

CLASS ORDER

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

This class order issued and effective September 27, 2021 at 3:00 p.m. replaces the September 22, 2020 and December 03, 2020 versions of this order.

Date: September 27, 2021

TO: All persons residing in or present in the City of Ottawa who:

- (a) are identified as a person diagnosed with 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;
- (c) otherwise have reasonable grounds to believe they have one or more symptoms of COVID-19; or
- (d) are a Close Contact of a person identified in (a), (b) or (c).

I, Vera Etches, Medical Officer of Health for the City of Ottawa Health Unit, order you to take the following actions, effective 3 p.m. on September 27, 2021:

1. **Isolate yourself without delay** in accordance with instructions provided by Ottawa Public Health. This includes remaining in your home or isolation facility. Do not go outside, unless on to a private balcony or enclosed yard where you can avoid close contact with others. You must not have any visitors into your home except as permitted by Ottawa Public Health.
2. **Remain in isolation** until the expiry of the required period that begins on the day on which you first show symptoms, are tested, or are diagnosed with COVID-19, whichever is earliest, or on the last day of close contact. The expiry of the isolation period may end after the last day of the required period, as long as on the last day you have no fever (without the use of fever-reducing medications) and your symptoms, if any, have been improving for at least 24 hours (48 hours for gastrointestinal related symptoms). Ottawa Public Health may instruct you otherwise in accordance with the current Ministry of Health guidelines: https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_testing_clearing_cases_guidance.pdf
 - i. **Persons diagnosed with COVID-19** ((a) above):
 - If you have Mild or Moderate Illness: Self-isolate for a *10-day period*.
 - If you have Severe Illness (e.g., requiring ICU level support) or if you are Severely Immunocompromised: Self-isolate for a *20-day period*.

- ii. **Persons with signs and symptoms of COVID-19, have been tested for COVID-19 and are awaiting the results of their test ((b) above):**
- If the test is negative: Self-isolate until you receive a negative test result, you have had no fever (without the use of fever-reducing medications) for 24 hours, and your symptoms have been improving for at least 24 hours (48 hours for gastrointestinal related symptoms).
 - If the test is positive: You are then subject to the Order as a person described in (a) above.
- iii. **Persons with reasonable grounds to believe they have one or more symptoms of COVID-19 ((c) above):**
- If tested: Self-isolate until you receive a negative test result, you have had no fever (without the use of fever-reducing medications) for 24 hours, and your symptoms have been improving for at least 24 hours (48 hours for gastrointestinal related symptoms). If you receive a positive result, you are then subject to the Order as a person described in (a) above.
 - If not tested: Self-isolate for a *10-day period* from the time you first developed symptoms.
- iv. **Persons who are a Close Contact of a person identified in (a), (b), or (c) ((d) above) and are NOT Fully Vaccinated:**
- If you have no symptoms: Self-isolate for a *10-day period* from the last day of close contact.
 - If you develop symptoms during the 10-day period and/or are tested:
 - If the test is negative: you must remain in self-isolation for 10 days from the last day of close contact.
 - If the test is positive: you are then subject to the Order as a person described in (a) above.
 - If you develop symptoms during the 10-day period and are not tested:
 - If you have Mild or Moderate Illness: In addition to self-isolating for a minimum of 10 days, you must self-isolate for a *10-day period* from the day on which you first show symptoms. The total period of isolation may end after the *10-day period* from the day on which you first showed symptoms or the *10-day period* from the last day of close contact, whichever falls later.
 - If you have Severe Illness (e.g. requiring ICU level support) or if you are Severely Immunocompromised: Self-isolate for a *20-day period* from the day on which you first show symptoms.

