

**March 21, 2022**

The province of Ontario has recently announced the end of mask mandates on March 21, 2022 with the exception of certain places including healthcare settings.

Taddle Creek Family Health Team continues to provide in-person care to our patients, including many who are immunocompromised, elderly, babies and young children, as well as unvaccinated people. In order to help protect against the ongoing risk of transmission of COVID-19, **all patients over age two are required to wear a well-fitting mask that covers their nose and mouth to appointments unless there is proof of a medical exemption.** Wearing a mask at your appointment will help to protect you, vulnerable members of our community and those working at Taddle Creek.

We are committed to providing as safe an environment as possible for all our patients and staff.

**Treatments are available for people at risk of severe Covid-19.** These treatments need to be given soon after the onset of symptoms to be effective. If you think you are at risk of severe infection and have Covid-19 symptoms, please contact our offices as soon as possible. The [Confused About Covid](#) website has more information about who is at risk as well as a link to Covid-19 Assessment Centers. Some of these centers may accept self-referrals.

An Ontario family physician, Dr. Sohal Goyal, has developed a [form](#) that allows patients and healthcare providers to assess eligibility for treatment for Covid-19. This form is currently up to date but eligibility may change over time.

**Fourth doses of Covid vaccine are available and strongly encouraged for immunocompromised individuals** 84 days after their third dose. Information about who is eligible may be found on the [Confused About Covid](#) website.

Many patients have had questions about the **duration of self-isolation with Covid-19 infection.** Guidelines recommend self-isolation for a total of 5 days after the onset of symptoms. However, studies have shown that many people are contagious for up to 10 days. We suggest that people continue to take precautions, including strict masking and avoidance of vulnerable contacts, for days 6 to 10.

Finally, we would like to remind you that **teenagers ages 12 and up are eligible for any vaccines they might have missed during the pandemic through Toronto Public Health's [grade 7 and 8 vaccine program](#).** As of March 2022, TPH is now providing these vaccines at mass vaccination clinics and appointments can be [booked online](#), including on weekends and evenings.

Parents or guardians should check their child's vaccination history to see if they received one dose of Meningococcal-C-ACYW (Men-C-ACYW), two doses of HPV-9/Gardasil-9 and two doses of hepatitis B vaccinations. It is ideal for them to start these vaccinations before they turn 15 as

fewer doses are required, specifically, two doses versus three of hepatitis B and HPV. If you have any trouble finding paper copies of vaccine administration, use the [Immunization Connect](#) portal to access their vaccine record. (Please note that TC FHT cannot access this site on patients' behalf as it requires a unique user login)

If your child is a patient of Taddle Creek, they can receive these free vaccines at their primary care provider's office. Once you have the vaccination information outlined above, please forward it to your primary care provider's office by sending it to the registered nurse (RN) either through PomeloHealth (secure email portal) or by calling the office to either fax or email directly to the RN.

With a significant amount of attention being given to COVID-19, we are pleased to help our patients receive important vaccines that will keep them safe from other infections. We also continue to encourage everyone who is eligible to prioritize getting vaccinated for COVID-19.

Have a lovely spring,  
Your Taddle Creek Family Health Team