

Frequently Asked Questions (FAQ)

Last Updated: March 17, 2020 10:30am



Prevention & Response Measures – Travel Considerations and Self-Isolation

1. ***What do I do if I need to be tested?***

If you have travelled outside of Canada within the last 14 days and have symptoms, or if you have been in *close contact with someone who has been travelling or has symptoms, please contact 811 for instructions on whether you need to be tested.

Some provinces have developed an online COVID-19 Self-Assessment tool to help determine whether you should be tested that can be accessed at:

Alberta - <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

Saskatchewan - <https://public.ehealthsask.ca/sites/COVID-19/>

2. ***How are the destinations on the travel restrictions list determined?***

- We follow and monitor the active travel health notices for COVID-19 posted by the Public Health Agency of Canada (PHAC) on the Government of Canada website and Alberta Health Services travel guidance.
- As previously communicated by Human Resources, if you have been to any of the following countries within the last 14 days: China, Singapore, Italy, South Korea, Iran, Japan, France, Germany and/or Spain, you should self-isolate for 14 days from the day you returned to Canada and monitor for symptoms.
- If you travelled outside of Canada and **returned on or after March 12**, you should self-isolate for 14 days and monitor for symptoms.
- If you travelled outside of Canada and **returned before March 12**, you should self-monitor for symptoms for 14 days. In this circumstance, you remain cleared for work.
- If you have any symptoms, you are to call Health Link at 811 and follow their directions. If you are at Albion or Horizon, immediately report to the medical centre. In either case, please also notify your Canadian Natural supervisor.

3. ***If employees decide to go ahead with personal out-of-country travel in future, and as a result they have to be self-isolated at home, will they get paid for time off?***

Yes. Employees will continue to be paid. However, we are reviewing our approach on an ongoing basis. Any changes to this approach will be communicated to employees.

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4. *I have confirmed travel plans outside of Canada in the near future, will that affect my return to work? If my spouse/significant other has confirmed travel plans outside of Canada in the near future, will that affect my return to work?*

Please discuss with your supervisor your travel plans or situation with your spouse as soon as possible. Please note the following:

- Canada's Chief Public Health Officer is recommending that Canadians postpone or cancel all non-essential travel outside of Canada. For this reason, we strongly recommend that employees also defer personal travel outside of Canada.
- To align with Alberta Health Services and the Public Health Agency of Canada's recommendation, if any employee, contractor or service provider working for Canadian Natural has traveled to any location outside of Canada or has been in close contact* with someone who has, they are to self-isolate and **not return to work at a Canadian Natural office or site for 14 days.**
- For clarity, **if you have been to any of the following countries within the last 14 days: China, Singapore, Italy, South Korea, Iran, Japan, France, Germany and/or Spain**, you should self-isolate for 14 days from the day you returned to Canada and monitor for symptoms.
- If you travelled outside of Canada and **returned on or after March 12**, you should self-isolate for 14 days and monitor for symptoms.
- If you travelled outside of Canada and **returned before March 12**, you should self-monitor for symptoms for 14 days. In this circumstance you remain cleared for work.