- v. **Persons who are a Close Contact of a person identified in (a), (b), or (c) ((d) above) and are Fully Vaccinated:**
- If you are fully vaccinated* *at the time of your exposure* and don't have any COVID-19 symptoms, you may not need to isolate. However, *testing* and *self-monitoring* are still required.
 - If you have no symptoms: Get tested 7 days following your exposure.
 - If you have symptoms: Get tested immediately, and self-isolate until you receive your test result.
 - If the test is negative: You must isolate until you have had no fever (without the use of fever-reducing medications) for 24 hours, and your symptoms have been improving for at least 24 hours (48 hours for gastrointestinal related symptoms).
 - If the test is positive: you are then subject to the Order as a person described in (a) above.
 - Note: There are exceptions to the guidelines for Fully Vaccinated High Risk Contacts. Ottawa Public Health may inform you at any time that you must isolate regardless of your vaccination status.
3. During the self-isolation period, **conduct yourself in such a manner as not to expose another person to infection of COVID-19** by following infection control instructions on the Ottawa Public Health website, located at: OttawaPublicHealth.ca/Self-Isolate, or pursuant to instructions given to you by Ottawa Public Health or any other staff of a healthcare facility to which you may seek or receive treatment.
4. **Keep away from vulnerable persons**, including persons who have an underlying medical condition, persons with a compromised immune system from a medical condition or treatment, persons 60 years of age or older, or persons who are reliant upon a homeless shelter or other congregate living setting.
5. **Inform Ottawa Public Health if you require any help** or resources to properly self-isolate or to maintain your self-isolation such as a need for food, water, accommodation, clothing, appropriate medical treatment, and family, religious or other arrangements. To do so, contact Ottawa Public Health at (613) 580-6744.
6. **Provide Ottawa Public Health with the names and contact information of Close Contacts** during relevant dates immediately upon request.
7. **Follow any further instructions provided by Ottawa Public Health** pertaining to COVID-19 and the terms and conditions of this Order.
8. **Seek prompt medical attention if your illness is worsening** (e.g., difficulty breathing) by calling 911 and mentioning your COVID-19 related diagnosis or symptoms.

9. The requirements of this Order are subject to necessary modifications for the following persons or class of persons:
 - i. a person or class of persons who, in the opinion of the Ottawa Public Health, is asymptomatic and provides an essential service, for the limited purpose of providing that essential service;
 - ii. a person receiving essential medical services or treatments, whether or not related to COVID-19; or
 - iii. where a person's isolation, in the opinion of Ottawa Public Health, would not be in the public interest.

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 has enacted emergency orders and the City of Ottawa has declared an emergency under the Emergency Management and Civil Protection Act as a result of the pandemic.
2. COVID-19 is present in the City of Ottawa and therefore poses a risk to the health of the residents of the City of Ottawa through community transmission. The COVID-19 virus is spread from an infected person to a Close Contact by direct contact or from respiratory secretions from the infected person.
3. To contain the spread of COVID-19, individuals experiencing symptoms consistent with COVID-19 or who are infected with COVID-19, as well as their Close Contacts, 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 Ottawa Public Health website: OttawaPublicHealth.ca/Coronavirus

The following definitions apply to this Order:

“Close Contact” means a person who, within the past 14 days, has had a significant exposure to a confirmed or probable COVID-19 case and includes any person identified as a Close Contact by Ottawa Public Health. Close Contact includes contact with someone who has tested positive for COVID-19, has signs or symptoms of COVID-19, or has been tested for COVID-19 and is awaiting test results. This includes caregivers and household members.

“Fully Vaccinated” means that it has been at least 14 days since you received:

- The full series of a COVID-19 vaccine authorized by Health Canada (e.g., 2 doses of Moderna, Pfizer-BioNTech or AstraZeneca/COVISHIELD, **OR** 1 dose of Janssen [Johnson & Johnson]) or any combination of such vaccines, **OR**
- One or two doses of a COVID-19 vaccine not authorized by Health Canada (e.g., Sinopharm) followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada (e.g., Pfizer-BioNTech or Moderna) **OR**
- Three doses of a COVID-19 vaccine not authorized by Health Canada (e.g., Abdala)

“Ottawa Public Health” means the Medical Officer of Health or Ottawa Public Health staff acting under the direction of the Medical Officer of Health.

“Mild or Moderate Illness” means COVID-19 illness that do not meet the definition of Severe Illness.

“Severe Illness” means requiring ICU level of care for COVID-19 illness (e.g., respiratory dysfunction, hypoxia, shock and/or multi-system organ dysfunction).

“Severely Immunocompromised” includes for example: cancer chemotherapy, untreated HIV infection with CD4 T lymphocyte count <200, combined primary immunodeficiency disorder, taking prednisone 20 mg/day for more than 14 days, 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 applicable law.

AND TAKE FURTHER 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. Vera Etches
Medical Officer of Health

This Order shall be posted on the Ottawa Public Health website:
OttawaPublicHealth.ca/Coronavirus

Inquiries about this Order should be directed to the Ottawa Public Health at (613)580-6744.