



## COMMUNITY NOTICE

For Immediate Release:

Seskehkó:wa/September 9, 2022

## **ONTARIO DROPPING MANDATORY 5-DAY ISOLATION PERIOD FOR COVID-19 POSITIVE INDIVIDUALS**

Effective August 31, 2022, Ontario will move away from COVID-19-specific guidances in favor of an “all-virus approach,” meaning new isolation guidelines will apply for other illnesses, such as the flu, as well.

The guidelines for the general public are as follows:

- *If you have symptoms of any respiratory illness, stay home until symptoms have improved for at least 24 hours*
- *If you have a fever, stay home until it's completely gone*
- *If you have gastrointestinal symptoms, stay home until symptoms have improved for at least 48 hours*
- *After isolating at home, wear a mask in public for 10 days since the onset of symptoms*
- *If sick, avoid non-essential visits to vulnerable or older populations for a full 10 days starting the day after symptoms appear, including visits to long-term care settings*
- *If you're in the same household as someone who is sick or tested positive for COVID-19, mask in public spaces, even if you feel better, and avoid vulnerable settings and people for 10 days*
- *Isolate immediately if you develop any symptoms of illness*

This approach is an attempt to decrease the risks of all respiratory illnesses. Other provinces across Canada have already moved to this step in respiratory illness prevention.

The Paxlovid antiviral medication for COVID-19 will be available to community members who are at higher risk for serious illness from COVID-19 infection. Paxlovid must be taken within five (5) days of symptoms. If you are COVID-19 positive and wish to obtain the Paxlovid antiviral medication, or need medications for symptom relief, please call the Akwesasne Medical Clinic at 613-575-2341 ext. 3214 or 3215 to review your eligibility.

If you have any questions regarding the new COVID-19 guidance, please contact the Community Health Program at 613-575-2341 ext. 3220.