



# COVID-19 FREQUENTLY ASKED QUESTIONS FOR EMPLOYEES

## MESC COVID-19 FAQ for Employees

The situation with COVID-19 (novel coronavirus) is changing rapidly. Information and updates from Alberta Health Services are being shared twice daily from their website. MESC has been communicating this information with principals and staff, who are then sharing with students, parents and community members through the MESC website, MESC Facebook & through letters.

The following information has been compiled to guide our employees with accurate updates regarding COVID-19.

### Returning from outside of Canada

As of March 25, 2020, Albertans are legally required under public health order to self-isolate for:

- 14 days if they recently returned from international travel or are a close contact of someone with COVID-19
- 10 days if they have a COVID-19 symptom (cough, fever, shortness of breath, runny nose, or sore throat) that is not related to a pre-existing illness or health condition

Employees must inform their supervisor and contact Marion Wells.  
([marionwells@maskwacised.ca](mailto:marionwells@maskwacised.ca))

### What should I do if I think I have COVID-19?

If you have travelled to an affected area or have been exposed to someone who has a confirmed case of COVID-19, stay home, practice **self-isolation** and call Health Link 811. If you are not seriously ill, do not go to a physician's office, a health care facility or a lab without consulting with Health Link 811 first. Only call 911 if you are seriously ill and need immediate medical attention and inform them that you may have COVID-19. You can also visit <https://www.ahs.ca/covid> to access the self-assessment.



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## Should I be tested for COVID-19?

Source: [Alberta Health Services](#)

Visit [www.ahs.ca/covid](http://www.ahs.ca/covid) and complete the online self-assessment tool to determine if you should receive testing for COVID-19.

## What should I do if I have symptoms and think I have COVID-19?

Source: [Alberta Health Services](#)

- As of **March 25, 2020**, Albertans are legally required under public health order to self-isolate for:
  - **14 days** if they recently returned from international travel or are a close contact of someone with COVID-19
  - **10 days** if they have a COVID-19 symptom (cough, fever, shortness of breath, runny nose, or sore throat) that is not related to a pre-existing illness or health condition
- You **MUST** self-isolate and visit [www.ahs.ca/covid](http://www.ahs.ca/covid) and complete the online self-assessment tool to determine if you need testing for COVID-19.
- Please do not visit a hospital, physician's office, lab or healthcare facility without consulting Health Link (811) first.
- If your symptoms worsen, call 811. They are experiencing heavy call volumes and will get to your call as quickly as they can.
- Call 911 if you are seriously ill and need immediate medical attention. Inform them that you may have COVID-19

[For more information regarding COVID-19 and testing in Alberta, please click here.](#)



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## **What is self-isolation?**

Source: [World Health Organization](#)

- Self-isolation means avoiding situations where you could infect other people. This means all situations where you may come in contact with others, such as social gatherings, work, school, child care, athletic events, university, faith-based gatherings, healthcare facilities, grocery stores, restaurants, shopping malls, and all public gatherings.
- You should, (where possible) not use public transportation including buses, taxis, or ride sharing.
- As much as possible, you should limit contact with people other than the family members/companions who you travelled with.
- You should avoid having visitors to your home, but it is okay for friends, family or delivery drivers to drop off food.
- You can also use delivery or pick up services for errands such as grocery shopping.
- Avoid sharing household items such as dishes, drinking glasses, cups, eating utensils, towels, pillows, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water, place in the dishwasher for cleaning, or wash in the washing machine.
- Wash your hands often with soap and water and regularly clean and disinfect frequently touched and shared surfaces such as doorknobs and counters.
- If you need to leave your home for an urgent errand, such as picking up essential medication, as a precaution to reduce risk of spread, you should wear a surgical mask while you are out.
- During this time, it is important that you monitor your health for symptoms like fever or cough, and call Health Link 811 if you have any concerns.

## **Do I need to provide a medical note for self-isolation?**

We are temporarily waiving the requirement to provide a medical note as long as employees inform their supervisor as the reason for being away.



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## **What should I do if I need to miss work because I have to self-isolate?**

If you need to self-isolate because you; were exposed to someone with a confirmed case of COVID-19, or if you have travelled outside of Canada within the past 14 days, please follow these steps:

- Call Health Link 811 for health advice if you are experiencing symptoms
- Contact your supervisor/principal and contact Marion Wells.  
([marionwells@maskwacised.ca](mailto:marionwells@maskwacised.ca))

## **Why are staff at work?**

MESC will continue to place student learning as a high priority and staff will be at work working on developing learning supports. We remind everyone to practice proper hygiene and social distancing while in the school. Staff are to contact their supervisor for details and further direction.

- Wash hands regularly with soap and water
- Cough and sneeze into arm or tissue.
- Stay home if they are not feeling well.
- Keep hands away from face and mouth.
- Stay healthy by eating healthy foods, keeping physically active, and getting enough sleep.

## **Can staff bring kids to the school?**

No. For safety precautions parents are advised to keep their children at home. If you have trouble securing childcare please inform your supervisor.

## **For more information please visit:**

<https://www.alberta.ca/coronavirus-info-for-albertans.aspx#statement>

<https://www.albertahealthservices.ca/topics/Page16944.aspx>

<https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-ncov-2019-public-faq.pdf>