



COMMUNITY NOTICE

For Immediate Release:

Enniska/February 23, 2021

UPDATED COVID-19 ISOLATION REQUIREMENTS

The Mohawk Council of Akwesasne (MCA) is informing the community that the Eastern Ontario Health Unit (EOHU) has updated its self-isolation requirements in response to the threat of new COVID-19 strains/variants. MCA follows the guidelines of the EOHU.

Effective immediately, household members of individuals identified as a “high-risk contact” (which means they came in proximity of someone who has tested positive for COVID-19), as well as those who are experiencing symptoms, must adhere to new isolation requirements.

ALL household members of a high-risk contact are requested to stay home for the duration of the high-risk contact’s quarantine, except for essential reasons. Essential reasons include errands for food, medication and essential medical appointments. High-risk contacts must isolate for 14 days from the last exposure, even if their test result comes back negative. If you are a high-risk contact, you should not be leaving your household, unless to receive medical attention.

If an individual is experiencing symptoms and a test is required to rule out COVID-19, **ALL household members** must stay at home until the individual receives a negative test result, or if your health care provider confirms the symptoms are not related to COVID-19.

If a COVID-19 test is recommended and the symptomatic individual is not tested, the person must isolate for 10 days from the symptoms onset. **ALL** household members must then quarantine for 14 days from their last contact with the symptomatic individual. If the symptomatic individual cannot isolate from rest of household, **ALL** household members must quarantine for 14 days **following** the symptomatic individual’s isolation period.

If your household is required to quarantine for the 14-day period, stay within your household until the Public Health Program has provided you clearance. Utilize a delivery service, or ask friends or family to deliver essential needs and groceries. You MUST abide by quarantine protocols to help stop.

COVID-19 remains a threat and social distancing is still necessary to reduce and prevent the spread of the disease in our community. Continue practicing prevention measures with diligence, including mask-wearing, maintaining 6-foot/2-metres of distance from others, and washing hands regularly.

Let’s continue to keep our community safe.

For more information on the phases of re-opening, and for more specific information on social gatherings, please visit the Eastern Ontario Health Unit website: www.eohu.ca.