

## Guidance on COVID-19 and informational products

This message is being sent to all Defence Team members on behalf of the Government of Canada's Office of the Chief Human Resources Officer (OCHRO). Further DND/CAF guidance will follow later today and all Defence Team members are encouraged to visit our [COVID-19 page](#) on the Defence Team Intranet for the most up-to-date information.

### From OCHRO:

All Government of Canada employees must all be following the Public Health Agency of Canada and Health Canada workplace-specific guidance on the [GCIntranet](#) as well as the direction of local public health authorities when specific cases arise. The authoritative source of information for Canadians on COVID-19 is [Canada.ca/coronavirus](#), which includes public health guidance on [travel](#). Managers and employees must be consulting this site on a daily basis. Information is also available on the Government of Canada COVID-19 Information Line at 1-833-784-4397.

The updated [GCIntranet](#) page includes:

- Health Canada's updated Occupational Health Guidance for federal public servants, which includes various scenarios; and
- Answers to frequently asked questions raised in your organizations.

### Regarding Self Isolation

**Self-isolate** when you have been diagnosed with COVID-19 or when local public health authorities have identified you as a close contact of someone diagnosed with COVID-19.

**Self-isolation** means limiting contact with others.

- Do not leave home unless absolutely necessary, such as to seek medical care.
- Do not go to school, work or other public areas and do not use public transportation (e.g., buses, taxis).
- Arrange to have groceries and supplies dropped off at your door to minimize contact.
- If possible, stay in a separate room and use a separate bathroom from others in your home.
- If you have to be in contact with others, keep at least 2 metres between yourself and the other person. Keep interactions brief and wear a mask.
- Avoid contact with older adults and with individuals with chronic conditions or compromised immune systems.
- Avoid contact with pets if you live with other people who may also touch the pet.

If you have not been diagnosed with COVID-19 or identified as a close contact of someone with COVID-19, you should **self-monitor** for symptoms of respiratory illness. Self-monitoring means monitoring yourself for fever, cough and difficulty breathing and avoiding places where you cannot easily separate yourself from others if you become ill.

If you develop symptoms of respiratory illness, stay home, contact your local public health authority, and follow their instructions.