

Occupational Health and Safety Frequently Asked Questions (FAQs)

(Based on known information as of March 27, 2020)

1. What is self monitoring?

- Self monitoring means to monitor and assess yourself for any COVID-19 related symptoms such as fever, cough, or difficulty breathing. A self-assessment tool is available on the Intranet under the COVID-19 section.

2. What is self isolation?

- Self-isolating means staying at home and avoiding contact with other people to help prevent the spread of disease to others in your home and your community. Visit [Ontario.ca](https://www.ontario.ca) for more details on self isolation.

3. My spouse was sent home and directed to self isolate, can I come to work?

- Yes, self monitor. Notify Occupational Health immediately and self-isolate if you or your spouse shows any symptoms.

4. My spouse is in the Canadian Forces and is returning within Canada, they have been told to self isolate. Can I come to work?

- Yes, self monitor. Notify Occupational Health immediately and self-isolate if you or your spouse shows any symptoms.

5. I have been in contact with a suspected case of COVID-19 without wearing PPE, can I come to work?

- Yes, self monitor. Notify Occupational Health of any symptoms immediately.

6. I have been in contact with a confirmed case of COVID-19 with out wearing PPE, can I come to work?

- No, self isolate for 14 days. Public Health will be in contact with you.

7. Someone in my house hold has returned from international travel, everyone is symptom free, can I come to work?

- Yes, self monitor. If any family member becomes symptomatic self isolate and contact Occupational Health immediately.

8. A co-worker has returned from domestic (within Canada) travel, can I come to work?

- Yes, self monitor.

9. A co-worker is a probable case of COVID-19 and is off work. Can I come to work?

- If asymptomatic you may come to work and self monitor. If symptomatic, self isolate at home for 14 days and contact Occupational Health.

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10. What if I am self monitoring but don't have a thermometer?

- Contact Occupational Health.

11. I have had a cough for two weeks; it is not new or worsening and I have no fever, can I come to work?

- Yes, self monitor.

12. I see a co-worker coughing, what should I do?

- We have a very diligent screening process in place but if you are concerned, please call your Supervisor or Occupational Health.

13. My co-worker has been in contact with a positive COVID-19 patient without wearing PPE, should I be sent home because I had contact with them?

- You can come to work and self monitor.

14. I think my co-worker was untruthful at the screening station, what do I do?

- Bring your concern directly to your supervisor.

15. My child was at daycare, other children were there who have recently travelled and appeared to be sick. Can I come to work?

- Yes, monitor yourself and your child, if symptoms appear contact Occupational Health immediately.