

# COVID-19 UPDATE

## Keeping You Safe



To: All staff and professional staff

From: Dr. Stewart Kennedy, COVID-19 Incident Manager

Date: Friday November 27, 2020

RE: **Travel Restrictions Clarification: Post-Travel Isolation**

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In response to the prevalence of COVID-19 in our community and across the province, our Hospital enhanced travel restrictions limiting non-essential travel outside of Northwestern Ontario. This measure is in alignment with the recommendation issued by the Thunder Bay District Health Unit (TBDHU) that all residents avoid non-essential travel outside of Northwestern Ontario and that employees follow employer policies on returning to work after traveling.

14 days of self-isolation following travel outside of the region is recommended by Public Health out of an abundance of caution. At our Hospital, non-essential travel outside of Northwestern Ontario in the past seven days will result in a failed entrance screening.

Following travel outside of Northwestern Ontario:

- Our Hospital allows staff to return to work after seven days **if asymptomatic**, because research demonstrates that symptoms are most likely to appear within this time frame. Upon returning to work for the remaining 7 days of self-isolation full PPE for direct patient care is expected.
- While at work, diligent use of full and proper PPE and adherence to all infection prevention and control measures is required for the protection of all.
- When not at work, staff are expected to continue to follow protocols for self-isolation for the remaining 7 days of the 14 day period, as per Public Health recommendations.

These measures help to keep everyone safe while ensuring that patients can continue to access the care they need at our Hospital.

The TBDHU and our Hospital strongly advises that all residents, including staff, avoid non-essential travel outside of Northwestern Ontario. In addition, hosting visitors from other areas outside of Northwestern Ontario is not advisable and should be limited to essential reasons. It is recommended to cancel or postpone any current plans for non-essential travel or hosting out of town visitors and consider other options, including connecting or participating virtually.

If hosting visitors from outside Northwestern Ontario is unavoidable, such as a child returning home from school, please ensure that your visitor self-isolates as per the direction

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of public health, and that you are taking the necessary precautions to reduce the risk of infection (physical distancing, hand washing, and wearing a mask).

We understand that enhanced travel restrictions can be difficult, especially for those who are separated from friends and family during the holiday season. If you are struggling, please make use of the supports available to you on the iNtranet:

<https://comms.tbrhsc.net/covid-19-information/staff-wellness-resources/>.

Your continued willingness to make necessary sacrifices for the health and safety of all is appreciated and admired. Thank you for your ongoing dedication.

If you have questions regarding travel restrictions, please contact your manager, and Occupational Health and Safety at 684-6212 or [ohs@tbh.net](mailto:ohs@tbh.net).

Travel restrictions can change frequently and will be updated as the situation evolves.

All Hospital COVID-19 updates are available on the iNtranet at <https://comms.tbrhsc.net/covid-19-information/>.