

NEWS RELEASE

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Face Coverings Recommended to Slow the Spread After Self-Isolation

NIPISSING & PARRY SOUND, ON - The North Bay Parry Sound District Health Unit (Health Unit) is reminding individuals who have tested positive for COVID-19, and qualify for the five-day isolation period, to follow these recommendations for five days following their isolation period:

- Wear a face covering for the five days following their isolation period, any time they are around people they do not live with.
- Do not visit individuals in highest risk settings such as long-term care, retirement homes, or hospitals.
- Do not visit individuals that have weakened immune systems or are elderly.

A recent review of evidence by Public Health Ontario (2021) indicates that individuals can be infectious up to three to five days before symptoms start and up to eight to 10 days after, according to multiple studies.

“Although the risk of spreading COVID-19 after day five decreases, transmission can still occur. By wearing a face covering around people you do not live with, you can decrease further spread,” explains Dr. Carol Zimbalatti, Public Health Physician.

Though restrictions are loosening significantly in Ontario and throughout Canada, individuals continue to be encouraged to get fully vaccinated against COVID-19, get a booster dose if they are eligible, wearing a face covering in public, and wash or sanitize hands often. Some individuals are at higher risk than others from COVID-19, and the public is asked to continue to be supportive of individuals who take extra precautions to protect themselves or their loved ones.

For more isolation guidance, visit myhealthunit.ca/COVIDGuide. The Health Unit’s COVID-19 call centre remains available for public inquiries Monday to Friday at [1-844-478-1400](tel:1-844-478-1400).

Reference:

Ontario Agency for Health Protection and Promotion (Public Health Ontario). COVID-19 overview of the period of communicability – what we know so far. Toronto, ON: Queen’s Printer for Ontario; 2021.

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