

## **ORDER OF THE MEDICAL OFFICER OF HEALTH**

### **Made pursuant to Section 22 of the Health Protection and Promotion Act, R.S.O. 1990, c. H.7**

September 21, 2021

**To: All persons, of any age, residing in, or present in, the County of Simcoe and District of Muskoka who:**

- (a) On or after September 15, 2021, are a new confirmed case<sup>1</sup> or new probable case<sup>2</sup> of COVID-19;
- (b) whether or not have received a COVID-19 vaccination, have the signs and symptoms of COVID-19, have been tested for COVID-19 and are awaiting the results of their test;
- (c) whether or not have received a COVID-19 vaccination, have the signs and symptoms of COVID-19, have not been provided an alternate diagnosis by a health care practitioner, and have decided not to test for COVID-19;
- (d) whether or not have received a COVID-19 vaccination, have reasonable grounds to believe they have one or more symptoms of COVID-19;
- (e) are a close contact\* of a person identified in (a), or (c);
- (f) are a person who has lived with or in the same household with a person described in (b), (c), or (d); or
- (h) do not meet the criteria above but have been individually directed by the Simcoe Muskoka District Health Unit to self-isolate.

**\*\*"Close contact"** means a person who has:

- Lived with or in the same household with a person infectious with COVID-19 while the infectious person was not self-isolating;
- been within 2 metres of a person infectious with COVID-19 for 15 minutes or longer while both were wearing a mask;
- been within 2 metres of a person infectious with COVID-19 for less than 15 minutes but the contact was not wearing a mask and eye protection (even if the infectious person was wearing a mask);
- been in close physical contact such as hugging or kissing with a person infectious with COVID-19 for any duration of time (regardless of whether you were both wearing a mask); or
- otherwise been deemed by the Simcoe Muskoka District Health Unit as a close contact.

I, Dr. Charles Gardner, Medical Officer of Health for the Simcoe Muskoka District Health Unit, order you to take the following actions:

1. For (a), (b), (c), and (d) above, isolate yourself immediately in accordance with instructions provided by the Simcoe Muskoka District Health Unit or any other public health professional. This includes remaining in your home (in a private room if sharing a residence with others) or an isolation facility. Do not go outside, unless on to a private balcony or enclosed yard where you can avoid close encounters with others. You must not have any visitors into your home/residence/property and advise all roommates or household members not to have visitors into the home/residence/property except as permitted by the Simcoe Muskoka District Health Unit.
2. For (a), (b), (c) and (d) above, you are to remain in isolation as described in section 1 above, even when not displaying any symptoms, until the expiry of the full 10-day period of communicability (infectiousness) that begins on the day on which you first show symptoms, are tested and results from same are positive, or are diagnosed with COVID-19 by a health care professional, whichever is earliest.

<sup>1</sup> "Confirmed case" means a person with a positive laboratory test for COVID-19 and/or meets the Ministry of Health "confirmed case" definition at:

[https://health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_case\\_definition.pdf](https://health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_case_definition.pdf)

<sup>2</sup> "Probable case" means a person without a laboratory test for COVID-19 but who is likely to be infected with COVID-19 based on the presence of a symptom(s) that are compatible with COVID-19 and/or meets the Ministry of Health case definition of "probable case" at:

[https://health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019\\_case\\_definition.pdf](https://health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_case_definition.pdf)

3. For (e), as a close contact you are to remain in isolation as described in section 1 above, even when not displaying any symptoms, until the expiry of a full 10-day period that begins on the day you were last in close contact with a person identified in (a) or (c) above, unless otherwise instructed by the Simcoe Muskoka District Health Unit.

- I. Testing is recommended for close contacts immediately and again 7 days after the date of last exposure to a person identified in (a) or (c) above therefore:
  - a. If tested, and you receive a positive result, you are then subject to the Order as a person described in (a) above and must remain in isolation for a new 10-day period that begins on the day of your most recent test that gave a positive result;
  - b. If tested, and you receive a negative test result, complete the remaining 10-day period of isolation in accordance with paragraph 3 above; or
  - c. If not tested, complete the remaining 10-day period of isolation in accordance with paragraph 3 above.

