



Dear Residents,

With rising cases of COVID-19 throughout the province and multiple cases now in hospital teaching units, PARIM would like to remind you of your rights and responsibilities regarding potential exposures to COVID-19. As information can change frequently, we encourage you to check regularly for updates at: <https://sharedhealthmb.ca/covid19/providers/oesh-resources/>, and: [http://umanitoba.ca/faculties/health\\_sciences/COVID-19-RFHS-Updates.html](http://umanitoba.ca/faculties/health_sciences/COVID-19-RFHS-Updates.html)

### **Protecting Your Safety**

We would like to remind you that you DO have the right to refuse work that you deem unsafe or if it would put you in harm's way. Per direction from PGME, residents MUST have adequate PPE before interacting with a COVID-19 positive or suspect patient.

### **Feeling Unwell and COVID-19 Testing**

All residents are encouraged and instructed to remain home if feeling unwell, even if you believe your symptoms are unrelated to COVID-19. This is for the safety of you, your colleagues and your patients. Per the PARIM Collective Agreement, residents are entitled to 45 paid sick days per year.

If you do develop new symptoms, you should leave the workplace immediately and/or self-isolate. Currently, all symptomatic healthcare workers are eligible for COVID-19 testing. When going for testing, inform the site that you are a healthcare worker. Testing locations are regularly updated on the MB COVID-19 website: <https://www.gov.mb.ca/covid19/updates/testing.html>

**\*NEW:** Currently there is a rapid COVID-19 testing pilot program at HSC. This testing is limited to healthcare workers at HSC who have mild symptoms and are scheduled to work within the next 72 hours. Limited rapid testing is available in Area 1 (Purple Bear Zone, Level 1 located in William Avenue Mall) Monday to Sunday 8:15 a.m. to 3:30 p.m. Bring your HSC ID badge and Manitoba Health Card. Your results will be provided directly to you via telephone call in approx. 5 hours (may be next day if tested in the afternoon).

Further information about the need for testing based on individual symptoms may be found at the Manitoba COVID-19 screening tool through this link: <https://sharedhealthmb.ca/covid19/screening-tool/>.

If you are feeling unwell and/or have isolated pending a COVID-19 test result, you must notify both your home program and Occupational and Environmental Safety and Health (OESH). The provincial OESH toll free number is 1-888-203-4066 (includes HSC and WRHA, and all urgent evening/weekend calls). For ALL OTHER FACILITIES Monday to Friday, please contact your local occupational health phone number.

For local OESH contacts across MB: <https://sharedhealthmb.ca/files/occupational-health-contact-information.pdf>

### **Test Results and Returning to Work**

If you are tested for COVID-19 and the result is negative, please contact OESH and inform them of the result. You will be instructed to continue isolating until you are symptom free for at least 24 hours before you will be cleared to return to work. If the test result is positive, you must remain self-isolated. Local public health officials will be informed of the result. They will contact you and provide further instructions. Remember that after your isolation period, you must be approved by OESH prior to your return to work.

### **Close Contact to a COVID-19 Case**

If you are a close contact to a confirmed COVID-19 case (without proper PPE), you will be contacted by Public Health and instructed to self-isolate. However, there is currently a delay in contact tracing efforts in Manitoba. As such, if you are concerned about a potential exposure (at work or otherwise), please contact OESH and they will provide you with further instruction.

### **General Tips/Advice**

There are numerous other potential scenarios not included above, including travel, contact with sick family members and working in higher-risk settings (inc. personal care homes). For any workplace health questions, contact OESH for further direction.

Remember that if you are ill or required to isolate due to a COVID-19 exposure, you may use your paid sick days for the time that you are away from work. In the coming weeks, PARIM will work to determine if sick days may be used for other forms of self-isolation (eg: due to travel).

If you do test positive for COVID-19, we welcome you to contact the PARIM office and let us know. This is completely voluntary and is NOT required. If you do opt to inform us, your personal information will be kept confidential. This information will only be used to help us identify safety risks and support our efforts to advocate for residents.

If you have any further questions or concerns related to COVID-19 or clarification on individual issues related to it, please feel free to contact the PARIM office at [parim.office@gmail.com](mailto:parim.office@gmail.com). We will continue to advocate for your safety and do hope that each of you stays safe during these challenging times.

Sincerely,  
The PARIM Team