



Labrador - Grenfell
Health

MEMORANDUM

To: ALL STAFF

From: Beauty Deegan, Regional Director of Employee Health & Development
Margaret Fry, Regional Director of Population Health

Date: February 24, 2021

Re: **Staff Guidelines – Travel from St. John’s Metropolitan Area**

This memorandum is being released to provide direction related to staff travel. All staff who have travelled from the St. John’s Metropolitan area and Avalon Peninsula since February 1, 2021 are **required** to contact the Employee Health Nurse (EHN) or the EHN-on-call and to get a COVID-19 test. To facilitate early identification of COVID-19 and mitigate any outbreak, employees will be tested through GeneXpert rapid testing as well as the NL Public Health Microbiology Lab.

Step 1: Contact the EHN or the EHN-on-call.

- a. Let the EHN know that you have returned from St. John’s Metropolitan area and Avalon Peninsula.
- b. Write down any specific instructions you are provided.

Step 2: Get a COVID-19 Test.

- a. Complete an online at <https://covidassessment.nlchi.nl.ca> or by calling 8-1-1.*
- b. Select yes to “do you require a COVID-19 test as a result of an advisory from Public Health?”
- c. When the Public Health Intake Team calls you back to book an appointment, advise them that you are an employee of L-GH and advise them of any instructions given to you by the EHN.
- d. Show up to your appointment on time.

Step 3: Follow isolation guidance**

- a. If you have any symptoms or have been identified as a close contact you **MUST** self-isolate.
- b. If you have no symptoms and have not been identified as a close contact and have not already returned to work (i.e. have not worked a shift in the workplace), you need to self-isolate until you get results from their COVID-19 test.

Step 4: Let your supervisor know what’s up!

Step 5: Follow all Public Health Orders

- a. Wear a mask.
- b. Practice Physical Distancing.
- c. Always maintain good hand hygiene.
- d. Stay at home if you are unwell.

*Employees are not to call the L-GH Public Health Intake Line directly and must go through the assessment process.

**Please note that these isolation recommendations are based on employee working in a health care facility and have been made in consultation with the Regional Medical Officer of Health.

Employee Health Nurses can be contacted at:

St. Anthony:	Office 709-454-0267
Happy Valley-Goose Bay	Office 709-897-2178
Emma Stirling	Office 709-285-8281

After regular business hours employees can contact an Employee Health Nurse as indicated below. The call and contact information is posted to the intranet [On Call Page](#).

Employee Health Nurse	Call Schedule	Cell Number
Emma Stirling	Feb 20 – 26, 2021	(709) 280-5151