for 10 days from the last date you were exposed, **regardless of your vaccination or previously positive status.**

Anyone who has had an exposure to COVID-19 in any setting should:

- Get a PCR test immediately (even if you have no symptoms) AND,
- Get tested again on or after day 7 of your isolation period if the initial test was negative.
- If at any time you develop symptoms, get a **PCR test** immediately.

Are you Fully Vaccinated or Previously Positive?

Generally you are considered to be fully vaccinated if:

- ✓ You have received a full vaccination series of Health Canada approved vaccines AND;
- ✓ The date that you were exposed to the person with COVID-19 was at least 14 days after you received your final dose of the COVID-19 vaccine.
- ✓ You have received one or more vaccines outside of Canada, visit The Ministry of Health COVID-19 Fully Vaccinated Status in Ontario for the full definition of fully vaccinated

Note: Your vaccination status may be confirmed by Public Health. If you received the vaccine outside of Ontario, please submit your vaccination records at Halton.ca to be entered in the provincial database.

You are considered to be previously positive if:

- ✓ You have tested positive for COVID-19 in Canada within the last 90 days (**must have had a positive PCR or molecular lab result)** AND;
- ✓ You completed your isolation period following your positive result

If you are NOT fully vaccinated or previously positive:

- Isolate for 10 days from the date that you were last exposed to the individual with COVID-19 while they were infectious,
- Get a PCR test immediately (even if you have no symptoms) AND,
- Get tested again on or after day 7 of your isolation period if the initial test was negative,
- If at any time you develop symptoms, get a PCR test immediately.
  ***See instructions below about how to self-isolate and where to get tested**

If you ARE fully vaccinated or previously positive, AND have NOT received a letter from Public Health:

- Only leave your home for essential reasons (e.g. school, work and/or childcare) for 10 days from the date you were last exposed to the person with COVID-19.
- **Do not attend** any non-essential appointments, gatherings, or extra-curricular activities during this time.
- Get tested:
  - Get a PCR test immediately (even if you have no symptoms), AND
  - Get tested again on or after day 7 from the date you were last exposed if the initial test was negative.
- Monitor for symptoms, even mild symptoms during this time, and if symptoms develop, **isolate** immediately and get a PCR test. Remain isolated until you receive a negative test result and your symptoms have been improving for at least 24 hours, or if you have gastrointestinal symptoms (nausea, vomiting, diarrhea or stomach pain) wait until these symptoms have been improving for at least 48 hours.
- If you are returning to work in the 10 days since your last exposure, you must inform your employer of your exposure and follow any restrictions as specified by your manager and/or Occupation Health Department

Instructions for the people you live with

If YOU have symptoms:	If YOU do not have any symptoms:
All the people you live with, regardless of vaccination status, are required to self-isolate (can only leave home to seek urgent medical attention) until you receive a negative PCR test result.	Your household members, regardless of vaccination status, must stay home except for essential reasons (work, school/childcare, medical appointments, to get their COVID-19 vaccine, essential groceries/pharmacy) while you are self-isolating. It is NOT recommended for the people you live with go for COVID-19 testing if you do not have any symptoms.

How to Self-isolate

The attached Class Order explains what is required:

- You must self-isolate for at least 10 days from your last exposure to COVID-19.
- Stay home unless you need emergency medical care or to get tested for COVID-19.
- Do not leave your home for non-emergency reasons, such as work, school, groceries, pharmacies or non-urgent medical care. Ask family and friends to help with these activities while you are self-isolating.
- If you need extra support to self-isolate, please call us at 905- 825-6000, or call 311.
- Keep your phone nearby. You are required to remain reachable by Halton Public Health as per the Class Order.

In addition:

- Stay in a separate room from other people in your home, including when you are preparing or eating food.
- If you are unable to isolate alone then an adult or caregiver will have to isolate with you and away from the rest of the family members in the home.
- Use a separate bathroom if you have one.
- Wash your hands and clean surfaces you touch often (lights, knobs, taps, etc.).
- If you must be in the same room/area with other people:
    - Stay at least 2 meters (6 feet) apart, both indoors and outdoors
    - Everyone should wear a mask.

Monitor for symptoms

*** Important ***

If you feel very sick and need emergency medical care (for example, trouble breathing or chest pain), call 911 and let them know that you have had a high-risk exposure to COVID-19.

Symptoms of COVID-19 range from mild to severe. Common symptoms of COVID-19 are listed below.

- fever (temperature of 37.8°C/100°F or higher)
- chills
- new or worsening cough (including croup)
- shortness of breath (out of breath, trouble breathing, unable to breathe deeply, wheeze)
- decrease or loss of sense of smell or taste

Other symptoms of COVID-19 can include:

- fatigue, general feeling of being unwell, no energy, feeling very tired
- muscle aches and pain
- nausea, vomiting and/or diarrhea
- sore throat (pain when swallowing or trouble swallowing)
- runny nose
- nasal congestion (without a known cause, such as seasonal allergies)
- abdominal pain (that is ongoing)
- headache (that is new and lasts long, unusual, or without a known cause)
- pink eye
- decreased or no appetite (for young children not related to a known cause)

Get Tested

Anyone who has had an exposure to COVID-19 should:

- Get a PCR test right away even if they have no symptoms, AND
- Get retested on or after day 7 of isolation if the initial test was negative.
- If at any time you develop symptoms, get a PCR test immediately.

