CLASS ORDER

Made pursuant to Section 22(5.0.1) of the Health Protection and Promotion Act

Date: October 6, 2020

TO: All persons residing in or present in the Waterloo Health Unit / The Regional Municipality of Waterloo who:

(a) Are a confirmed case or probable case of COVID-19;
(b) Have the signs and symptoms of COVID-19, have been tested for COVID-19 and are awaiting the results of their test; or
(c) Are a close contact of a person identified in (a) even if they do not themselves have any symptoms of COVID-19.

I, Dr. Hsiu-Li Wang, Associate Medical Officer of Health for the Waterloo Health Unit / The Regional Municipality of Waterloo order you to take the following actions, effective 10:00 a.m. on October 6, 2020:

1. Isolate yourself without delay and remain in isolation from all other persons ("self-isolation"). While in self-isolation you must conduct yourself so you do not expose any another person to infection or possible infection from COVID-19. The instructions you must follow are set out in paragraph 3 below.

2. Remain in self-isolation:
   a. If you are a person described in (a) above, you must remain in self-isolation:
      i. For 10 days from symptom onset as long as on the 10th day, you have no fever and your symptoms have been improving for at least 24 hours, or 10 days from test date if you have had no symptoms; or
      ii. For 20 days from symptom onset if you have or have had severe illness (i.e., requiring ICU level support) or if you have severe immune compromise as long as on the 20th day, you have no fever and your
symptoms have been improving for at least 24 hours or 20 days from your test date if you have had no symptoms.

b. If you are a person described in (b) above, you must remain in self-isolation until you receive a negative test result, have no fever and your symptoms have been improving for at least 24 hours. If you receive a positive result, you are then subject to the Order as a person described in (a) above.

c. If you are a person described in (c) above, you must remain in self-isolation for 14 days after the day on which you last had close contact with a person described in paragraph (a) above. However, if you develop symptoms during this period, you must:

   i. If tested, complete the 14 days of self-isolation if you receive a negative test result, and on 14th day have no fever and your symptoms have been improving for at least 24 hours. If you receive a positive result, you are then subject to the Order as a person described in (a) above.

   ii. If not tested, remain in self-isolation:

      • For 10 days from symptom onset as long as on the 10th day, you have no fever and your symptoms have been improving for at least 24 hours; or

      • For 20 days from symptom onset if you have or have had severe illness (i.e., requiring ICU level support) or if you have severe immune compromise as long as on the 20th day, you have no fever and your symptoms have been improving for at least 24 hours.

3. The instructions you must follow during self-isolation are in the Public Health Ontario fact sheet, How to Self-Isolate, dated July 31, 2020 (or as current), attached as Schedule 1 to this Order and also found at: https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en

   a. All instructions in How to Self-Isolate form part of this Order.

   b. This fact sheet may be updated from time to time. If so, Region of Waterloo Public Health will advise persons with whom they are in contact of the
updated instructions and the updated instructions will be posted here:

4. During the periods described in 2. above, remain reachable for monitoring by Region of Waterloo Public Health and/or Public Health Ontario staff and/or other such public health staff as Region of Waterloo Public Health may determine.

5. Inform Region of Waterloo Public Health if you have specific needs while you are subject to these isolation measures, including food, water, accommodation, clothing, appropriate medical treatment, and family or religious arrangements. To do so, contact the Region of Waterloo Public Health at 519-575-4400.

6. If your illness is worsening (e.g. difficulty breathing) and you feel you need immediate medical attention, call 911 and identify your COVID-19 related diagnosis or symptoms and answer all screening questions accurately (including symptom and travel history) so that you will receive appropriate care.

7. As directed, provide Region of Waterloo Public Health with the names and contact information of all persons with whom you have had close contact during the relevant dates.

8. Follow any further directions provided to you personally by Region of Waterloo Public Health and/or other public health staff (as Region of Waterloo Public Health may determine) pertaining to COVID-19 and the terms of this Order to permit appropriate case and contact management for COVID-19.

9. The requirements of this Order are subject to necessary modifications for the following persons or class of persons:
   a. A person or class of persons who, in the opinion of the Medical Officer of Health is asymptomatic and provides essential service, for the limited purpose of providing that essential service;
   b. A person receiving essential medical services or treatments, whether related to COVID-19 or not;
   c. Where a person’s isolation, in the opinion of Region of Waterloo Public Health, would not be in the public interest.
10. As provided by section 23 of the Health Protection and Promotion Act, the terms of this Order apply to all persons under 16 years of age as served upon their parent(s), and any other person(s) who have the responsibilities of a parent, in relation to the person under 16 years of age, who shall ensure compliance with the Order by the person under 16 years of age.

THE REASONS for this ORDER are that:

1. COVID-19 is a disease of public health significance and has been designated as communicable under Ontario Regulation 135/18 as amended. COVID-19 has been declared a pandemic by the World Health Organization. The Province of Ontario and The Regional Municipality of Waterloo have/had declared an emergency under the Emergency Management and Civil Protection Act as a result of the pandemic;

2. There are no specific treatments for COVID-19 and no vaccine to prevent its transmission;

3. COVID-19 is present in The Regional Municipality of Waterloo and therefore poses a risk to the health of the residents of The Regional Municipality of Waterloo through community transmission. The COVID-19 virus is primarily spread from an infected person to a close contact by direct contact or when respiratory secretions from the infected person enter the eyes, nose, or mouth of another person; and

4. To contain the spread of COVID-19, individuals to whom this Order applies, are required to isolate themselves from other people until they are no longer infectious or potentially infectious. Isolation ensures that these people will not spread their infection to others.

