

As of March 11, 2020, Public Health has made the below recommendations:

If you have or will be travelling to **China, Iran, Italy** , including stop-over at airports you MUST adhere to the following:

- Contact Public Health within 24 hours of your return
- **Self-isolate** (stay home and avoid close contact with others) for 14 days after returning to Canada- even if you are not symptomatic. **You cannot work during self-isolation**
- Call Public Health immediately if you develop symptoms at any point during your isolation period or Telehealth Ontario **1-866-797-0000**.

If you have or will be travelling to another area affected by COVID-19 (currently **Hong Kong, France, Spain, Germany, Japan, Singapore, and South Korea**) including stop-overs at airports you MUST adhere to the following:

- **Self-monitor** for symptoms of COVID-19 for 14 days after leaving the affected area. **You can work during self-monitoring if you do not develop symptoms**
- Call Public Health immediately if you develop symptoms at any point during your self-monitoring period. You will also need to report this to your Leader/Chief and Occupational Health.

Public health recommends that **ALL travellers** self-monitor as well as self-isolate if you have a new onset of respiratory symptoms, and call your Health Care Provider and Public Health.

If you haven't travelled to a risk area, or you haven't travelled at all, it is important for everyone to practice good infection control practices at all times.

1. **Stay home when you are sick.** Bringing any illness into the office puts other patients and your co-workers at risk.
2. **Clean your hands.** Use the ABHR (alcohol-based hand rub) and/or soap and water.
3. **Cough Etiquette.** Sneeze or cough into your sleeve to contain the germs and avoid touching your face. Keep those around you safe.