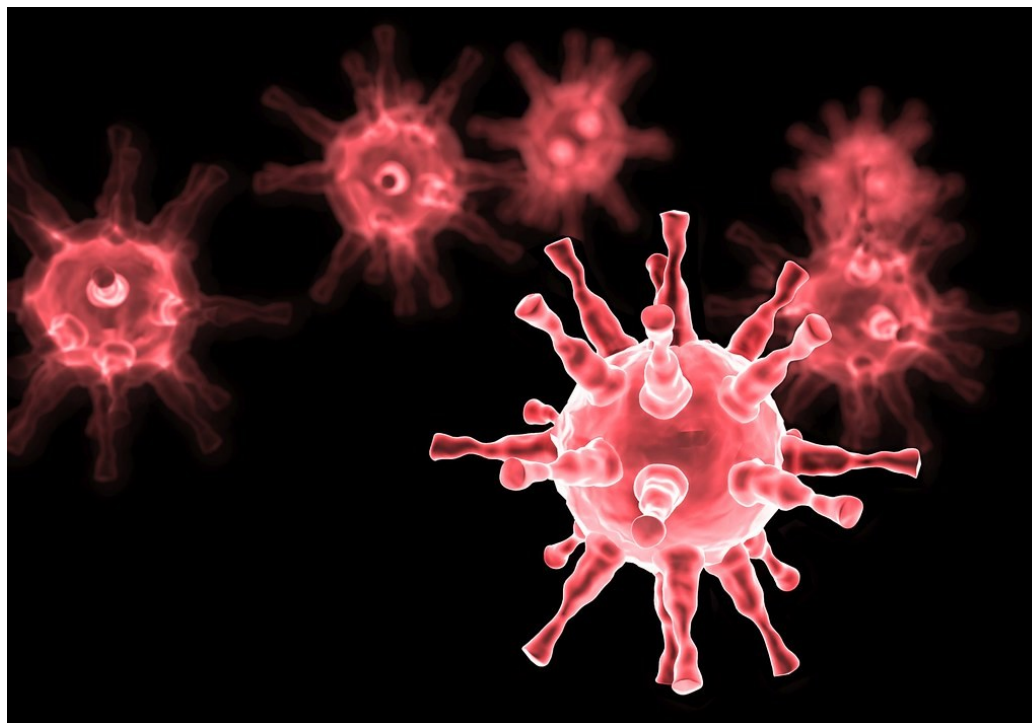


Ontario reduces length of time most people must self-isolate due to Coronavirus

By **Pamela Vanmeer** - November 16, 2020



KAWARTHA LAKES-Ontario has reduced the amount of time that most people must self-isolate if they have COVID-19 or have come into contact with a confirmed case.

Until recently, the province had required a 14-day isolation period. The Ministry of Health changed that and now says self-isolation can end after 10 days if the patient has "mild to moderate symptoms".

"In its latest version of the guidance documents, the Ministry of Health updated the clearance period for cases from a 14-day clearance period for all cases, to a 10-day clearance period for the majority of cases with mild to moderate illness and a 20-day clearance period for cases with severe illness." Chandra Tremblay, Communications, Haliburton Kawartha Pine Ridge District Health Unit told Kawartha 411 news. "The length of time is based on a number of factors unique to each individual case, including onset date of symptoms, severity of symptoms, or potential exposure dates for high risk contacts."

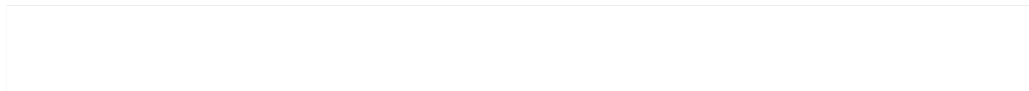
The change was not publicly announced but is included in "version 10" of the governments reference guide for public health. The guide states:

Version 10: Significant change includes moving from a 14-day clearance period for all cases, to a 10-day clearance period for the majority of cases with mild to moderate illness and a 20-day clearance period for cases with severe illness (requiring ICU-level support) or with immune compromise. Contacts who have had a high-risk exposure to a case must self-isolate for 14 days from their last exposure.

Quebec, B.C. and Alberta have already been using the 10-day minimum period for self-isolation, according to their respective Health Department websites.

The move comes as the number of positive cases continues to rise across the province. There were two new cases in the City of Kawartha Lakes today bringing the total number of active cases to three. Peterborough has seen a spike in new cases with nine reported over the weekend.

photo credit: Christoph Scholz [Virus – rot](#) via [photopin](#) (license)



Pamela Vanmeer

Pamela VanMeer is a two time winner of the prestigious Radio Television Digital News Association (RTDNA) Award. Her investigative reports on abuse in Long Term Care Homes garnered international attention for the issue and won the Ron Laidlaw Award. She is a former reporter and anchor at CHEX News, now Global Peterborough and helped launch the New CHEX Daily, a daily half hour talk show. While at CHCH News in Hamilton she covered some of the biggest news stories of the day.