



Northwestern  
Health Unit

[www.nwhu.on.ca](http://www.nwhu.on.ca)

210 First Street North  
Kenora, ON P9N 2K4

Dear Employer,

As of March 20, 2020, Northwestern Health Unit (NWHU) is reminding residents of Ontario's Chief Medical Officer of Health's recommendations, as follows:

1. Any employee who has travelled outside of Canada, including to the U.S.A., should self-isolate at home for 14 days upon their return.
2. Employees should also self-isolate for 14 days if they live with, provide care for, or have spent extensive time with someone who:
  - a. Has tested positive for COVID-19, or
  - b. Is suspected to have COVID-19, or
  - c. Who has respiratory symptoms (fever over 38 degrees, cough, or shortness of breath) AND travelled outside of Canada in the past 14 days.

Currently, only symptomatic people who meet specific criteria are being tested. NWHU does not provide employee sick notes. In this time of significant burden on health care resources, please reconsider your own sick note policy to not add to this burden unnecessarily. You are encouraged to work with your employees to follow the Chief Medical Officer of Health's recommendations to protect health throughout our communities.

Employees who have fever or cough for any reason, not only COVID-19, should stay home until their fever is gone and other symptoms have improved. This action is recommended at all times.

For up to date information on COVID-19, please visit our webpage at [www.nwhu.on.ca](http://www.nwhu.on.ca) or call our COVID-19 hotline at 1-866-468-2240.

We thank you for your support as we all try to keep our communities and workplaces healthy.

Sincerely,

Northwestern Health Unit