



**Covid-19 Frequently Asked Questions**  
**Updated: January 10, 2022**

A copy of this FAQ and our Exposure Control Program is available at [www.plan-group.com/covid-19](http://www.plan-group.com/covid-19)

**If you have questions not covered in this document, please email:**  
[Communications@plan-group.com](mailto:Communications@plan-group.com)

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**I have been exposed to someone who has tested positive for Covid-19.**

**What should I do?**

1. Please complete a self-assessment by clicking the appropriate link below.
2. Notify your leader and a member of the Health & Safety team of your results. A personalized plan will be created with you in accordance with Public Health guidelines for your province.

**Provincial Self-Assessment Tools**

British Columbia	<a href="https://bc.thrive.health/covid19/en">https://bc.thrive.health/covid19/en</a>
Alberta	<a href="https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx">https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx</a>
Ontario	<a href="https://covid-19.ontario.ca/self-assessment/">https://covid-19.ontario.ca/self-assessment/</a>
Quebec	<a href="https://covid19.quebec.ca/surveys/cdd2/introduction">https://covid19.quebec.ca/surveys/cdd2/introduction</a>
Newfoundland	<a href="https://covidassessment.nlchi.nl.ca/">https://covidassessment.nlchi.nl.ca/</a>
Nova Scotia	<a href="https://covid-self-assessment.novascotia.ca/en">https://covid-self-assessment.novascotia.ca/en</a>

**I have tested positive for Covid-19. How long must I isolate?**

**In all cases, please notify your leader and a member of the Health & Safety Team.**

<i>Summary</i>	<b>If you...</b>		<b>And you are...</b>	
			<b>Fully Vaccinated</b>	<b>Partially or not vaccinated, or immunocompromised</b>
✓ <i>Positive Test</i>	Have tested positive for Covid-19 in British Columbia, Alberta, Ontario, or Quebec whether you have symptoms or not.	▶	<p><b>Isolate for 5 days</b> from the positive test result if you have no symptoms or from symptom onset and until your symptoms are improving for 24 hours (or 48 hours if gastrointestinal symptoms).</p> <p>All household contacts must also isolate for the same duration as the person with symptoms, regardless of their vaccination status.</p>	<p><b>Isolate for 10 days</b> from the onset of symptoms, or from the date of your test.</p> <p>All household contacts must also isolate for the same duration as the person with symptoms, regardless of their vaccination status.</p>
✓ <i>Positive Test</i> ✓ <i>Newfoundland</i>	Have tested positive for Covid-19 in <u>Newfoundland</u> , whether you have symptoms or not.	▶	<p>Please visit: <a href="https://www.gov.nl.ca/covid-19/public-health-guidance/self-isolation/assessment-tool/">https://www.gov.nl.ca/covid-19/public-health-guidance/self-isolation/assessment-tool/</a></p> <p>Please follow the Public Health guidelines for your specific situation.</p>	
✓ <i>Positive Test</i> ✓ <i>Nova Scotia</i>	Have tested positive for Covid-19 in <u>Nova Scotia</u> , whether you have symptoms or not.	▶	<p>Please visit: <a href="https://novascotia.ca/coronavirus/symptoms-and-testing/">https://novascotia.ca/coronavirus/symptoms-and-testing/</a></p> <p>Please follow the Public Health guidelines for your specific situation.</p>	

