

COVID-19: Update #10
Increasing COVID-19 Community Transmission
Public Advised to Stay Home for 14 days if Symptomatic
Assessment Centres Open
Testing Update & Health Care Worker (HCW) Recommendations

Attention: Physicians, Emergency Departments, Infection Control Practitioners, Occupational Health Practitioners, Walk-In Clinics/Urgent Care Clinics, Nurse Practitioners, EMS, Designated Officers, Midwives, Family Health Teams, Pharmacies, Central LHIN, NSM LHIN, Beausoleil First Nation, Moose Deer Point First Nation, Rama First Nation, Wahta First Nation, Long-term Care Homes, Rest and Retirement Homes

Date: March 25, 2020

To date, the Simcoe Muskoka District Health (SMDHU) has had [20 lab confirmed cases](#).

There is now evidence of increasing community transmission of COVID-19 (without a link to someone with confirmed COVID-19 or travel to an affected area), and it is forecasted to rise for the next number of days/weeks. Therefore, to decrease community transmission of COVID-19 infections during this crucial time, **anyone who has new cold-like/respiratory symptoms (regardless of travel history), and has not been tested for COVID-19, the recommendation is to self-isolate at home for 14 days, or until their symptoms have resolved, whichever is longer** as per the [Public Health Agency of Canada](#).

See Table 1 on page 3 for specific recommendations for health care workers. Recommendations may change as the pandemic progresses.

The incubation period is estimated to be between 2 and 14 days, with the median at five days. The period of communicability/contagiousness is currently unclear, but is assumed could extend up to 14 days after symptom onset or until symptoms have resolved, whichever is longer. It is hypothesized that contagiousness is greater earlier in the clinical course i.e. first seven days vs last seven days.

1.0 Assessment Centres Are Now Open

Barrie	490 Huronia Road, Barrie	8 am – 8 pm, 7 days a week
Collingwood	CGMH front entrance 459 Hume Street, Collingwood	7 am - 10:30 pm, 7 days a week
Orillia	OSMH, Kiwanis Building 170 Colborne Street West, Orillia (Volunteer Drive Entrance)	11 am – 7 pm, 7 days a week
Midland	Chigamik Community Health Centre 845 King Street, Midland	By appointment only Monday & Friday 8 am – 4 pm Wednesday & Saturday 8 am – 8 pm
Alliston	Stevenson Memorial Hospital 200 Fletcher Crescent, Alliston	Monday, Wednesday and Friday 4 pm – 8 pm
Muskoka	Launch date to be determined	Launch date to be determined

The link can be found at: <http://www.simcoemuskokahealth.org/Promos/Novel-Coronavirus/Assessment-Centres>.



2.0 Testing

Testing is currently not available for all patients with symptoms consistent with COVID-19 as testing/swab supplies are currently limited. Availability of supplies is forecasted to improve in the coming days/weeks. Do not test asymptomatic patients. Please prioritize testing for the following symptomatic patients (regardless of travel history):

- Severe symptoms requiring hospitalization, particularly when there is not an alternate diagnosis
- Living in institutions, such as long-term care homes, retirement homes, shelters and prisons
- Health care workers, particularly those who provide direct care
- Close contacts of lab-confirmed cases
- Members of Indigenous communities

3.0 Recommendations for Health Care Workers

On March 19, 2020, Ontario's Chief Medical Officer of Health recommended that all health care workers in the province of Ontario who travelled out of country self-isolate for 14 days upon returning, unless deemed critical to continued operations by all parties. Additionally, the Ministry of Health released [COVID-19 Guidance: Occupational Health and Safety and Infection Prevention & Control](#).

Table 1 (Page 3) has been created to provide direction as per the local Medical Officer of Health for Health Care Workers within Simcoe County and the District of Muskoka. The table is subject to change as the pandemic progresses.

4.0 Specimen Collection Details

Instructions for Specimen Collection can be found on our website [here](#). Please ensure that sample labelling is done correctly and matches the information on the submitted [COVID-19 requisition form](#).

