

Return to Work

Resources on returning to work after a period of self-isolation. Learn when you can be around others again, how to effectively wear a mask in to prevent COVID-19 spread in the workplace, and find quarantine accommodation options for students.



Return to Work after Self-Isolation

Information from the City of Toronto on ending self-isolation and returning to work. Find information on testing, symptoms, and official clearance required for return to work.

Accessible from: <https://www.toronto.ca/home/covid-19/covid-19-what-you-should-do/covid-19-have-symptoms-or-been-exposed/?accordion=return-to-work>

COVID-19: Self-Isolation and Return to Work

Resource from the Government of Ontario to help employers and employees understand COVID-19 self-isolation and return to work for non-healthcare workplaces.

Accessible from: <https://www.ontario.ca/page/covid-19-self-isolation-and-return-to-work#:~:text=Workers%20can%20return%20to%20the,isolating%20for%20the%20full%20period.>

Video: COVID-19 & Getting Back to Work: Mask Safety Basics

Video from the Government of Ontario on safe mask-wearing upon return to work in six practical steps.

Accessible from: <https://www.youtube.com/watch?v=DcHNOcfU0k&feature=youtu.be>

211 Program: Government, Community-based, Non-Clinical Health and Social Services

A website from 211 describing their free and confidential services, which can be accessed 24 hours a day, in more than 150 languages, by phone, chat, text, and web. During COVID-19, 211 can play an important role in helping you access social programs, such as getting groceries or running errands while self-isolating, assistance in applying for Government benefits, and accessing mental health services.

Accessible from: <https://211.ca>

Paid Self-Isolation/Quarantine Accommodation Options for Students

A list from University of Toronto recommending potential accommodation, food delivery, and transportation options for campus community members required to self-isolate.

Accessible from: <https://studentlife.utoronto.ca/wp-content/uploads/Quarantine-Accommodation-Options.pdf>