

**Elgin St. Thomas Site**

Administrative Office  
1230 Talbot Street  
St. Thomas, ON  
N5P 1G9

**Woodstock Site**

410 Buller Street  
Woodstock, ON  
N4S 4N2



**December 11, 2020**

**From the Office of Dr. Joyce Lock, Medical Officer of Health, Southwestern Public Health**

Dear Community Partner for COVID-19 Testing,

Cases and transmissions are increasing in our region, particularly between close contacts in households and workplaces. We must consider all interventions to slow the spread of COVID-19 in our community.

Effective Monday, December 14, I recommend all asymptomatic household members self-isolate along with symptomatic individuals who are awaiting a COVID-19 test result. The symptomatic individual and their household members should not attend work or school outside of the home, child care, or run errands in the community while test results are pending.

This is a preventative measure to limit the potential for COVID-19 to spread in workplaces, schools, child care settings, and within the community.

**Please proactively communicate this message verbally to all symptomatic individuals who seek a COVID-19 test in your facility, effective Monday, December 14.**

**Also affix the following printable message to all handouts given after a test, until updated handouts are shipped.**

If you have questions, contact our Call Centre at 1-800-922-0096 extension 9.

We must work together to stop the spread of COVID-19 and protect the communities we love.

Thank you.

**Dr. Joyce Lock**

**Medical Officer of Health**

Southwestern Public Health

1-800-922-0096, ext.1255

[jllock@swpublichealth.ca](mailto:jllock@swpublichealth.ca)

To Print and Affix to Post-Test Handouts:

### **IMPORTANT – SELF ISOLATION GUIDANCE**

Effective December 14, 2020, as advised by Dr. Joyce Lock, Medical Officer of Health at Southwestern Public Health:

- Get tested for COVID-19 if you have symptoms, even if they are mild.
- Self-isolate at home while you wait to receive your COVID-19 test results. Do not go to work or school outside of the home, attend child care, or run errands in the community until your test results rule out COVID-19.
- Household members of symptomatic people who are waiting for test results should also self-isolate until results are received.
- If an individual is sick but chooses not to get tested, all household members are advised to self-isolate for at least 14 days.

For more information, visit [www.swpublichealth.ca/covid19](http://www.swpublichealth.ca/covid19) or call the Southwestern Public Health COVID-19 Call Centre at 1-800-922-0096 ext. 9.