

# NEWS RELEASE

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## Health Unit Reminds Public of Enhanced COVID-19 Self-Isolation Requirements

NIPISSING & PARRY SOUND, ON – The North Bay Parry Sound District Health Unit (Health Unit) wishes to remind the public of the Ontario Ministry of Health’s updated guidelines for self-isolation, even if you only have one symptom of COVID-19. The updates are in response to the evolving situation related to COVID-19 Variants of Concern (VOCs) across the province.

The provincial guidelines now require that symptomatic individuals isolate at home until:

- they receive a negative COVID-19 test result OR
- they receive an alternative diagnosis by a health care professional OR
- it has been 10 days since their symptom onset and they are feeling better.

When a symptomatic individual is isolating, everyone else in the household, both adults and children, are required to stay home, even if the other members of the home do not have symptoms of COVID-19. If possible, it is recommended that the symptomatic individual self-isolate away from other household members. If the symptomatic individual chooses not to be tested for COVID-19, all household contacts must self-isolate for 14 days from their last contact with the individual during their isolation period.

Example, if you do not have symptoms of COVID-19 but are self-isolating with a symptomatic individual who chooses to not be tested, you will have to isolate an additional 14-days after their 10-day isolation period.

“These enhanced self-isolation requirements are a result of the increasing number of VOC cases in Ontario and we have seen a large number in our district,” notes Dr. Jim Chirico, Medical Officer of Health. “VOCs are highly contagious; therefore, tightening these isolation measures helps to reduce the impact on our hospitals and health care system.”

If you think you may have COVID-19 symptoms or have been in close contact with someone who has tested positive, first self-isolate and then use [Ontario's Self-Assessment Tool](#) to see if you need to seek testing or further care. If you need further assistance, call your health care provider or the Health Unit at [1-800-563-2808](tel:1-800-563-2808). If you have severe symptoms, such as difficulty breathing, you should call 911 and mention your symptoms.

Visit [Ontario’s website](#) to learn more about how the province continues to protect Ontarians from COVID-19.

For more information, please visit [myhealthunit.ca/COVID-19](https://myhealthunit.ca/COVID-19).

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