



December 15, 2020

Resident Out of Province Travel

Further to our COVID-19 update message on Monday morning, we wish to provide specific clarification on resident out of province travel.

Residents are expected to fully comply with current public health orders. At this time, any person entering Manitoba from outside of Canada OR from anywhere in Canada east of Terrace Bay, Ontario, must self-isolate for 14 days. Earlier in the fall PARIM investigated the possibility of declaring residents essential workers so that they could return to work without mandatory isolation. This was rejected by Shared Health as the pandemic situation worsened locally and across Canada.

Both PARIM and PGME have been mindful of the significant impact COVID-19 has had on resident mental health. Many residents who are from out of province have been away from their families for almost a year. We posed the idea that for some residents, travelling to visit family should be seen as a form of emotional/psychological support, not simply a vacation.

PGME, and in particular, Dr. Yaffe, has been highly receptive about this concern. As such, PGME will "support workarounds such as remote work experiences to allow trainees to travel as a means of emotional support." What does this mean, practically speaking?

- If you wish to travel out of province to visit family for mental health/support reasons (to an area requiring post-travel isolation upon return), inform your program director.
- Your program should attempt to find a way for you to work or study remotely during your isolation period. This may not be possible for everyone, and programs are not expected to accommodate every resident. **They are expected to try to accommodate you if it is feasible.**
- If you are able to travel, ensure your travel plan and your post-travel isolation work/study plan is documented ahead of time.
- You will have to use your vacation, weekends, and/or 5 Christmas/New Years days off for your actual travel time (as per usual). It does not necessary have to occur in December.
- During your isolation period, you will not have to use sick/vacation time if you are working/studying from home.

We must reiterate that this is designed to support residents who have been isolated from their families, **not** for discretionary travel/vacation. Travel purely for recreation or vacation purposes is currently not recommended.

It is not possible to address every scenario in this message. If you wish or need to travel for these reasons, we suggest talking with your program first and see if something can be arranged. We are happy to answer specific questions and/or provide support if needed.

Take care,

A handwritten signature in black ink, appearing to read "J. Aquin". The signature is fluid and cursive, with a long horizontal stroke at the end.

Dr. Joshua Aquin
President, PARIM