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Saturday, April 4, 2020



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April 3, 2020

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Surveillance Summary

As of April 2nd, 2020 more, than 1 million COVID-19 cases and over 51,000 deaths have been reported worldwide. As of April 1st, 2020, here have been 2,793 cases of this illness confirmed in Ontario, including 53 deaths. There have been 79 cases confirmed in the Middlesex-London region, including 3 deaths.

Recent Updates

a) Guidance documents

The following guidance documents have been added to the MLHU website:

- [Guidance for Temporary Foreign Workers](#)
- [Public Health Guidance for Businesses Open to the Public](#)

- [Public Health Guidance for Women During Pregnancy, Labour and Delivery, and Breastfeeding](#)
- [Public Health Guidance for Places of Worship](#)
- [Public Health Guidance for Public Gatherings](#)
- [Public Health Guidance for Childcare Settings](#)
- [Public Health Guidance for Community Meal Outreach Programs](#)

These resources are being updated on a continual basis. Please check <https://www.healthunit.com/covid-19-documents-and-resources> for the most up-to-date versions.

b) New guidance documents for testing, quarantine and self-isolation

The MLHU has developed two quick reference guides for healthcare providers to determine next steps in testing, quarantine, and self-isolation for both healthcare providers and the general public and patients.

- [COVID-19 Guidance for Healthcare Workers \(HCW\): Testing, Quarantine and Self-Isolation](#)
- [COVID-19 Guidance for the General Public: Testing, Quarantine and Self-Isolation](#)

Testing continues to be prioritized in our region. Individuals who have COVID symptoms such as fever, cough, or shortness of breath can be assessed through the [COVID-19 Self-Assessment Tool for Middlesex and London](#), contacting their primary care provider, or at an [Assessment Centre](#).

Note: The Oakridge Arena COVID-19 Assessment Centre's hours of operation are changing this week. The Assessment Centre will no longer be open weekends but will continue to offer assessment services Monday to Friday from 11:00 a.m. to 7:00 p.m. The COVID-19 Assessment Centre at Carling Heights Optimist Community Centre (CHOCC) will remain open seven days a week from 11:00 a.m. to 7:00 p.m.

c) Extended Declaration of Emergency

The Government of Ontario has extended the Declaration of Emergency and associated emergency measures, including the closure of non-essential workplaces and restrictions on social gatherings of 5 or more people. The extension will be in effect until April 13, 2020. Additionally, the following orders have been extended:

- [Closure of public places and establishments with exemption for emergency child care for health care and frontline essential service workers](#)
- [Prohibiting events and gatherings of more than five people](#)
- [Enforcement of emergency orders](#)
- [Work deployment for health service providers](#)
- [Work deployment for long-term care homes](#)
- [Electronic service of documents](#)
- [Electricity pricing](#)
- [Drinking water and sewage](#)
- [Closure of non-essential workplaces](#)
- [Traffic management](#)
- [Prohibiting unconscionable pricing for necessary goods](#)
- [Streamlining requirements for long-term care homes](#)

d) All Outdoor Recreational Amenities across the Province are now closed

A new emergency order under the Emergency Management and Civil Protection Act was enacted to [close all outdoor recreational amenities](#), such as sports fields and playgrounds, effective immediately. These actions are based on the advice of the Chief Medical Officer of Health.

e) Ontario Extends School and Child Care Closures

[Public schools will remain closed](#) to teachers until Friday, May 1, 2020, and to students until Monday, May 4, 2020. As these dates come closer, this decision will be re-evaluated based on public health advice. The closure may be extended if necessary to protect the health and safety of students, families and staff. Private schools, licensed child care centres and EarlyON programs will also remain closed until April 13, according to the Declaration of Emergency, which only allows closures to be extended for one 14-day period at a time.

To ensure continuity of learning, the government is launching the second phase of [Learn at Home](#). Parents will receive more information about what this means for their child(ren) directly through the school boards.

f) Mandatory self-isolation for returning travellers

[Mandatory self-isolation for returning travellers](#) is still in effect under the Quarantine Act.

