

BULLETIN

Potential Public Exposure to COVID-19 Related to Air Travel

Issued: Saturday, December 12, 2020

The Porcupine Health Unit is investigating a confirmed COVID-19 case from out of the Porcupine Health Unit region. This individual does not add to the health unit's case count and continues to remain in isolation in the Porcupine Health Unit region. At this time, this case investigation remains ongoing and public health is working to identify and communicate directly with all contacts. In the meantime, please review flight details listed below and follow the recommendations provided.

Out of an abundance of caution the following potential exposures and guidance are being shared:

Flight Exposure

- **Wednesday December 2, 2020 – Air Canada flight AC8287, from Toronto to Timmins, departure time 1:35 pm.**
 - Those seated in rows 1-5 are asked to self-isolate immediately and call the health unit 705-267-1181 or 1-800-461-1818.
 - Everyone else on the plane is advised to self-monitor for symptoms for 14 days from the flight, ending on December 17. If you are experiencing symptoms, self-isolate at home and call the Porcupine Health Unit COVID-19 Information Line at 705-267-1181 or 1-800-461-1818.

- **Thursday December 3, 2020 – Air Creebec flight 0841, from Timmins to Moosonee, to Peawanuck departure time 9:30 am.**
 - Out of an abundance of caution, individuals who were on this flight are asked to self-isolate immediately and call the health unit 705-267-1181 or 1-800-461-1818; or your local health centre or public health nurse.

To reduce the risk of exposure, we ask that you continue to follow public health measures:

- stay home and isolate if you have any symptoms
- practice 2 metres physical distancing
- wash your hands often with soap and water or alcohol-based hand sanitizer
- sneeze and cough into your sleeve
- avoid touching your eyes, nose or mouth

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- wear a mask in indoor public spaces
- wear a mask indoors and outdoors when physical distancing of 2 metres/6 feet cannot be maintained.

Many COVID-19 infections may be mild in nature, however, getting tested and staying home can prevent someone at greater risk for severe infections or tragic outcomes from getting COVID. Please stay home, please get tested, please protect one another. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person had any symptoms or tested positive for COVID-19.

Symptoms include:

Typical Symptoms

Fever
 New or worsening cough
 Shortness of breath
 Loss of sense of smell or taste
 Sore throat/hoarse voice
 Difficulty swallowing
 Runny nose or nasal congestion
 Nausea, vomiting, diarrhea, abdominal pain

Atypical Symptoms

Unexplained fatigue or malaise
 Muscle aches
 Delirium
 Unexplained or increased number of falls
 Acute functional decline
 Exacerbation of current chronic conditions
 Chills
 Headaches
 Croup
 Conjunctivitis

If you think you may have COVID-19 symptoms or have been in close contact with someone who has it, first self-isolate and complete the on-line COVID-19 Self-Assessment (<https://covid-19.ontario.ca/self-assessment/>) to determine your next steps.

If testing is required, seek testing through one of the assessment centres across Ontario (<https://covid-19.ontario.ca/assessment-centre-locations/>). You can also call the Porcupine Health Unit at 705-267-1181 or toll-free at 1-800-461-1818.

Revised: 2020/12/12