



Durham Region Health Department  
**FAX about...**  
For Health Care Professionals



# COVID-19 Update #12

## Community Transmission

There is **evidence of community transmission of COVID-19 in Durham Region**. This means that the virus is spreading in the community and is no longer only linked to travel or other known cases.

### Everyone with symptoms should self isolate for 14 days

The Durham Region Health Department recommends that **anyone who has mild cold or respiratory symptoms** (even if they have no travel history), **and has not been tested for COVID-19, should self-isolate at home for 14 days**, or until their symptoms resolve, whichever is longer.

Self isolation is a strategy used to prevent COVID-19 from spreading to others. Individuals who are self isolating must stay home, not go to work, not use public transportation, and not go to other public areas (e.g. grocery stores).

### Travel

Any returning travellers from outside Canada are required to self-isolate for 14 days upon return.

### COVID-19 testing

Durham Region residents who may require COVID-19 testing (fever, new or worsening cough, shortness of breath, or worsening cold or respiratory symptoms) can be directed to the Lakeridge Health COVID-19 Assessment Centre. Direct patients to complete the online assessment form [COVID-19 Clinic Assessment Form](#) (also found at [lakeridgehealth.on.ca](http://lakeridgehealth.on.ca)) AND self-isolate while they wait for a return phone call from a physician. Patients who do not meet criteria will not be called by a physician, however, **all patients with mild cold or respiratory symptoms are advised to self-isolate at home for 14 days**, or until their symptoms resolve, whichever is longer.

March 27, 2020

905-668-2020 or 1-800-841-2729 | [durham.ca/health](http://durham.ca/health)

If you require this information in an accessible format, contact 1-800-841-2729.

