

## COVID-19 HR Bulletin #7: Self-Isolation

**TO:** ANB and EMP employees

**FROM:** Beth Simkins-Burrows, Senior Manager, Human Resources

Many questions have been raised regarding whether employees should self-isolate following the directives that were distributed to staff on March 15, 2020 in HR Bulletin #2: Protecting Ourselves and Others. At the moment, ***the only instance for which self-isolation is automatically required*** is upon returning from an international destination. ***In all other instances, Public Health officials or your primary health care provider will advise you whether you need to self-isolate.***

Public health officials will contact you directly if:

- you have been referred to them by Telecare (***please only call Telecare 811 if you have COVID-19 symptoms***); or
- if they have determined that you may have been in close contact with a presumptive or confirmed case.

If Public Health confirms you have had close contact with a presumptive case, they will advise you to self-isolate. Public Health does not advise contacts of a close contact to self-isolate.

Please click [here](#) to reference information on how to self-isolate should you find yourself in that position. Please also see below for examples to further assist in understanding this information.

**Example #1** My parents are required to self-isolate for 14 days because they have returned from Florida. My parents live with me. Am I required to self-isolate?

No, self-isolation is not required.

**Example #2** I went on a date with someone whose parents are self-isolating following international travel. Am I required to self-isolate?

No, self-isolation is not required.

**Example #3** My spouse was directed by his employer to remain at home for 14 days because of flu-like symptoms. I am not feeling unwell and have no symptoms. Am I required to self-isolate?

No, self-isolation is not required.