

October 13, 2021

Date:

Wellington-Dufferin-Guelph (WDG) Public Health is working to manage COVID-19 cases and contacts. You have been identified as a close contact of someone diagnosed with COVID-19. The exposure took place **on/between [insert date range or date]**. If you are required to isolate, the isolation period will be 10 days starting from the day you were dismissed from school. For more information on if you are required to isolation please continue below.

SELF ISOLATION/SELF-MONITORING

You may be required to self-isolate and/or self-monitor for any COVID-19 symptoms for 10 days (depending on attendance during exposure dates, vaccination status, and presence of symptoms). To see what next steps you need to take, please refer to the directions below (also shown in the flow chart on the next page).

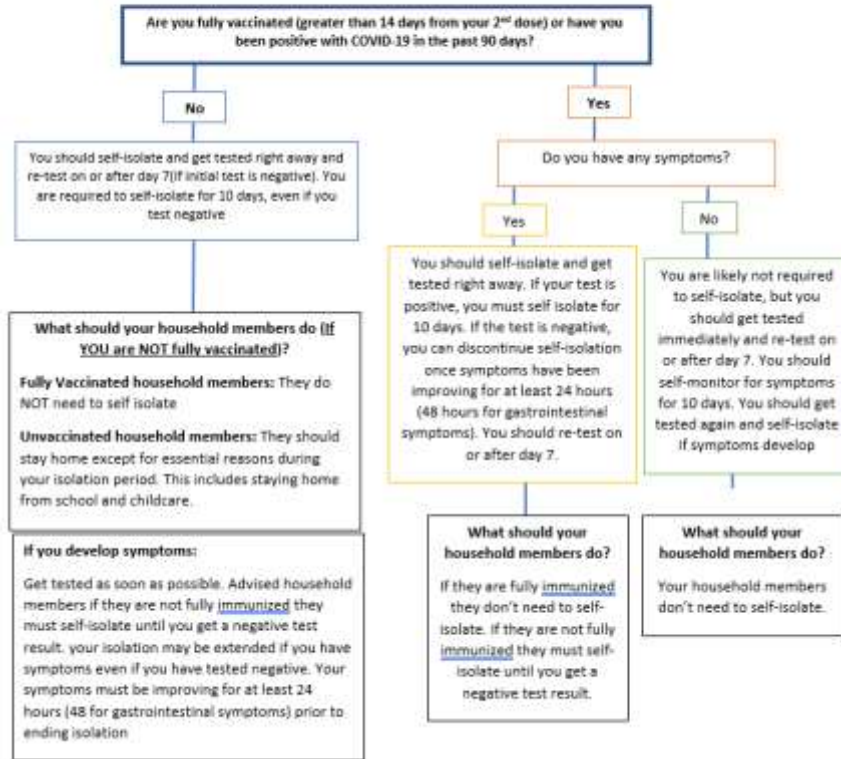
As of today, staff and students in this cohort who are **NOT fully vaccinated:**

- MUST self-isolate at home from now until **[isolation end date-10days after DISMISSAL DATE]**. (This is 10 days from the day you were dismissed from school)
Self-isolation is a requirement to prevent the spread of COVID-19.
- MUST not leave home unless it is to go for testing or to seek necessary medical attention.
- Are recommended to go for COVID-19 testing at the nearest assessment centre **immediately** (rapid/home tests are not to be used in this situation). If this test is negative, a second test on or after **[DATE-7days after DISMISSAL DATE]** is strongly recommended.
- Monitor daily for any [symptoms](#). If symptoms develop, seek testing immediately.

As of today, staff and students in this cohort who are **fully vaccinated OR have tested positive for COVID 19 in the past 90 days:**

- Are recommended to go for COVID-19 testing at the nearest assessment centre **immediately** (rapid/home tests are not to be used in this situation). If this test is negative, a second test on or after **[DATE-7days after DISMISSAL DATE]** is strongly recommended.
- Are not required to self-isolate unless symptoms develop or advised by a public health professional.
- Monitor daily for any [symptoms](#). If symptoms develop, seek testing immediately and self-isolate while waiting for results.

