



MEMORANDUM

TO: All Staff, Eastern Health

FROM: Tara Hunt, Director of Human Resources

DATE: February 12, 2021

RE: **Occupational Health**

Staff & physician screening

- Based on yesterday's announcement, the staff and physician self-assessment tool has been updated to indicate if you are experiencing **one** of the following new or worsening symptom:
 - Fever greater than 38° Celsius (or signs of a fever such as chills, sweats, muscle aches and light headedness)
 - Cough
 - Sore throat or difficulty swallowing
 - Headache
 - Unusual fatigue
 - Shortness of breath or difficulty breathing
 - Vomiting or diarrhea
 - Runny nose or congested nose
 - Loss of sense of smell or taste

- Chilblain-like lesions on feet and/or hands (small, red or purple spots on hands and/or feet).
- Employees and physicians should continue to complete the self-screening daily. Please ensure you are using the most up-to-date screening tool, which can be found [here](#).
- Do not come to work if you have any **one** of the above symptoms.

Public Health recommendations for those who participated in specific events:

Public health is advising anyone who participated in the following events on the specified dates and times listed below to self-isolate for 14 days.

- Students in Grades 7-12 and other individuals who attended parties or gatherings of 10 or more people with these students in the metro area on February 5-7;
- Students in Grades 7-12 and other individuals who played team sports with students in the metro area on February 5-7, which includes individuals who live outside of the metro area who played on the same or opposing teams or played in a tournament; and,
- Individuals who coached or assisted with team sports in Grades 7-12 who played games or practiced in the metro area on February 5-7.

Individuals in the above groups are asked to self-isolate away from household members for 14 days from the date of the last gathering or game they attended, or from their last contact with a positive case, whichever is more recent.

Household members of individuals affected by these advisories are not required to isolate unless they or their household member experience symptoms of COVID-19 and/or tests positive for COVID-19.

If someone in your home is self-isolating and cannot stay in a separate area from others in the home, then everyone in the household needs to self-isolate.

Please email occhealth@easternhealth.ca call 709-777-7777, line 3, line 2. with any questions on the above.