Note: If you are not tested at least 7 days after your last exposure to a person identified in (a) or (c) above, Simcoe Muskoka District Health Unit may require an additional 10-day period of isolation, given the possibility of an asymptomatic infection that could be contagious for up to 10 days. The total period of isolation would then be 20 days after last exposure to the person identified in (a) or (c) above.

- II. If you develop symptoms during this 10-day period of self-isolation, you are recommended to be tested, even if you have recently completed testing, and you must:
  - o *If tested/re-tested*, and you receive a positive result, you are then subject to the Order as a person described in (a) above and remain in isolation for a new 10-day period that begins on the day on which you first experience symptoms;
  - o *If tested/re-tested*, and you receive a negative test result, complete the remaining 10-day period of isolation as required by paragraph 3 above; or
  - o *If not tested*, you are then subject to the Order as a person described in (c) and must remain in self-isolation for a new 10-day period that begins on the day on which you first show symptoms.
- III. Persons described in (e) above who are fully vaccinated may be relieved of the requirement to self-isolate 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 vaccines series, 14 days or more before the day on which you last had a high-risk exposure to a person described in (a), (b) or (c) above; and
  - You have no symptoms; 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.

Even if relieved of the requirement to self-isolate, should you develop any symptoms of COVID-19, you must:

- Self-isolate immediately;
- Report your symptoms to the Simcoe Muskoka District Health Unit, and
- Follow the requirements of this Order and/or the Simcoe Muskoka District Health Unit.

4. For (f), individuals who are a household member of a person who:
  - o is awaiting testing results for COVID-19;
  - o has symptoms of COVID-19 but has decided not to test; or
  - o has reason to believe they have one or more symptoms of COVID-19;

you are required to self-isolate until the symptomatic person receives a negative COVID-19 test result or is provided an alternative diagnosis by a healthcare professional. If the symptomatic person does not get tested, household members must self-isolate for 10 days from when the symptomatic person starts self-isolation (e.g., is no longer in contact with household members). If the symptomatic person cannot self-isolate from others in the household, all household members, who are not fully vaccinated, must self-isolate for 20 days from the start of the symptomatic persons illness.

- I. Persons described in (f) above who are fully vaccinated may be relieved of the requirement to self-isolate 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 vaccines series, 14 days or more before the day on which you last had a high-risk exposure to a person described (a), (b) or (c) above; and
  - You have no symptoms;
  - 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.
5. During the self-isolation period, conduct yourself in such a manner as not to expose another person to infection of COVID-19 by following infection control instructions on the Public Health Ontario website, located at: <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en> or given to you by the Simcoe Muskoka District Health Unit or any other staff of a healthcare facility to which you may seek or receive treatment.
6. Inform the Simcoe Muskoka District Health Unit if you require any help or resources to properly self-isolate or while you are self-isolating such as food, medication, water, accommodation, clothing, appropriate medical treatment and family or other religious arrangements. To do so, call (705) 721-7520.
7. Provide the Simcoe Muskoka District Health Unit with the names and contact information of individuals that you came into close contact with and employer information and nature of employment during relevant dates immediately upon request.
8. Follow any further instructions provided by the Simcoe Muskoka District Health Unit pertaining to COVID-19 and the terms and conditions of this Order.
9. Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing by calling 911) and report your COVID-19-related diagnosis and/or symptom(s).
10. The requirements of this Order are subject to necessary modifications for persons or a class of persons, such as:
  - a) a person or class of persons who, in the opinion of the Simcoe Muskoka District Health Unit, is asymptomatic and is required to provide a critical service<sup>3</sup>, using mandated PPE for the limited purpose of providing that essential service;
  - b) a person or class of persons whose isolation, in the opinion of the Simcoe Muskoka District Health Unit, would not be in the public interest; or
  - c) a person or class of persons who, for other reasons, as authorized by the Medical Officer of Health or designate, require modifications to this Order.
11. Nothing in this Order shall alter or invalidate the application of the Federal Quarantine requirements for travellers.

**THE REASONS for this ORDER are that:**

1. COVID-19 is a disease of public health significance and has been designated as communicable under Ontario Regulation 135/18 as amended.