Wellington Dufferin Guelph High Risk Contact & Household Decision Tree



Immunocompromised individuals:

If you're immunocompromised you should continue to self-isolate after being exposed to someone with COVID-19 even if you're fully vaccinated or previously positive. If you have questions, speak to your health care provider.

Instructions for your Household members

If you are required to self-isolate as a high risk contact, other children living at the same address, will have to stay home from school or child care for 10 days as well if they are not fully vaccinated, or previously positive.

- When all children living at the same address (for example siblings or cousins), that are not fully vaccinated or previously positive, stay home from school or child care, it reduces the risk of further spread and outbreaks in school and child care settings.
- Households have a high level of transmission, and this is the safest action we can take to protect the community.
- The people you live with should also stay home during your 10-day self-isolation period, except for essential reasons-if they are not fully vaccinated

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- Household members should work from home if possible.
- Adults in the home should monitor everyone in the household for COVID-19 symptoms every day.

Getting Tested

Anyone who has symptoms or has been identified as a high-risk contact should go to a local COVID-19 assessment centre for a PCR test. Rapid/home tests are not to be used in these situations.

You do not need an Ontario Health Card to get tested for COVID-19 at an assessment centre. Please visit our [website for a list of assessment centres in the WDG Region](https://www.wdgpublichealth.ca/your-health/covid-19-information-public/testing-and-assessment-centres-wdg) (https://www.wdgpublichealth.ca/your-health/covid-19-information-public/testing-and-assessment-centres-wdg). Please note, you will need to book an appointment to get tested.

If you have a green health card, the test results will be available online. Visit the [Ontario COVID-19 website to access your results](https://covid19results.ehealthontario.ca:4443/agree) (https://covid19results.ehealthontario.ca:4443/agree)

When going to an assessment centre, drive yourself there if possible. If you must be a passenger in a vehicle, wear a face covering and sit in the back seat with the windows down. Do not use public transportation or ride share services.

- If your test results are negative (**and you are not fully vaccinated**), you must continue to complete the 10-day isolation period (e.g., do not return to school/work).
- If your test results are negative (**and you are fully vaccinated**), you do not need to isolate unless you have symptoms. Refer to above flowchart for more information.
- If your test result is positive, you should continue to self-isolate and WDG Public Health will contact you with further instructions.

Please visit our website for more information on how to [self-isolate](#) and how to [self-monitor](#).

COVID-19 symptoms:

- Fever
- New or worsening cough
- Difficulty breathing
- Sore throat
- Loss of taste or smell
- Headaches
- Runny nose or nasal congestion
- Muscle aches
- Tiredness
- Vomiting, diarrhea, abdominal pain

Government Benefit Information

The Government of Canada has introduced three new financial benefits: the Canada Recovery Benefit, the Canada Recovery Sickness Benefit, and the Canada Recovery Caregiving Benefit. If you require financial support during your isolation period refer to this [website](#) for more information.

When to seek medical attention

If you develop symptoms or your symptoms are worsening, and you are concerned, contact Telehealth Ontario at 1-866-797-0000 or your healthcare provider.

If you need urgent medical attention, contact 911. **Please inform healthcare workers or 911 that you have been in close contact with a positive case** and wear a face covering, if possible, to limit exposure to medical professionals attending to you.

If you have any general questions or concerns, please consult with WDG Public Health website: <https://www.wdgpUBLICHEALTH.ca/>

If you develop symptoms, you can reach WDG Public Health at: **1-800-265-7293 ext. 4000.**

Vaccination

Vaccines are available for those born in 2009 and older. WDGPH is offering walk-in COVID-19 vaccine clinics at various sites in the Wellington, Dufferin and Guelph areas. **You can not attend a vaccine clinic if you are currently self-isolating.**

If you would like to book an appointment:

To book an appointment call 1-800-265-7293 ext. 4000. This extension will ask you to leave a voicemail with your name, number, and reason for calling. We will then return your call as soon as possible.

If you would like to walk-in to one of the WDGPH COVID-19 vaccine clinics:

Please visit our website to find a list of [clinic locations](#).

If getting to a vaccine clinic is challenging for you:

If you have concerns about getting to one of our clinic locations please call us and we will do our best to accommodate your situation.