I am of the opinion, on reasonable and probable grounds that:
a. A communicable disease exists or may exist or there is an immediate risk of an outbreak of a communicable disease in the health unit served by me;

b. The communicable disease presents a risk to the health of persons in the health unit served by me; and

c. The requirements specified in this Order are necessary in order to decrease or eliminate the risk to health presented by the communicable disease.

I am also of the opinion that the delivery of notice of this Order to each and every member of the class is likely to cause a delay that could significantly increase the risk to the health of any person residing in the health unit, so notice shall be provided through the public media and the internet via posting on the Region of Waterloo Public Health website:


The following definitions apply to this Order:

"close contact" means a person who:

- (a) Within the past 14 days, has had a high-risk exposure to a confirmed or probable COVID-19 case. For example, a person who lived with or otherwise had close, unprotected and prolonged contact, e.g., within 2 metres (6 feet) for more than 15 minutes, with a probable or confirmed case of COVID-19 during their period of communicability; or

- (b) Has been identified by Region of Waterloo Public Health or another public health unit as a close contact of a probable or confirmed case of COVID-19.

“confirmed case” means a person with a positive laboratory test for COVID-19.

- For more detail, see the Ministry of Health definition at:
“no fever” means that your temperature is 37.7 degrees Celsius or lower.

“probable case” means:
- (a) A person with symptoms compatible with COVID-19 who has not had a laboratory test for COVID-19 and:
  - Traveled to an affected area (including inside of Canada) in the 14 days prior to symptom onset; or
  - Had close contact with a confirmed case of COVID-19; or
  - Lived in or worked in a facility known to be experiencing an outbreak of COVID-19, e.g., long-term care, prison; or
- (b) A person with symptoms compatible with COVID-19 AND in whom laboratory diagnosis of COVID-19 is inconclusive.

“Region of Waterloo Public Health” means myself or Region of Waterloo Public Health staff acting under the direction of myself.

“severe immune compromise” includes, for example, cancer chemotherapy, untreated HIV infection with CD4 T lymphocyte count 20 mg/day for more than 14 days and taking other immune suppressive medications.

**NOTICE**

**TAKE NOTICE THAT** each member of the class is entitled to a hearing by the Health Services Appeal and Review Board if the member has delivered to me and to the Health Services Appeal and Review Board, 151 Bloor Street West, 9th Floor, Toronto, Ontario, M5S 1S4, notice in writing, requesting a hearing within 15 days after publication of this Order or otherwise in accordance with the applicable law.
AND FURTHER TAKE NOTICE THAT although a hearing may be requested this Order takes effect when it is delivered to a member of the class or brought to the attention of a member of the class.

FAILURE to comply with this Order is an Offence for which you may be liable, on conviction, to a fine of not more than $5,000.00 for every day or part of each day on which the offence occurs or continues.

Dr. Hsiu-Li Wang  
Associate Medical Officer of Health  
The Regional Municipality of Waterloo Public Health  
99 Regina Street South, 3rd Floor,  
Waterloo, ON N2J 4V3

This Order shall be posted on the Waterloo Region Public Health website:  

Inquiries about this Order should be directed to Waterloo Region Public Health at 519-575-4400.
Coronavirus Disease 2019 (COVID-19)

How to Self-Isolate

You must isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19. If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).

Stay home
- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.

Avoid contact with others
- No visitors unless essential (e.g. care providers)
- Stay away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room away from other people in your home and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).
- If these steps are not possible, keep a distance of at least two metres from others at all times.

Keep your distance
- If you are in a room with other people, keep a distance of at least two metres and wear a mask or face covering that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.

Wash your hands
- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.
Cover your coughs and sneezes
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands.
- Lining the wastebasket with a plastic bag makes waste disposal safer.
- Clean your hands after emptying the wastebasket.

Wear a mask over your nose and mouth
- Wear a mask if you must leave your house to see a health care provider or to get tested for COVID-19.
- Wear a mask when you are within two metres of other people, or stay in a separate room.
- If you do not have a mask, maintain two metres distance from people and cover your cough and sneezes. See physical distancing.

What should I do if I develop symptoms?
- Complete the COVID-19 Self-Assessment.
- Contact Telehealth (1-866-797-0000) or your health care provider.
- Anyone with whom you had close physical contact (e.g., in your household) in the two days before your symptoms started or after symptoms started should also self-isolate. If you have questions about this, call your local public health unit.
- Isolate for 14 days beginning when your symptoms started.
- After 14 days, you can stop isolating if you no longer have a fever and your symptoms have improved, but you should continue with physical distancing measures.
- If you are still unwell at 14 days, contact Telehealth or your health care provider.

Learn about the virus
COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health’s website: ontario.ca/coronavirus.

For more information please contact: ________________________________

The information in this document is current as of July 31, 2020

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