

# COVID-19 UPDATE

## Keeping You Safe



Thunder Bay Regional  
Health Sciences  
Centre

To: All Hospital staff, Health Research Institute staff, and Professional staff

From: Rose Lazinski, Manager, Occupational Health & Safety

Date: Wednesday, June 17, 2020

RE: Travel Restriction Update

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As you are aware, the Thunder Bay District Health Unit (TBDHU) is no longer recommending people self-isolate for 14 days upon returning to Thunder Bay when traveling within Canada.

The Hospital IMS team focuses on the safety of our patients and staff. As we have a responsibility to provide tertiary health care services in the Northwest region, the Hospital strongly encourages you to stay close to home this summer. TBDHU states that “COVID-19 virus is still with us and different areas of the province and the country have different levels of the virus in the community. The safest option is to stay in the region”.

Staff that need to travel outside of Northwestern Ontario due to exceptional reasons such as family emergencies, urgent health care needs or staff who choose to travel outside of NWO, must complete the attached form, review with their manager, and submit to [ohs@tbh.net](mailto:ohs@tbh.net) subject line “TRAVEL”, prior to travel. This ensures that the Hospital has the necessary information to be able to respond given the circumstances and the destination where you travel.

Whenever travelling, you must use personal protective measures including physical distancing, wearing a mask and performing frequent hand washing.

Upon return to Northwestern Ontario, you will be required to email OH&S. You will need to be tested for COVID-19; OH&S will contact you to arrange testing. When returning to work, you will also need to self-monitor for symptoms, wear appropriate PPE, and follow work self-isolation practices. Do not report to work if you are feeling unwell. Immediately go home if you are experiencing any symptoms.

If you develop symptoms during the 14 days you are self-monitoring at work, you must stop work as soon as it is safe to do so and go home immediately. The process for notifying OH&S and your manager should you develop symptoms remains the same as previously communicated.

If, during self-monitoring, symptoms develop outside of working hours, you must remain off work until symptoms are fully resolved and negative laboratory tests have been confirmed. You must call OH&S to report your symptoms. OH&S will collaborate with the District Health Unit to determine when you can return to work. There are no changes to our

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previous guidelines and expectations regarding international travel. Staff that choose to do so are required to self-isolate for 14 days and will not be compensated.

Thunder Bay Regional Health Sciences Centre is a leader in Patient and Family Centred Care and a research and teaching hospital proudly affiliated with **Lakehead University, the Northern Ontario School of Medicine and Confederation College.**

Le Centre régional des sciences de la santé de Thunder Bay, un hôpital d'enseignement et de recherche, est reconnu comme un leader dans la prestation de soins et de services aux patients et aux familles et est fier de son affiliation à **l'université Lakehead, à l'École de médecine du Nord de l'Ontario et au collège Confédération.**

healthy  
together

En santé  
ensemble