

Main Office - Belleville

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hpePublicHealth.ca

2021-04-03

NOTIFICATION: HIGH RISK CONTACT OF CASE OF COVID-19 AT DUKE PUB (BELLEVILLE)

This letter is to inform you that a positive case of COVID-19 has been identified at **THE DUKE PUB (BELLEVILLE)**. If you were at The Duke Pub on the afternoon/evening of April 2, you are currently considered to be a high risk contact of the case.

Due to your close contact with a positive case, you are at risk of developing COVID-19. COVID-19 can be spread before symptoms develop. To prevent spreading COVID-19 to others you must immediately self-isolate, which means staying in your home and away from others.

Testing for COVID-19 is Recommended

- **It is recommended that you seek COVID-19 testing as soon as possible, and again on April 12, even if your first test was negative.**
- Testing at the time you are advised is recommended even if you do not have any symptoms.
- You can go to an assessment centre for testing and information can be found [here](#). Remember to wear a mask and try to drive yourself. If you are unable to drive yourself, contact the public health Information Line at 613-966-5500 to find out how to go for testing safely, so you do not expose anyone else.
- **If your test is negative, you still need to continue to self-isolate for 14 days.**

Please give Investigation Number 2238-2021-37424 when you get tested.

How to Self-Isolate

Self-isolation means staying at home and on your own property for the next 14 days. You should not leave home for any reason other than to seek testing for COVID-19 or for emergency medical attention. Make sure to inform health care providers that you have been in close contact with a positive case of COVID-19. If you share a home with others, stay in a designated section of your home, and wear a face covering when interacting with others. Additional information on how to self-isolate will be provided by your Case Manager at HPEPH and can be found [in this guidance document from Public Health Ontario](#).

The rest of your household should also take extra precautions. This includes staying home except for essential reasons (no non-essential visitors, no non-essential errands, exercise alone or only with other people in the household, wearing a mask if they need to go out for essential reasons and if they may be less than 2 metres apart from others, working from home if possible, children may attend school /child care) and distancing from you, since you have been in contact

North Hastings

1P Manor Ln., L1-024, Bancroft, ON K0L 1C0
T: 1-800-267-2803 | **F:** 613-332-5418

Prince Edward County

Suite 1, 35 Bridge St., Picton, ON K0K 2T0
T: 613-966-5500 | **F:** 613-476-2919

Quinte West

499 Dundas St. W., Trenton, ON K8V 6C4
T: 613-966-5500 | **F:** 613-965-6535

with a positive case of COVID-19.

HPEPH understands that it may be difficult to self isolate. Your Case Manager at HPEPH will discuss this with you, and you can find additional information at [PublicHealthOntario.ca](https://www.health.gov.on.ca)

Self-isolation of close contacts is mandatory under the *Health Protection and Promotion Act*, and if you fail to do this, you could be fined under the Act. More information can be found at [hpePublicHealth.ca](https://www.hpepublichealth.ca).

What to do if you, or someone in your household, develops symptoms

Monitor yourself for the following symptoms for 14 days after exposure. All other household members must also self-monitor in the event they develop symptoms. **It is important for any household member to stay home and seek testing if they develop one or more of the following symptoms:**

- Fever 37.8 degrees Celsius and over
- New onset of cough
- Muscle aches, joint pain and tiredness
- Difficulty breathing (shortness of breath)
- Tiredness
- Sore throat
- Headache
- Runny nose
- New loss of taste or smell
- Gastrointestinal symptoms (e.g., nausea, stomach pain, diarrhea)

All household contacts of symptomatic individuals are required to quarantine until the symptomatic individual receives a negative COVID-19 test result or alternate diagnosis from a healthcare professional. This means that if you develop symptoms, all household members must stay at home and not go out even for essential reasons while you wait for test results. If a negative result or alternate diagnosis is received, household contacts with no symptoms may resume regular activities, while continuing to follow all current public health measures. This includes isolating from you until your self-isolation period is complete. Note that if you receive a negative test, you will still need to continue to self-isolate for 14 days.

It is recommended you get re-tested as soon as possible if you tested negative and:

- You had no symptoms at the time of your first test, but now you have symptoms; or
- You had symptoms at the time of your first test and you have developed new or worsening symptoms.

Remember, if your test is negative, you still need to continue to self-isolate for 14 days.

Seeking Health Care

Hastings Prince Edward Public Health will be in contact with you until the end of your period of self-isolation to assist in monitoring your symptoms. You can also contact the numbers listed at the end of this letter if you develop any symptoms. **If you develop concerning symptoms,**

such as difficulty breathing or chest pain, call 911.

People with weakened immune systems, which may include older people and people with chronic diseases such as diabetes, cancer, heart, renal or chronic lung disease are at increased risk of more severe illness due to COVID-19.

Ending Self-Isolation

If you do not develop symptoms during the 14 days after your last exposure to someone with COVID-19, you are no longer required to self-isolate.

Your last potential exposure was on Friday, April 2, 2021 therefore you are required to self-isolate up to and including Friday, April 16, 2021. If you do not develop any symptoms by end of day Friday, April 16, 2021 you are no longer required to self-isolate.

If you have any questions, please call the COVID-19 Information Line at [613-966-5500](tel:613-966-5500) or [1-800-267-2803](tel:1-800-267-2803) Monday-Friday 8:30 am – 4:30 pm. If you need immediate assistance, please call Telehealth Ontario 24 hours a day at 1-866-797-0000.

Sincerely,

Communicable Disease Team – COVID Response
Case Management Team
Hastings Prince Edward Public Health