

COVID-19 CLASS ORDER FOR SELF-ISOLATION

What is a COVID-19 Class Order for Self-Isolation?

- The Class Order for Self-Isolation is a legal requirement that directs the following people to stay home and self-isolate for a certain number of days:
 - People in recent close contact with someone who has tested positive for COVID-19 or who is considered a probable case must self-isolate for **14 days** from last contact.
 - People who have new symptoms (even mild symptoms) or worsening symptoms of COVID-19, have been tested and are waiting for results of their test must self-isolate until they receive a **negative** result, have no fever, and symptoms have been improving for at least 24 hours.
 - People who have **tested positive** for COVID-19 must remain in self-isolation for **10 days** from symptom onset as long as they have no fever and symptoms have been improving for at least 24 hours **OR** 20 days from symptom onset if they have been severely ill, e.g. in the hospital, or they are severely immunocompromised, as long as they have no fever and symptoms have been improving for at least 24 hours.
- The purpose is to reduce the spread of COVID-19 and protect the health of our community.

Has Hastings Prince Edward Public Health (HPEPH) issued a class order?

- The provincial Health Protection & Promotion Act allows the Medical Officer of Health at HPEPH to issue a class order.
- The order was issued on October 8, 2020 and will remain in effect until the Medical Officer of Health declares it is no longer needed.

How long must people remain in self-isolation?

- Self-isolation usually lasts 10 days from the day the person's [symptoms](#) began (e.g. fever, cough, sore throat) or 14 days from last known contact with someone who tested positive for COVID-19.
- Sometimes people are asked to stay home longer, depending on their symptoms and test results.

Can some people be exempted from the class order?

- Some essential service workers, such as health care workers, who are close contacts with no symptoms, may be permitted to work. However, they must self-isolate at home when they are not working or travelling to/from work.
- Exceptions may also be made for people leaving domestic violence. HPEPH will review exceptions for each situation.
- People can still go for essential medical appointments when they are in self-isolation. Contact Hastings Prince Edward Public Health for instructions at 613-966-5500 or 1-800-267-2803 before going to a medical clinic or hospital. You must tell them before you go that you could have or do have COVID-19.

How does self-isolation work?

- Self-isolation means staying at home or in an isolation facility. Do not go outside unless you have a private balcony or an enclosed yard where you can avoid others.
- Do not have any visitors into your home unless public health says they are allowed.

- Avoid close contact with others. Shop online or have someone pick up supplies for you.
- If you need support with groceries, prescriptions or other services, please call the HPEPH COVID-19 Information line at 613-966-5500 or 1-800-267-2803 for advice.
- Keep as much distance as possible from the people you live with. Use a separate bathroom and bedroom, if you have one. When sharing rooms, open windows for good airflow. See Public Health Ontario's fact sheet about how to self-isolate for more information.
- People who are experiencing homelessness, do not have adequate housing, or feel unsafe at home, will be provided with temporary shelter.

What happens if someone does not self-isolate?

A person who ignores the class order to self-isolate can be charged and fined up to \$5,000 per day. Police may be called to assist.

Can someone legally challenge the class order?

The person listed in the class order can challenge it by appealing to the [Health Services Appeal and Review Board](#).

What do I need to know about the federal quarantine order under the *Quarantine Act*?

- The federal quarantine order applies to all travellers entering Canada, effective March 25, 2020. It requires all travellers to self-quarantine for 14 days. More information is available on the [Government of Canada website](#).
- In some cases, people who must quarantine under the federal order may also be subject to the order issued by the HPEPH Medical Officer of Health (for example, people who are diagnosed with COVID-19 and have also recently returned from travel).

More Information

For a health assessment, call your doctor's office or Telehealth Ontario at 1-866-797-0000. For more information about the Class Order, call Hastings Prince Edward Public Health at 613-966-5500 or Toll Free 1-800-267-2803 | TTY: Dial 711 | Website: hpePublicHealth.ca

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