

What to do if you develop COVID-19 symptoms?

- Common symptoms include fever; new onset of cough or worsening chronic cough; new or worsening shortness of breath or difficulty breathing; sore throat; runny nose; chills; painful swallowing; stuffy nose; headache; muscle or joint ache; feeling unwell, fatigue or severe exhaustion; nausea, vomiting, diarrhea or unexplained loss of appetite; loss of sense of smell or taste; or conjunctivitis (pink eye).

DO NOT PROCEED TO WORK IF YOU ARE EXPERIENCING ANY OF THESE SYMPTOMS

- If you require immediate medical treatment or have a medical emergency:
 - On site - Emergency Services at 780-742-2111
 - Mount Logan - Emergency Services at 780-742-2111
 - McClelland Lake Lodge - 911
- While at work, inform your leader and call the Fort Hills Medical Centre at 780-713-7100 for assessment and instructions. To help prevent the spread, please do not proceed to the Medical Centre.
 - Leaders will isolate you from other workers and avoid close contact (2 metres)
 - Transportation to a lodge for self-isolation will be provided by Emergency Services
- If in your room, stay in your room and self-isolate. Contact your Suncor or contractor leader and call the Medical Centre at 780-713-7100. Health & Wellness will contact you and conduct an over the phone medical screening and advise accordingly, including if you have to call 811 for additional instructions.
- If necessary, arrangements will be made for you to be tested at site by Alberta Health Services.
- Stay in contact with your leader via phone or email. They, along with lodge staff, will ensure you are cared for and monitored.
- Email AskHealth&WellnessSiteServices@suncor.com for information on the follow-up process required prior to you coming back to work.