

If you are showing any symptoms of COVID-19...

AND answer **YES** to any of the questions in the [screening tool](#) prior to your shift, you should **NOT** enter the workplace (including outdoor and partially outdoor workplaces)

You should [self-isolate](#) **IMMEDIATELY*** and complete the following before returning to work:

Step 1: Complete the online [self-assessment tool](#) OR contact your healthcare provider (HCP)**

Step 2: Follow the directions based on the results of the self-assessment tool

If the self-assessment tool recommends you get tested, you are encouraged to book a COVID-19 test

If the self-assessment tool does not recommend a COVID-19 test, you should self-isolate at home until you are feeling better for at least 24 hours***

Step 3: If you do not want to get a COVID-19 test, you should isolate for 10 days plus 24 hours of feeling well**

Step 4: If you got a COVID-19 test, you can review results [online](#)

If your COVID-19 test comes back positive, you should continue to self-isolate and will be contacted by CK Public Health for further direction

If your COVID-19 test came back negative *and* you have no symptoms of COVID-19 *and* are feeling well for a minimum of 24 hours***, you may return to work

*You should remain at home or immediately return home if already at work

** If HCP gives a different diagnosis, you may return to work once feeling well for 24 hours*** OR as directed by the HCP. A medical note is not required.

***Symptoms are improving (this applies to people with pre-existing health conditions) and you have no fever (without the use of medication) and no vomiting or diarrhea for at least 24 hours

How to access the online self-assessment tool...

The online self-assessment tool can be accessed at
<https://covid-19.ontario.ca/self-assessment/>

How to get tested...

Appointments for COVID-19 tests can be booked by calling 519.436.2556 or online with a valid green health card at <https://assessmentbooking.simplybook.plus/v2/>

How to view test results...

COVID-19 test results can be viewed online at
<https://covid19results.ehealthontario.ca:4443/agree>

How to access help...

Do you feel overwhelmed or anxious about COVID-19? Do you want information on mental health services to manage those feelings?

Are you experiencing financial pressure because of self-isolation measures?

Do you have questions about applying for Employment Insurance?

Do you need help getting groceries or running errands while you are at home sick or self-isolating?

If you answered **YES** to any of these call 2-1-1 or visit <https://www.211oncovid19.ca/>