

# You have been diagnosed with COVID-19 – Case letter

A [Class Order](#) under the Health Protection and Promotion Act is currently in effect. This requires everyone who is a confirmed case, potential case, or contact of a case, to follow Public Health direction.

## You must:

- Isolate yourself away from others (including those in your home) for at least 10 days. Public Health Sudbury & Districts will tell you when you can stop isolating.
  - Stay home and stay away from others in your home.
  - Wear a mask when you can't stay away from others in your home.
  - Wash your hands often.
  - Clean and disinfect high-touch areas.
  - Cover your coughs and sneeze.
- Tell those in your home that you have COVID-19. Those in your home are now considered high-risk close contacts. Give them the "[Information for high-risk contacts living in the same household of a case of COVID-19](#)" (Household Contact letter).
- Monitor your health. If you have symptoms are not feeling well, consider contacting the community paramedicine program. Information can be found below.
- Do not get tested again for at least 90 days after you are done isolating, unless you have new symptoms or have an exposure to another case of COVID-19.

## Community paramedicine program:

Community paramedicine has a program called Remote Patient Monitoring. They can provide home visits, phone consultations, and equipment to monitor your health.

Contact them directly if you would like to participate in the program. Call 705.919.0265 for Greater Sudbury or complete a [self-referral form](#) for the Manitoulin-Sudbury District Services Board.

Public Health Sudbury & Districts is available to answer any questions or provide any additional information. We can be reached at 705.522.9200, ext. 718 (toll-free 1.866.522.9200).

If you have worsening symptoms, call Telehealth at 1.866.797.0000 or a health care provider.  
**For urgent medical help, call 911.** Advise them that you have COVID-19.

For more detailed information, please refer to your letter: [Information for individuals who test positive for COVID-19](#) (Case letter).