

Holland Bloorview International and Interprovincial Travel Guidelines

Updated December 17, 2021

All Holland Bloorview Staff:

A new SARS-CoV-2 variant of concern, Omicron, was identified in South Africa on November 24, 2021. Multiple countries including Canada have now reported cases of Omicron. The Government of Canada has updated travel guidance and implemented travel restrictions to some countries as a means to mitigate further spread of the variant.

Holland Bloorview strongly discourages non-essential travel as per the federal government's guidance. If you choose to travel internationally, you do so with great risk – a rapidly changing environment with potential for borders being closed and flights being grounded, quarantines, additional testing requirements, re-routing issues etc. Any of these events can cause disruption to your personal life and return-to-work. This is an evolving situation and guidelines regarding travel and/or quarantine could change without advance notice by the Government of Canada.

Individuals who travel should stay informed on whether new travel restrictions and/or quarantine requirements are enacted. Please refer to the [Public Health Agency \(PHAC\) website](#) for information on international and interprovincial travel restrictions and guidance.

Should you decide to travel internationally:

- Notify your manager as soon as possible regarding your international travel plans to ensure that you have a plan in place should you need additional time off (i.e. you are required to quarantine, awaiting arrival COVID-19 test results, or have a positive test results).
- You should familiarize yourself with the requirements both entry into the country you are traveling to and the for re-entry into Canada to prevent unnecessary delays in return to work. This can be found at <https://travel.gc.ca/>

Upon return from travel:

- All staff, students and volunteers must report to the AWAY line (x3020) for the following reasons:

Holland Bloorview Kids Rehabilitation Hospital

150 Kilgour Road, Toronto ON Canada M4G 1R8 **T** 416 425 6220 **T** 800 363 2440 **F** 416 425 6591 hollandbloorview.ca

A teaching hospital fully affiliated with the University of Toronto.

- To report international travel history
 - To report any high-risk exposures during travel
 - To report the presence of any reportable symptoms consistent with COVID-19, even mild or atypical symptoms such as headache, fatigue and muscle aches
 - If you have received a positive COVID test result
 - If you are required to quarantine
- **All staff, students and volunteers** should ensure they are following federal guidelines for international travel and should check the following website regularly for updates/changes <https://travel.gc.ca/>.
- All scenarios below assume individuals are fully vaccinated which by definition is having received two doses of a Health Canada COVID vaccine and being two weeks post the second dose. Booster vaccines are not currently mandatory.
 - **When returning from all other countries NOT under restriction (excluding the United States):**
 - Arrival COVID19 test at the airport or at an [eligible COVID testing centre](#)
 - Must isolate at home until they receive a negative PCR test for arrival test only
 - Must complete a Day 8 COVID PCR test
 - Provide copies of each test to Occupational Health by sending to; occupationalhealth@hollandbloorview.ca
 - **When returning from the United States:**
 - Arrival COVID19 test at the airport or at an [eligible COVID testing centre](#)
 - Arrival test must be completed regardless of method of travel (i.e. land, air etc.)
 - You are not required to isolate however are not cleared to return to work until your negative result has been received
 - Must complete a Day 8 COVID PCR test
 - Provide copies of each test to Occupational Health by sending to; occupationalhealth@hollandbloorview.ca
 - **If you are required to quarantine due to travel to country under restrictions OR if a government representative at the port of entry has instructed that you must quarantine:**
 - Staff **MUST** comply with the quarantine instructions as per the federal emergency order in place under the Quarantine Act.
 - You **MUST** fulfill the entire duration of the 14 day quarantine period regardless of Day 8 testing result.
 - If you become symptomatic at any time during the quarantine period, please call the AWAY line (x3020) as you will be required to get tested prior to return to work clearance.

Interprovincial Travel:

- There are currently no restrictions on interprovincial travel. If you are leaving Ontario, make sure that you learn about the rules for your final destination from local authorities, including local public health measures, before your trip.
- Continue to monitor for COVID symptoms for 14 days upon arrival to Ontario. If you become symptomatic, stay home from work, book a COVID test and call the AWAY line (x3020) for further direction from Occupational health
- For more information, refer to: <https://www.ontario.ca/page/travelling-during-covid-19> and <https://travel.gc.ca/>