## I'm not feeling well. What should I do?

**In all cases, please notify your leader and a member of the Health & Safety Team.**

Summary	If you...	And you are...	
		Fully Vaccinated	Partially or not vaccinated, or immunocompromised
<ul style="list-style-type: none"> <li>× No Known Exposure</li> <li>✓ Symptoms</li> <li>× No Positive Test</li> </ul>	Have not had exposure and have symptoms, and no positive test result, and are based in British Columbia, Alberta, Ontario, or Quebec.	<ul style="list-style-type: none"> <li>▶ Individuals with symptoms consistent with COVID-19 are presumed positive.</li> <li><b>Isolate for 5 days</b> from symptom onset and until your symptoms are improving for 24 hours (or 48 hours if gastrointestinal symptoms).</li> <li>All household contacts must also isolate for the same duration as the person with symptoms, regardless of their vaccination status.</li> </ul>	<ul style="list-style-type: none"> <li>Individuals with symptoms consistent with COVID-19 are presumed positive.</li> <li><b>Isolate for 10 days</b> from the onset of symptoms.</li> <li>All household contacts must also isolate for the same duration as the person with symptoms, regardless of their vaccination status.</li> </ul>
<ul style="list-style-type: none"> <li>× No Known Exposure</li> <li>✓ Symptoms</li> <li>× No Positive Test</li> <li>✓ Newfoundland</li> </ul>	Have not had exposure and have symptoms, and no positive test result, and are based in <u>Newfoundland</u> .	<ul style="list-style-type: none"> <li>▶ Please visit: <a href="https://www.gov.nl.ca/covid-19/public-health-guidance/self-isolation/assessment-tool/">https://www.gov.nl.ca/covid-19/public-health-guidance/self-isolation/assessment-tool/</a></li> <li>Please follow the Public Health guidelines for your specific situation.</li> </ul>	
<ul style="list-style-type: none"> <li>× No Known Exposure</li> <li>✓ Symptoms</li> <li>× No Positive Test</li> <li>✓ Nova Scotia</li> </ul>	Have not had exposure and have symptoms, and no positive test result, and are based in <u>Nova Scotia</u> .	<ul style="list-style-type: none"> <li>▶ Please visit: <a href="https://novascotia.ca/coronavirus/symptoms-and-testing/">https://novascotia.ca/coronavirus/symptoms-and-testing/</a></li> <li>Please follow the Public Health guidelines for your specific situation.</li> </ul>	
<ul style="list-style-type: none"> <li>× No Known Exposure</li> <li>× No Symptoms</li> <li>× No Positive Test</li> <li>✓ All Canada</li> </ul>	Have not been exposed and have no symptoms.	<ul style="list-style-type: none"> <li>▶ If you have not had exposure, and have no Covid-19 symptoms, and do not have a positive test result and still do not feel well, please stay home.</li> <li>Notify your leader and a member of the Health &amp; Safety team.</li> <li>Continue to follow Public Health guidelines.</li> </ul>	



### **What is the Mask guidance for Plan Group's Ontario offices?**

- Beginning January 3, 2022, only the blue, 3-ply masks are permitted in the office. Masks are available at reception areas.
- Please wear a mask when in meeting rooms with others, even with plexiglass barriers in place.

### **I may have come in contact with the virus (e.g. on public transit), however I have no Covid-19 symptoms. Do I self-isolate?**

- Please email details to your leader and a member of the Health & Safety team.
- You may refer to the charts above for further information.

### **I am uncomfortable working on site or at my office. What should I do?**

- Every worker has the right to refuse work when they feel unsafe.
- In these cases, your supervisor will notify a member of the Health & Safety Team, and the work stoppage procedure will be activated.
- In project site situations, Plan Group is required to make a note on your Record of Employment (ROE), and provide additional comments relative to Covid-19.
- Service Canada evaluates any claims, and will do so on a on a case-by-case basis.

### **Where can I find information on federal and provincial sick pay benefits as they relate to Covid-19?**

- **Federal:** <https://www.canada.ca/en/revenue-agency/services/benefits/recovery-sickness-benefit.html>
- **British Columbia:** <https://www2.gov.bc.ca/gov/content/covid-19/info/paid-sick-leave>
- **Alberta:** <https://www.alberta.ca/covid-19-leave.aspx>
- **Ontario:** 1-888-999-2248 or [Ontario.ca/COVIDworkerbenefit](https://www.ontario.ca/COVIDworkerbenefit)