



Dear Employer,

Note: This guidance is current as of 24 March 2020. Please be aware that guidance may change.

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 travellers.

- We are advising any residents with respiratory symptoms to self-isolate for 14 days from the first day of symptoms OR until 24 hours AFTER your symptoms have FULLY resolved, whichever is the longer timeframe
 - For example, if your symptoms last 8 days, you should self-isolate for a total of 14 days. If your symptoms last 15 days, you should self-isolate for a total of 16 days.

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 Canada, including the United States of America, are 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 Canada

Due to the volume of returning travellers, please accept this letter as a sick note based on the criteria listed above.

Please continue to check our webpage for more information and guidance:
OttawaPublicHealth.ca/Coronavirus

Thank you,

Ottawa Public Health