

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

March 8, 2021

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

- (a) are identified as a person diagnosed with COVID-19;
- (b) have the signs and symptoms of COVID-19, have been tested for COVID-19 and are awaiting the results of their test;
- (c) have the signs and symptoms of COVID-19 and have decided not to test for COVID-19;
- (d) otherwise 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 household member of a person identified in (b), (c), or (d); or
- (g) are a household member of a person identified in (e).

*"Close contact" means a person who, within the past 14 days, 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.

Note: wearing adequate personal protective equipment (at a minimum a medical mask and eye protection) means a person will generally not be deemed 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. Isolate yourself immediately in accordance with instructions provided by the Simcoe Muskoka District Health Unit or any other public health unit. This includes remaining in your home (in a private room if sharing with roommates) or 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/setting except as permitted by the Simcoe Muskoka District Health Unit.
2. For (a), (b), (c) and (d) above, remain in isolation until the expiry of the 10-day period of communicability (infectiousness) that begins on the day on which you first show symptoms, are tested and results are positive, or are diagnosed with COVID-19, whichever is earliest.
3. For (e), remain in isolation even when not displaying any symptoms until the expiry of a 14-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. However, if you develop symptoms during this 14-day period, you must:
 - *If 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 show symptoms;

- *If tested*, and you receive a negative test result, complete the remaining 14-day period of isolation; or
 - *If not tested*, you are then the subject to the Order as a person described in (c) and assume that you may be infected with COVID-19, and remain in self-isolation for a new 10-day period that begins on the day on which you first show symptoms.
4. For (f), all household members of a person with signs and symptoms of COVID-19 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, all household members must self-isolate for 14 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 must self-isolate for 24 days from the start of the symptomatic persons illness.
 5. For (g), household members of close contacts of confirmed cases must stay home except for essential reasons¹ for the duration of the close contacts' isolation.
 6. 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.
 7. 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.
 8. Provide the Simcoe Muskoka District Health Unit with the names and contact information of individuals that you came into close contact with during relevant dates immediately upon request.
 9. Follow any further instructions provided by the Simcoe Muskoka District Health Unit pertaining to COVID-19 and the terms and conditions of this Order.
 10. 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 symptoms.
 11. 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 an essential service**, 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.

**“essential service” means clinical health care 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.

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. COVID-19 has been declared a pandemic by the World Health Organization. The Province of

¹ Essential reasons to leave the home include to attend work, school, childcare or for essential errands such as groceries, attending medical appointments or pickup up prescriptions.

Ontario has enacted emergency orders under the Emergency Management and Civil Protection Act as a result of the pandemic.

2. COVID-19 is present in the Simcoe Muskoka District Health Unit and therefore poses a risk to the health of the residents of Simcoe Muskoka through community transmission. 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.
3. The COVID-19 period of communicability or infectiousness is understood to be up to 10 days for most people.
4. 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.
5. The number of cases and deaths continues to rise in Simcoe Muskoka and Ontario.
6. 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.
7. Household members are at increased risk of exposure based on sharing a household with an individual who is self-isolating.

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.

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, 9th 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
Medical Officer of Health
Simcoe Muskoka District Health Unit
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Barrie, ON L4M 6K9