



Dear employer,

We are advising any residents with respiratory symptoms to stay on self-isolation for 14 days at the very least, or if they are still sick, to continue isolating until they are significantly improving and their fever has resolved.

Additionally, any employee who has travelled outside of Canada, including the United States of America, is being asked to self-isolate at home for 14 days upon their return.

Residents are also 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 Canada

We 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) if they are affected by the above circumstances.

Due to the volume of residents who will be affected by COVID-19, please treat this letter as a sick note based on the criteria listed above.

Thank you,

Clarence-Rockland Family Health Team  
(Adapted from Ottawa Public Health)