COVID-19 Update #14

I learned late yesterday that a health-care worker in our region has tested positive for COVID-19, and is a member of TOH staff. The individual has no history of recent travel.

The Ottawa Hospital, Ottawa Public Health and the Eastern Ontario Health Unit have been actively engaged in the investigation and contact tracing of individuals and patients who may have been in close contact with the healthcare worker at the hospital. TOH staff identified through the contact tracing have been notified and advised on what measures to take. Public Health has notified patients who may have been in contact. This week, our Medical Officer of Health stated that she is certain that there’s community transmission of COVID-19 in Ottawa.

**As a reminder,** Ottawa Public Health is recommending that health-care workers with **any** of the following symptoms be tested regardless of exposure or travel history:

- fever
- sore throat
- new or worsening cough
- sputum production
- new or worsening shortness of breath
- rhinorrhea (runny nose)

Having only one of these symptoms is common at this time of year and on its own does not automatically indicate a respiratory infection. Staff with **only one** of these symptoms (and no travel or exposure history) should:

1. Notify Occupational Health and Wellness and self-isolate for 72 hours.
2. If your symptoms get better after 72 hours, please call Occupational Health and Wellness at 613-737-8899 ext 10273 for directions before returning to work.
3. If symptoms increase, worsen or persist beyond 72 hours, present yourself to the Brewer Arena COVID-19 assessment center to be tested.

4. Remain on self-isolation until you receive your test result and further directions.

5. Even if your test result is negative, you cannot return to work until you have been cleared by Occupational Health and Wellness.


**Emergency Management and Civil Protection Act (EMCPA)**

Last night, the Ontario government announced an order under the Emergency Management and Civil Protection Act (EMCPA). The order gives hospitals the ability to cancel and postpone services, to free up space and valuable staff, identify staffing priorities and develop, modify and implement redeployment plans. More details can be found [here](#).

Thank you for taking care of each other and for your continued commitment to our patients.