Travellers with symptoms: mandatory self-isolate. This means you must:

- go directly to the place where you will isolate, without delay, and stay there for 14 days
- go to your place of isolation using private transportation only, such as your personal vehicle
- stay INSIDE your home
- do not leave your place of isolation unless it is to seek medical attention
- do not go to school, work, other public areas or use public transportation such as buses and taxis
- stay in a separate room and use a separate bathroom from others in your home, if possible
- do not have visitors and limit contact with others in the place of isolation, including children
- do not isolate in a place where you will have contact with vulnerable people, such as older adults and individuals with underlying medical conditions
- if your symptoms get worse, immediately contact your health care provider or public health authority and follow their instructions

Travellers without symptoms: mandatory quarantine. This means you must:

- go directly to your place of quarantine, without delay, and stay there for 14 days
- do not go to school, work, other public areas and community settings
- monitor your health for symptoms of COVID-19
- arrange to have someone pick up essentials like groceries or medication for you
- do not have visitors
- stay in a private place like your yard or balcony if you go outside for fresh air
- keep a distance of at least 6 feet from others
- If you develop symptoms within 14 days:
- isolate yourself from others
- immediately call a healthcare professional or the Middlesex-London Health Unit at 519-663-5317

g) Reminder about the importance of physical distancing

NOW is the most important time to limit the spread of COVID-19. **NOW** is the most crucial time to stay home and stay safe.

Physical distancing is a critical strategy for addressing the spread of the virus, all in the effort to “plank the curve”. It essentially slows the infection rate to prevent the local healthcare system from being overwhelmed with cases.

Maintaining physical space is important, but we need to ensure we remain socially connected

to one another. Use the technology you have available to reach out to family and friends, whether it's by phone, social media, FaceTime, Skype, or Zoom. This is a challenging time, but by supporting and staying connected with one another, we will get through this and become a stronger community in the end.

In addition to physical distancing, the Health Unit also recommends the following actions to help prevent the spread of novel coronavirus/COVID-19 infections:

- Avoid all non-essential gatherings over 5 people
- Work from home if you can and stay home from other activities, whether you have symptoms or not
- Self-isolate at home for 14 days if you have symptoms and have travelled outside of Canada recently (this is now mandatory)
- Quarantine at home for 14 days if you do not have symptoms have travelled outside of Canada recently (this is now mandatory)
- Wash your hands frequently with soap and water for at least 15-20 seconds or use a waterless hand sanitizer with at least 70 percent alcohol content.
- Cover coughs and/or sneezes with your sleeve or cough into your elbow.
- Clean high-touch areas frequently.

Key Resources

- [How to Quarantine \(Self-Isolate\) At Home When You May Have Been Exposed and Have No Symptoms](#)
- [How to Care for A Child with Covid-19 At Home: Advice for Caregivers](#)
- [COVID-19: Summary of Public Health Measures](#)

COVID-19 Briefing Webinars

The MLHU is hosting twice weekly briefing webinars for community stakeholders. These are held on Tuesdays and Fridays from 12:30 p.m. to 1:00 p.m.

Link for the Friday, April 3rd webinar: https://teams.microsoft.com//meetup-join/19%3ameeting_ZTQ0ZGZjNGEtNGMwZS00ZjlmLWFkMDktMTAxZjY3ZTI5ODkz%40thread.v2/0?context=%7b%22Tid%22%3a%22dc561295-7ca9-41a9-83bf-50834d6a9d0f%22%2c%22Oid%22%3a%223ffc8f93-ac7a-4f7f-8312-64938c737d92%22%2c%22IsBroadcastMeeting%22%3a%22true%22%7d

Link for the Tuesday, April 7th webinar: https://teams.microsoft.com//meetup-join/19%3ameeting_NDIxNDE3MGYtZjE0OS00MmE5LTlhODctYzZiYzUwOTY4ZGRi%40thread.v2/0?context=%7b%22Tid%22%3a%22dc561295-7ca9-41a9-83bf-50834d6a9d0f%22%2c%22Oid%22%3a%223ffc8f93-ac7a-4f7f-8312-64938c737d92%22%2c%22IsBroadcastMeeting%22%3a%22true%22%7d

Note: past webinars can be viewed by using the links previously provided. These will be uploaded to <https://www.healthunit.com/novel-coronavirus> shortly.

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Contact Us

By Telephone at [519 663-5317](tel:519-663-5317)

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