

**Public Health Alert**

**To:** Ottawa Physicians, Nurse Practitioners, Travel Clinics, Walk-in Clinics, Emergency Departments and CHCs

**Date:** Friday September 2, 2022

**From:** Dr. Michelle Foote (Associate Medical Officer of Health)

**Subject:** **Updated COVID-19 Guidance for Booster Dose Eligibility and Self-Isolation**

*La version française sera disponible sur [notre site web](#) dès que possible.*

Dear Colleagues:

**COVID-19 Booster Doses for Children 5-11 Years**

The Ontario government has expanded eligibility for COVID-19 booster doses to children aged 5-11 years. Eligible children aged 5-11 years, as well as those aged 12-17 years, can receive their first booster dose at a recommended interval of at least six months following their most recent dose. This interval can be reduced to 3 months with informed consent. Appointments for these booster doses can now be booked through the [COVID-19 vaccination portal](#) or by calling the Provincial Vaccine Contact Centre at 1-833-943-3900, as well as through participating health care providers and [select pharmacies](#). For details, refer to Ontario's [COVID-19 Vaccine Booster \(PDF\)](#) and [NACI recommendations on the use of a first booster dose of Pfizer-BioNTech Comirnaty COVID-19 vaccine in children 5 to 11 years of age \(PDF\)](#).

**Updated Guidance for Self-Isolation**

Ontario has updated its guidance on the [Management of Cases and Contacts of COVID-19 in Ontario \(PDF\)](#). Duration of self-isolation is now informed by improvement in symptoms. Those with symptoms of COVID-19 should stay home until afebrile and until symptoms have been improving for 24 hours (48 hours for gastrointestinal symptoms). Asymptomatic individuals do not need to self-isolate unless symptoms develop. Close contacts should self-monitor for symptoms and should self-isolate immediately if symptoms develop. Longer self-isolation is recommended in certain populations, such as those with severe illness, those who are immunocompromised, and those who live or work in a highest risk setting.

Note that additional precautions should continue to be followed for a total of 10 days from symptom onset or specimen collection date (cases) or exposure date (contacts), including masking in all public settings, avoiding non-essential activities where mask

removal is necessary, and avoiding non-essential visits to highest risk settings and to those who are immunocompromised or at higher risk of illness.

The provincial [COVID-19 Self-Assessment](#) and [COVID-19 School and Childcare Screening](#) tools have been updated to help individuals navigate the updated isolation guidance.