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) 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