

# Media Release



## Public health measures remain key to stopping the spread of COVID-19

**April 12, 2021** - For immediate release

The Timiskaming Health Unit is reminding everyone of the importance of following public health measures. Current measures include leaving home only for essential reasons, gathering indoors only with members of your household (or with one other household if you live alone), and self-isolating if you have symptoms or have been exposed to COVID-19.

“In particular, we would like to remind everyone that close contacts of people who have COVID-19 must self-isolate for 14 days, even if they receive a negative test result,” said Dr. Corneil. “This is due to the virus’ incubation period. Close contacts can become symptomatic and COVID-positive on day 14, despite having previous negative COVID-19 test results. Following public health measures, especially self-isolation requirements, is essential to keep cases low.”

In December, the Acting Medical Officer of Health issued a Class Order under Section 22 of the *Health Protection and Promotion Act*. The Order makes it possible for the health unit to work with police services and bylaw officers to enforce self-isolation requirements. Individuals who are required to self-isolate but fail to do so can be fined between \$880 and \$5,000 per day.

Fines have been issued to individuals who have not followed COVID-19 self-isolation requirements.

The Class Order, which went into effect on December 30, 2020, applies to all people residing in or present in the Timiskaming Health Unit district who:

- a. Are a confirmed case or probable case of COVID-19;
- b. Have new symptoms (even mild symptoms) or worsening symptoms of COVID-19, have been tested for COVID-19 and are awaiting the results of their test;
- c. Have symptoms (even mild symptoms) of COVID-19, or have had such symptoms within the past 10 days;
- d. Are a close contact of a person identified in (a) even if they do not themselves have any symptoms of COVID-19; or
- e. Are a parent, or person with responsibilities of a parent, of a person under sixteen years of age identified in (a), (b), (c), or (d) who resides or is present in the Timiskaming Health Unit district.

People in Categories (a), (b), (c) and (d) above must self-isolate and follow other directions in the class order.

The purpose of Category (e) is to require parents and others who have the responsibilities of a parent to ensure compliance with the class order by any person under 16 years of age.

Parents and others must self-isolate only if they themselves also fall within Category (a), (b), (c), or (d).

Additional details about the number of fines issued and the individuals who have been fined will not be released. Further details on the symptoms of COVID-19 and the definition of “close contact” are included in the [class order](#).

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