

Main Office – Belleville

179 North Park Street, Belleville, ON K8P 4P1
T: 613-966-5500 | 1-800-267-2803 | **F:** 613-966-9418
TTY: 711 or 1-800-267-6511
hpePublicHealth.ca

December 22, 2021

Dear Employer:

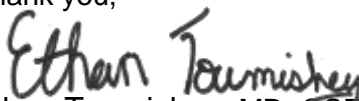
In order to help reduce the spread of COVID-19 in Hastings and Prince Edward Counties, Hastings Prince Edward Public Health appreciates your cooperation in excusing your employee from work, or accommodating alternative work arrangements (if an employee is well enough and able to work from home) in the following situations:

1. The Government of Canada has issued an Order under the *Quarantine Act*. Employees who have travelled outside of Canada, including to the United States must self-isolate for 14 days whether or not they have symptoms of COVID-19 upon their return to Canada.
2. Under the *Health Protection and Promotion Act* of Ontario, employees must self-isolate if they:
 - have been diagnosed with COVID-19; or have symptoms compatible with COVID-19, (e.g., fever, cough, difficulty breathing), or
 - have other symptoms of COVID-19 even if mild, (e.g. sore throat, runny nose, stuffy nose, decrease of smell or taste), or
 - have been tested for COVID-19, and are awaiting the result; or
 - have symptoms compatible with COVID-19, even if mild and they have decided not to go for testing.
3. Employees have been advised to self-isolate at home if they are a close contact, i.e., live with, provide care for, or have spent prolonged time with someone who:
 - has tested positive for COVID-19, OR
 - is suspected of having COVID-19, OR
 - has respiratory symptoms (fever, cough, or shortness of breath) that started within 14 days of travel outside of Canada.

The duration of self-isolation for individuals diagnosed with COVID-19 or suspected to have COVID-19 (i.e. those described in 2 above) is typically 10 days but it may vary depending upon individual circumstances. Isolation is also referenced in O. Reg. 228/20; [Infectious Disease Emergency Leave](#) as a reason an employee may need to take job-protected infectious disease emergency leave.

Please accept this letter as a sick note based on the criteria listed above. For more information on self-isolation please refer to our website at hpePublicHealth.ca.

Thank you,



Ethan Toumishey, MD, SCFP, MPH, FRCPC
Medical Officer of Health and CEO
Hastings Prince Edward Public Health