

## IMPORTANT UPDATES ON COVID-19

**To:** Physicians, Nurse Practitioners, Nurses, and Midwives  
Hospital Infection Control Departments and Emergency Departments

**Two updated documents are included in the Bulletin as well as updated messaging from THU to help address frequently asked questions.**

**[Directive #2](#) for Health Care Providers (Regulated Health Professionals or Persons who operate a Group Practice of Regulated Health Professionals)**

This document was updated and replaces the directive of March 19, 2020. The directive gives direction on the gradual restart of medical services.

**Screening Form v. May 28, 2020**

THU has updated its COVID Screening Form to reflect recent changes in asymptomatic testing as well as changes in symptoms. Please use the most current screening form (attached) and remove previous forms.

**Public Gatherings**

Do not gather in groups of more than 5 people. This is part of the Ontario government's emergency order and is enforceable by law.

At present, THU recommends people stay within their social bubble as the safest measure. However, if you are in contact with others, please follow all public health recommendations, which include:

- Practice physical distancing when you are out in the community, which means staying at least 2 metres away from others;
- Consider wearing a non-medical mask when you cannot maintain physical distancing or anytime you are around a vulnerable population. Such as seniors or those who are immunocompromised (higher risk of contracting a virus);
- Wash hands frequently and do not touch your face;
- Sneeze or cough into your elbow or a disposable tissue;
- Stay home if unwell and contact the Timiskaming Health Unit @ 1-866-747-4305 for assessment and testing arrangements;
- Limit non-essential travel outside your district.

**Travel recommendations**

THU recommends that all of our residents **limit non-essential travel outside the district**. In addition, we ask that you avoid traveling to any area with a high number of COVID-19 cases.

If you do travel outside the district, **and have COVID-19 symptoms** when you return, please self-isolate immediately and call the THU COVID line for additional screening and testing.

If you have any questions or concerns, please contact your local Timiskaming Health Unit:

**Monday to Friday**  
**8:30 a.m. – 4:30 p.m.**

**New Liskeard**

Tel: (705) 647-4305  
Toll Free: (866) 747-4305  
Fax: (705) 647-5779

**Kirkland Lake**

Tel: (705) 567-9355  
Toll Free: (866) 967-9355  
Fax: (705) 567-5476

**After-Hours or Weekend**  
**On-Call Number**

(705) 647-3033

[www.timiskaminghu.com](http://www.timiskaminghu.com)

# HEALTHCARE PROVIDER ALERT

## May 29, 2020



If you return from outside the district and **do not** have COVID-19 symptoms, consider self-isolating as much as possible if you have travelled to a high-risk area. Otherwise, self-monitor for 14 days while you maintain regular routines. If symptoms do occur, please self-isolate immediately and call the THU COVID line for additional screening and testing arrangements.

If you have any questions or concerns, please contact your local Timiskaming Health Unit:

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