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<sup>3</sup> Critical service means clinical health care and/or community health and safety that would, in the opinion of the Medical Officer of Health, be severely compromised without the availability of the person or class of persons to provide the service

2. On March 11, 2020, COVID-19 was declared a pandemic by the World Health Organization.
3. 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. The emergency orders have been continued under the *Reopening Ontario (A Flexible Response to COVID-19) Act, 2020, S.O. 2020, c.17*.
4. As of September 14, 2021, Ontario's Ministry of Health reports:
  - a. 575 796 cases, including 9624 deaths; and
  - b. About 5% of cases have ever been hospitalized; and
  - c. Of those hospitalized, about 19% have received ICU care.
5. As of September 14, 2021, the Simcoe Muskoka District Health Unit reports:
  - a. 13 219 cases, including 256 deaths;
  - b. About 5% of cases have ever been hospitalized; and
  - c. Of those hospitalized, about 21.5% received ICU care.
6. COVID-19 continues to be present in Simcoe Muskoka and continues to pose a risk to the health of the residents of the Simcoe Muskoka District Health Unit.
7. The COVID-19 virus is spread from an infected person to an uninfected person by direct contact or from a close encounter where respiratory secretions from the infected person are transmitted to the uninfected person.
8. The COVID-19 period of communicability or infectiousness is understood to be up to 10 days for most people.
9. The COVID-19 incubation period (the period between exposure to an infection and the appearance of the first symptoms) can be up to 14 days. However, for case and contact management purposes, Public Health Ontario has deemed the maximum incubation period for the purposes of the self-isolation period to be 10 days with longer periods subject to public health discretion.
10. The number of cases and deaths continues to rise in Simcoe Muskoka and Ontario.
11. To contain the spread of COVID-19, individuals experiencing symptoms consistent with COVID-19 or who are infected with COVID-19, as well as close contacts of individuals infected with COVID-19, are required to isolate themselves from other people until they are no longer deemed infectious or potentially infectious. Isolation is necessary to decrease the risk of spreading their infection to others.
12. Ontario started to roll out its vaccine distribution implementation plan in December 2020. Vaccination with COVID-19 vaccine provides significant protection against being infected by COVID-19, and consequently, Ontario has provided guidance with recommendations for case and contact management of fully vaccinated individuals in Ontario that differs from those individuals not fully vaccinated.
13. Household members are at increased risk of exposure and transmission based on sharing a household with an individual who is self-isolating due to COVID-19 restrictions.
14. Ontario has advised there is a higher risk of severe disease, death and risk of transmission in congregate settings, long-term care facilities, retirement homes and healthcare settings.

**As a result, I am of the opinion, based on reasonable and probable grounds:**

- a. That a communicable disease exists or may exist or that there is an immediate risk of an outbreak of a communicable disease in the health unit served by me;
- b. That the communicable disease presents a risk to the health of persons in the health unit area served by me; and

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

I am also of the opinion that the delivery of notice of this Order to each and every member of the class is likely to cause a delay that could significantly increase the risk to the health of any person residing in the health unit, so notice shall be provided through the public media and the internet via posting on the Simcoe Muskoka District Health Unit website: [www.smdhu.org/covid19](http://www.smdhu.org/covid19).

### **NOTICE**

TAKE NOTICE THAT you are entitled to a Hearing by the Health Services Appeal and Review Board if you deliver to me at the Health Unit and to the Health Services Appeal and Review Board, Health Boards Secretariat, 151 Bloor Street West, 9<sup>th</sup> Floor, Toronto, Ontario, M5S 1S4, notice in writing requesting a hearing within 15 days after service of this Order.

AND TAKE FURTHER NOTICE THAT although a hearing may be requested, this Order takes effect when it is served upon you.

FAILURE TO COMPLY with this Order is an offence for which you may be liable on conviction, to a fine of not more than \$5,000.00 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 the Simcoe Muskoka District Health Unit at 705-721-7520 (1-877-721-7520) or online at: <https://www.simcoemuskokahealth.org/HealthUnit/About/Contact/ContactHealthConnection>

**ORIGINAL Signed By: \_\_\_\_\_**

Charles Gardner, MD, CCFP, MHSc, FRCPC  
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