Occupational Health and Safety

ESDC Employee Infectious and Communicable Illness Self-Assessment Tool

Before you access the workplace to carry out your work you may complete the self-assessment tool to help determine whether you should access the workplace.

An infectious and communicable illness is any disease or illness that can be spread from person to person through airborne transmission, direct bodily contact or indirect contact when sharing equipment, utensils and food. Examples of infectious and communicable illness include:

- Cold (rhinovirus)
- Flu (influenza)
- COVID-19 (coronavirus)
- RSV (respiratory syncytial virus)
- Hepatitis
- Tuberculosis
- Chicken pox / Shingles
- Measles

Completing this tool before coming into the workplace helps keep everyone safe and helps to prevent the spread of infectious and communicable illnesses.

The tool cannot diagnose you. If you have medical questions, consult a health care provider.

No personal information is collected when completing the tool, which means that you cannot be personally identified or linked to your responses.

Self-Assessment Questions

Question 1: Are you currently experiencing any symptoms of an infectious and communicable illness, listed below, that are new or worsening and not related to a known cause or pre-existing condition?

Symptoms can vary:

- from person to person
- in different age groups
- depending on the illness

Common symptoms of infectious and communicable illnesses include:

- sore throat
- runny nose
- sneezing
- new or worsening cough
- shortness of breath and/or difficulty breathing
- temperature equal to or over 38°C
- feeling feverish
- chills
- fatigue and/or weakness
- decreased appetite
- muscle and/or body aches
- new loss of smell and/or taste
- headache
- gastrointestinal symptoms (abdominal pain, diarrhea, vomiting)
- feeling very unwell

Yes ☐ **No** ☐

Question 2.

- **Have you tested positive for an infectious and communicable illness in the past 5 days?**
- **Are you currently awaiting the results of a test administered by public health or your doctor after experiencing symptoms of, or as a result of, a potential exposure to, an infectious and communicable illness?**

Yes ☐ **No** ☐

Question 3: Has a doctor, health care provider, or public health unit told you that you should currently be isolating or staying at home due to an infectious or communicable illness?

Yes ☐ **No** ☐

Question 4. Have you been in close contact with someone who has tested positive for an infectious and communicable illness in the past 14 days?

Close contact is

- contact within one (1) metre of a person without wearing a mask.

Wearing a mask is not sufficient to exempt the following actions from being considered close contact.

- direct contact with bodily fluids (coughed or sneezed on);
- providing direct care for a person;
- physical contact, such as handshake, hugging, kissing; or
- sharing items, such as, drinks, personal hygiene items, cigarettes, vapes, eating utensils, etc.

Yes ☐ **No** ☐

Results of the Self-Assessment Questions

If you answered No to every question, you may enter the workplace.

This result is valid until midnight of the day you completed the questionnaire. This result is no longer valid if your situation changes during the day (for example, you start experiencing symptoms).

Next Steps

- You should retake this self-assessment each day before you access the workplace.

Occupational Health and Safety Tips

For more occupational health and safety information related to infectious and communicable illnesses, please visit the Departmental information on iService (only available on the internal network) or Diseases and Conditions information from the Public Health Agency of Canada on Canada.ca.

Remember when in the workplace to follow all protocols and instructions:

- Practice physical distancing, where possible.
- Sneeze and cough into your elbow.
- Leave the workplace if you become ill during the day.
- Use proper hand hygiene; wash your hands or use hand sanitizer.
- Wipe down equipment and workstations before and after use.

If you answered Yes to any of the first three questions you should not report to the workplace.

This result is valid until the conditions are met to enter the workplace.

Next Steps

- Discuss with your supervisor options for the workday (e.g. taking a sick day; working remotely; etc.)

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available on the internal network) or Diseases and Conditions information from the Public Health Agency of Canada on Canada.ca.

If you answered Yes to only question 4, you may enter the workplace if you meet certain conditions.

This result is no longer valid if your situation changes during the day (for example, you start experiencing symptoms).

Next Steps

- **You should monitor yourself for symptoms and leave the workplace immediately if symptoms appear.**
- You should retake this self-assessment each day before you access the workplace.

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Remember when in the workplace to follow all protocols and instructions:

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- Sneeze and cough into your elbow.
- Leave the workplace if you become ill during the day.
- Use proper hand hygiene; wash your hands or use hand sanitizer.
- Wipe down equipment and workstations before and after use.