As outlined by [Public Health Ontario](#) the following specimen collection kits can be used for nasal or nasopharyngeal specimens:

- Virus Respiratory Kit order: #390082
- Virus Culture Kit order: #390081
- *Chlamydia trachomatis* Culture - Female Kit order #: 390083
- *Chlamydia trachomatis* Culture - Male Kit order #: 390084
- *Mycoplasma pneumoniae/Chlamydia pneumoniae* PCR Kit order #: 390085
- Roche PCR Media Uniswab Kit order #: 300295
- *Bordetella pertussis* BP Kit order #: 390052

For more information on the requirements, please visit Public Health Ontario's Coronavirus Disease 2019 (COVID-19) Testing webpage at:

<https://www.publichealthontario.ca/en/laboratory-services/test-information-index/wuhan-novel-coronavirus>.

5.0 Resources and Documents

There are a number of resources and documents available through our Health Professional Portal at www.smdhu.org/hpportal as well as through [Public Health Ontario](#) and the [Government of Ontario](#).

The Government of Ontario has a dedicated website for Coronavirus which has general information as well as provincial PUI statistics which are updated daily. This can be found at the following website: <https://www.ontario.ca/page/2019-novel-coronavirus-2019-ncov>. Additionally, the Ministry of Health has a dedicated website for Coronavirus with all relevant guidance and information. This can be found at the following website: www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus.

Table 1: Health Care Worker (HCW) Recommendations

HCW with International Travel	Asymptomatic – not critical employee	14 days self-isolation since arrival in Canada
	Asymptomatic – critical employee [^]	14 days self-isolation preferred but can work if: <ul style="list-style-type: none"> - Regular screening - Use of PPE for 14 days - Active self-monitoring - Immediately self-isolate if symptoms develop & report to Occupational Health
	Symptomatic with no testing	Should be tested. If no testing is done, self-isolation for 14 days from symptom onset OR until symptoms have resolved OR 14 days since arrival in Canada, whichever is <u>longer</u> .
	Symptomatic with positive lab test for COVID-19	Self-isolation until asymptomatic ^{^^} and negative lab tests have been confirmed.
	Symptomatic with negative lab test for COVID-19	Self-isolation until symptoms have resolved OR 14 days since arrival in Canada, whichever is <u>longer</u> .
HCW with No International Travel	Asymptomatic	No self-isolation required.
	Symptomatic with no testing	Should be tested. If no testing is done, self-isolation for 14 days from symptom onset OR until symptoms have resolved, whichever is <u>longer</u> .
	Symptomatic with positive lab test for COVID-19	Self-isolation until asymptomatic ^{^^} and negative lab tests have been confirmed.
	Symptomatic with negative lab test for COVID-19	Self-isolation until symptoms have resolved.
HCW with High risk Exposure* to Laboratory-Confirmed COVID-19 Case	Asymptomatic	14 days self-isolation since last date of exposure to case.
	Symptomatic with no testing	Should be tested. If no testing is done, self-isolation for 14 days from symptom onset OR until symptoms have resolved OR 14 days from last exposure date, whichever is <u>longer</u> .
	Symptomatic with positive lab test for COVID-19	Self-isolation until asymptomatic ^{^^} and negative lab tests have been confirmed
	Symptomatic with negative lab test	Self-isolation until symptoms have resolved OR 14 days from last exposure date, whichever is <u>longer</u>

[^]critical employee: deemed critical, by all parties including local public health

^{^^}asymptomatic = resolution of symptoms that are reasonably likely to be attributed to active COVID-19 infection (e.g. a post-viral cough may persist)

*high risk exposure = provided direct care to confirmed case without consistent use of appropriate PPE or household contact of a confirmed case

References:

COVID-19 Guidance: Occupational Health and Safety and Infection Prevention & Control, Ministry of Health;
 Public health management of cases and contacts of COVID-19 in Ontario (version 5.0);
 Office of the Chief Medical Officer of Health Memo RE: Managing Health Worker Illness and Return to Work COVID-19