

2021-12-31

## Returning to Work After a COVID-19 Infection

With the emergence of the Omicron variant and the rapid spread of COVID-19 in Ontario, public health units across the province are changing case and contact management practices.

In accordance with ministry guidelines, the Porcupine Health Unit (PHU) is currently focusing on protecting the most vulnerable. The PHU will continue to follow-up with cases connected with **high-risk settings**, including our hospitals and health care settings, long-term care and retirement homes and congregate care settings (e.g. shelters).

For individual cases not connected to a high-risk setting exposure, they will be contacted by the Provincial Workforce who is supporting case management in Ontario.

Furthermore, the PHU will no longer be providing letters to positive cases confirming they have completed their required self-isolation as per the Ministry of Health guidelines. In some cases, this letter was required by the positive case's employer to be allowed to return to the workplace. The employee will be responsible for informing their employer of the end of their isolation period.

The Ontario government announced changes to testing and isolation requirements effective December 31, 2021.

For more information about the changes, visit [Updated Eligibility for PCR Testing and Case and Contact Management Guidance in Ontario | Ontario Newsroom](#).

You can also visit the PHU website for more information about symptoms, testing and isolation at: <https://phu.fyi/covid-support>

The public health measures continue to be the best way to protect you, your staff and your patrons. Remember to:

- Screen for symptoms every day.
- Stay home if you are not feeling well.
- Maintain a distance of 2 metres from others.
- Wear a **THREE** layer mask that is well-fitted and covers your nose, mouth and chin.
- Wash your hands often.
- Sneeze and cough into your sleeve.
- Get vaccinated.

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If you have any questions or concerns, please direct them to our dedicated workplace email [workplaces@porcupinehu.on.ca](mailto:workplaces@porcupinehu.on.ca).

Kind regards,

Porcupine Health Unit