You **must book an appointment** for a PCR test. Assessment Centres in Halton Region:

Milton District Hospital: 725 Bronte Street South in Milton

- Book an appointment online at fhhealth.com/pho or by phone: 437-826-2118.
- Testing for ages 2 months and up

COVID-19 Testing Centre location operated by Driver Check: Kinoak Arena, 363 Warminster Drive in Oakville

- To book, visit drivercheck.ca/ontariohealth and select the Kinoak Arena location
- Testing is for Halton residents two years and older
- Please remember to dress appropriately for the weather and bring a drink of water in case you need to wait in line outside.

Halton Healthcare Assessment & Testing Centres (Oakville, Georgetown)

- By phone: 905-203-7963.
- Online: Online Halton Healthcare Assessment & Testing Centre booking

Joseph Brant Hospital COVID-19 Assessment Centre (Burlington)

- By phone: 437-826-2118
- Online: fhhealth.com/JBH

If you must leave your house for COVID-19 testing or an emergency medical reason:

- Call ahead to tell your health care providers (including ambulance) that you had an exposure to COVID-19.
- Wear a mask.
- Wash your hands often with soap and water or hand sanitizer.
- Travel alone in your own car where possible. Do not take public transit. If you are not able to safely travel to a testing centre, please call us at 311.

Come out of self-isolation

- As long as you do not develop symptoms or test positive for COVID-19, you can stop self-isolating 10 days after your last exposure to the person with COVID-19 (or 10 days from the date the person with COVID-19 was tested if they live in your home).
- Your self-isolation period may be longer if you develop symptoms. See paragraph 2(iv) of the Class Order for directions.
- When you stop self-isolating, continue to follow physical distancing measures and wear a mask if you cannot keep 2 meters (6 feet) from people outside your household.

Where to go for more information

To learn more about COVID-19, visit halton.ca/covid19.

Social and Community Supports at halton.ca/covid19 or call Halton Region at **311** for information about food, housing, financial support or if you are having trouble self-isolating.

COVID-19 is affecting our lives in many different ways. It is normal to feel stress and worried, especially when you are self-isolating. Taking care of both your physical and mental well-being is key to staying healthy. Look for ways to stay connected with others through technology and practice self-care. Reach out to a co-worker, friend, loved one or health care provider. If you need support visit Mental Health Supports at halton.ca/covid19 or call Halton Region at **311**. You are not alone, we are here to help.

Yours in health,
Halton Region Public Health

Public Health Ontario | Santé publique Ontario

Coronavirus Disease 2019 (COVID-19)

How to Self-Isolate

You must isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19. If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).

Stay home



- Do not go to work, school or other public places.
- Stay home unless you need to get tested or require emergency medical care.
- Do not use public transportation, taxis or rideshares.

Avoid contact with others



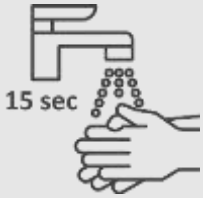
- No visitors unless essential (e.g., care providers)
- Stay away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room away from other people in your home and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g., open windows).
- If these steps are not possible, keep a distance of at least 2 metres from others at all times.

Keep your distance



- If you are in a room with other people, keep a distance of at least 2 metres and wear a mask or face covering that covers your nose and mouth.
- People should wear a mask when they are in the same room as you.

Wash your hands



- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.

Cover your coughs and sneezes



- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands.
- Lining the wastebasket with a plastic bag makes waste disposal safer.
- Clean your hands after emptying the wastebasket.

Wear a mask over your nose and mouth



- Wear a mask if you must leave your house to see a health care provider or to get tested for COVID-19.
- Wear a mask when you are within 2 metres of other people, or stay in a separate room.
- If you do not have a mask, maintain 2 metres distance from people and cover your cough and sneezes. See physical distancing.

What should I do if I develop symptoms?

- Complete the COVID-19 Self-Assessment.
- Contact Telehealth (1-866-797-0000) or your health care provider if you have questions.
- Anyone with whom you had close physical contact (e.g., in your household) in the two days before your symptoms started or after symptoms started should also self-isolate.
  If you have questions about this, follow the advice of your local public health unit.
- Your local public health unit or testing provider will tell you how long you need to self-isolate based on your test results and situation.
- When you stop isolating, you should continue with physical distancing measures and wear a mask when unable to maintain 2 metres distance from people outside your household.
- If you are still unwell at the end of your self-isolation period, contact Telehealth or your health care provider.

Learn about the virus

To learn more and access up-to-date information on COVID-19, visit the Ontario Ministry of Health's website at ontario.ca/coronavirus.

For more information, please contact: _____

The information in this document is current as of October 28, 2020

Ontario

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