

## MEMORANDUM

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**TO:** Educational Facilities in the Niagara Region

**FROM:** Niagara Region Public Health and Emergency Services Infectious Disease program

**REFERENCE:** Novel Coronavirus COVID-19 Update

**DATE:** February 28, 2020

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Niagara Region Public Health and Emergency Services (NRPH&ES) continues to monitor the COVID-19 outbreak. The health and well-being of our residents is our top priority and we continue to work with our provincial and federal health partners in response to this new virus.

Given that many students may be travelling in the upcoming weeks, the following advice is provided to minimize risk to your students and staff. As this is an evolving situation, we continue to remind staff and parents/caregivers of the importance of using credible sources to stay informed. We continue to update our website frequently as new information is confirmed. Please visit [niagararegion.ca/health](https://niagararegion.ca/health).

### List of countries impacted by COVID-19

The risk of infection from this virus continues to be low in Niagara, unless you are travelling to an impacted country. Currently, impacted countries include China, Iran, South Korea, Italy, Japan, Hong Kong and Singapore. To keep up to date with the evolving list of impacted countries, refer to the Government of Canada [COVID-19 Affected Areas List](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/covid-19-affected-areas-list.html) (www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/covid-19-affected-areas-list.html).

### Recommendations for travellers from Hubei Province

If a student or staff member has travelled to Hubei Province in the last 14 days:

1. Self-isolate and stay at home.
2. Limit your contact with others for a total of 14 days from the date that you left Hubei Province.
3. Contact Public Health (PH) within 24 hours of arriving in Canada at **1-888-505-6074 or 905-688-8248 ext. 7330**

### Recommendations for travellers from other impacted countries

(Impacted countries are listed on the Government of Canada [COVID-19 Affected Areas List](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/covid-19-affected-areas-list.html) [www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/covid-19-affected-areas-list.html](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/covid-19-affected-areas-list.html))

If you have travelled from any other countries impacted by COVID-19 in the last 14 days:

- Monitor yourself for respiratory symptoms including fever, new cough and difficulty breathing
- Should these respiratory symptoms develop within 14 days after leaving an impacted country, contact your health care professional or Public Health immediately
- Inform your health care professional or call Public Health about your symptoms and travel history **before** seeking medical care so we can discuss the most appropriate transportation options and site for testing

## Self-isolation Instructions

- **Do not** go to work, school, or other public areas for 14 days
- Separate yourself from others
  - Sleep in a separate room
  - Have a bathroom in your home dedicated to only you (if possible)
  - Maintain a distance of two metres from other people
- **No** visitors
- Clean your hands **often**
- **Do not** use public transportation, ride sharing companies or taxis
- If you need to go out for any reason, inform Public Health and they will provide you with detailed instructions to follow

For further information, please go to [niagararegion.ca/health](https://niagararegion.ca/health) or contact NRPH&ES Infectious Disease program at **1-888-505-6074 or 905-688-8248 ext. 7330** Monday to Friday 8:30 a.m. to 4:30 p.m.