

Upper Canada
Family Health Team

Dear employer,

As the number of travel-related cases of the novel coronavirus (COVID-19) continues to rise around the world, more guidance has been issued by the Public Health Agency of Canada relating to returning travelers.

We are advising any anyone with respiratory symptoms to self-isolate for 14 days from the first day of symptoms OR until 24 hours AFTER symptoms have FULLY resolved, whichever is the longer timeframe

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:

1. Any employee who has travelled outside of Ontario is being asked to self-isolate at home for 14 days upon their return.
2. Residents are asked to self-isolate for 14 days if they live with, provide care for, or have spent extensive time with someone who:
 - has tested positive for COVID-19, OR
 - is suspected to have COVID-19, OR
 - who has respiratory symptoms (fever, cough, or shortness of breath) that started within 14 days of travel outside of Ontario

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

Thank you,

Upper Canada Family Health Team