

# **NCHCA Learning Series Event: Update on COVID-19**

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# Overview of Current Situation

- Omicron wave appears to have peaked
- Wastewater signal declining
- Positivity rates have fallen
- Hospital admissions are also declining
- Institutional outbreaks declining

# Provincial Easing of Restrictions

- Increasing gathering limits to 50 people indoors; removing capacity limits in settings where proof of vaccination is required:

Restaurants, bars and other food or drink establishments without dance facilities	Meeting and event spaces
Non-spectator areas of sports and recreational fitness facilities, including gyms	Recreational amenities and amusement parks, including water parks
Cinemas	Museums, galleries, aquariums, zoos and similar attractions
Religious services, rites, or ceremonies	Casinos, bingo halls and other gaming establishments
50% capacity at sports arenas, concert venues and theaters	Limits for retailers increased to the number of people who can physically distance

# Easing of Restrictions on March 1<sup>st</sup>

- Ontario intends to lift capacity limits in all remaining indoor public settings.
- Will also lift proof of vaccination requirements for all settings.
- Businesses and other settings may choose to continue to require proof of vaccination.
- Masking requirements will remain in place at this time, with a specific timeline to lift this measure communicated at a later date.

# COVID Prevention Measures

- [Active screening](#) required; keep isolated when sick
- [Face coverings](#) required; [PPE required for staff](#) who are coming with two-metres of unmasked individuals
- Ensure physical distancing can be maintained
- Increase fresh air; clean and disinfect high touch surfaces
- Post [signage](#) to remind workers and others about prevention measures
- Maintain your [Safety Plan](#)
- Get [Vaccinated](#)

# Importance of Booster Doses

- A third dose provides greater protection against symptomatic infection, as well as severe illness and complications from COVID-19.
- Rates of hospitalization due to Omicron infection are significantly higher in unvaccinated than in vaccinated populations.
- It is safe and effective to receive a different brand for your booster.
- Booster dose now available for 12- to 17-year-olds.

# Updates to Testing and Isolation Requirements

No longer required to report to OPH if two or more people test positive in your workplace.

- Stay home if you experience symptoms or test positive (PCR or RAT)
- Employees should notify their supervisor
- Self-isolate for either 5 or 10 days depending on vaccination status or if immunocompromised, AND, isolation can end only if your symptoms have improved for at least 24 hours (48 hours for gastrointestinal illness)
- Unless they have previously tested positive for COVID-19 in past 90 days, all your household members **MUST** self-isolate while you are self-isolating

# New Resource for Workplaces

- OPH has developed the [\*Working Towards Recovery: Workplace Health and Wellness Guide\*](#).
- This guide was developed to help support the mental health and wellness of both employers and employees in the workplace.
- The strategies and tips in this guide will be helpful to workplaces providing services virtually and workplaces providing in-person services and activities.

# For more information

- [Businesses, Workplaces and Community Organizations](#)
- [Information for those who have symptoms, test positive for COVID-19 and high-risk contacts](#)
- [Quick reference guide for those with symptoms of COVID-19](#)
- [COVID-19 public health measures and advice](#)
- [COVID-19 safety checklist for workplaces](#)

# Thank you

## Questions?

