

IMPORTANT UPDATES ON COVID-19

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

The Ministry has released an updated CCM guidance which can be found here: [Management of Cases and Contacts of COVID-19](#) (v 15).

For the general population:

- **Staying home when you are sick**, until you have no fever and your symptoms are improving for at least 24 hours (or 48 hours if you have gastro-intestinal symptoms).
 - After isolating, **wear a mask** when out in public for 10 days from when your symptoms started.
 - **Avoid non-essential visits** to vulnerable individuals at risk of severe infection and highest risk settings (e.g., hospitals, long-term care) for 10 days from when your symptoms started.
 - Follow this advice whether you have tested for COVID-19 or not, and whether your test is positive or not.
 - Make sure you know if you are [eligible for COVID-19 treatments](#) and **how to get tested** and access treatment if you are eligible.
- **Immunocompromised individuals are still recommended to isolate for 10 days** from symptom-onset or positive test date.
- **Individuals who test positive but are asymptomatic** no longer have to isolate, but **should mask and avoid vulnerable individuals and settings for 10 days** from test date.
- **Close contacts who remain asymptomatic no longer have quarantine recommendations** based on vaccination status. They are **advised to mask and avoid vulnerable individuals and highest risk settings for 10 days** from last exposure.

For those who work in highest-risk settings:

- There is **no change** to return to work measures for those with symptoms of COVID-19 or test positive for COVID-19.
- **Workers who are close contacts** of individuals with COVID-19 symptoms or positive test are able to return to work without isolating, provided they have no symptoms and follow additional precautions (see guidance for details on additional precautions).
- There is **greater clarity and specificity** as to what constitutes a high-risk exposure that would make a worker a close contact (see Table 1 of the guidance).

The guidance documents for those living in a highest risk setting (ie. LTCH, RH and congregate living settings) are currently being reviewed. We will share the updated versions once they are available.

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.

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