

To: All staff and physicians
From: Marilyn Babineau, Regional Manager Employee Health and Wellness
Date: Oct. 4, 2021
Re: **Stay home with symptoms, call Employee Health**

Please remember, if you have two or more [COVID-19 symptoms](#) to **stay home**. Please call your local Employee Health office or (1-833-978-2580) for further screening and referral to a COVID-19 assessment centre.

Health care workers are prioritized for COVID-19 testing and results, so please be sure to call Employee Health, rather than requesting a test yourself, if you believe you should be swabbed. Screening questions for employees and physicians are available [here](#). All posters are available on the [Coronavirus Skyline page](#).

Employee Health staff are available daily from 8 a.m. to 6 p.m. to answer any questions or concerns. If they're not available to answer your call, please leave a voicemail with your name and contact information. Your call will be returned by Employee Health between 8 a.m. and 6 p.m.

As well, please be sure to answer the phone when you are expecting a call for a COVID-19 swabbing appointment. It comes from an unknown or private number.

Reminder of COVID-19 symptoms:

- FEVER/SIGNS OF FEVER (e.g., chills, feeling hot/cold, shivers, etc.)
- NEW COUGH OR A COUGH THAT IS GETTING WORSE
- SORE THROAT
- RUNNY NOSE
- HEADACHE
- DIARRHEA
- LOSS OF TASTE OR SMELL
- NEW ONSET OF MYALGIA (muscle pain)
- NEW ONSET OF FATIGUE