

Upper Canada
Family Health Team

Dear employer,

Although the COVID-19 situation is improving, COVID-19 is still circulating in the community with both hospitalizations and deaths in our most vulnerable populations. It is critically important to follow the directives of the Office of the Chief Public Health Officer to reduce the risk of transmission in the Ontario.

Individuals who return from travel, who may be contacts of COVID-19 or who may have contracted COVID-19 may be required to self-isolate. Additionally, anyone with symptoms of COVID-19 should be tested, if eligible and/or self-isolate at home until their fever resolves, and their symptoms have been improving for at least 24 hours. In these cases, an individual will not be able to report to work

All people who are assessed or swabbed for symptoms by a healthcare professional will receive directions stating if they need to isolate and if so when they may stop self-isolation. **Practitioners will not be issuing any other sick notes or letters stating individuals are unfit to go to work or that they are fit to return to work related to COVID-19 symptoms.** This creates an unnecessary burden on our healthcare system. We also appreciate your cooperation in excusing your employees from work or accommodating alternative work arrangements (if an employee is well enough, and able to work from home) under the following circumstances:

Please refer to <https://healthunit.org/health-information/covid-19/business-re-opening/> for more details on self-isolation periods.

Please treat this letter as a sick note based on the criteria listed above.

Thank you,

Upper Canada Family Health Team