



Dear employer,

Any person who is sick and has respiratory symptoms (e.g., flu, COVID, cold) must stay at home to prevent transmission to others. According to Public Health Guidelines <https://www.ontario.ca/page/protection-covid-19-and-other-respiratory-illnesses>) the person can return to work once ALL of the following apply to them:

- their symptoms have been improving for at least 24 hours (or 48 hours if they had nausea, vomiting and/or diarrhea)
- they do not have a fever
- they do not develop any additional symptoms

People with respiratory symptoms generally do not need to be evaluated by a physician unless those symptoms become severe (e.g., difficulty breathing). As such, requiring an employee to see their doctor to get a sick note for an illness that usually clears up on its own is a misuse of scarce health care resources. Instead, treat this letter as their sick note based on the criteria set out above.

Thank you,

Clarence-Rockland Family Health Team