

January 20, 2022

Dear Employer,

British Columbia remains in a public health emergency due to the COVID-19 pandemic. The BC Centre for Disease Control (BCCDC) advises any individual who is experiencing symptoms to stay in self-isolation for a minimum of 5 days from the onset of symptoms or a positive PCR or Rapid Antigen test (as of January 11, 2022).

Please excuse your employees or students from work or school under the following circumstances:

1. Any employee who has tested positive for COVID-19 and is fully vaccinated (2 doses) must self-isolate at home for 5 days AND until symptoms improve.
2. Any employee who has tested positive and is not fully vaccinated must self-isolate at home for 10 days AND until symptoms improve.

Updated BCCDC guidelines (January 19, 2022) recommend self-isolation immediately if you have a positive test or symptoms of COVID-19. Individuals with no symptoms, even if they are a contact of a confirmed case, do not require a test or to self-isolate.

Individuals can return to routine activities after 5 days if they feel better. Coughing may persist for several weeks but does not mean the individual is infectious.

On January 18, 2022, the Provincial Health Officer (PHO) stated that “if employees become ill and take sick days, they do not require a note from their physician to get back to work or school or return to daycare or childcare”. Sick notes place an unnecessary burden on the health care system at a time when physicians are addressing the biggest public health challenge of our time. For further information, see the Doctors of BC statement [urging employers to stop asking for sick notes](#).

Please treat this letter as a sick note based on BC provincial health guidance. Individualized sick notes will not be provided to confirm if your employee has been tested for COVID-19 or to confirm recovery from illness and ability to return to work or school. It is our civic responsibility to each other and to our communities to follow the guidance of the Provincial Health Officer. Learn more at the [BC Centre for Disease Control](#).

Thank you,

Dr. Toye Oyelese
President – BC Family Doctors

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