Teachers: Items to Discuss With Your Doctor



**What Do I Do While Awaiting These Results?**

Inform the **school board** and **local union** of your situation as soon as possible. You may also wish to advise your school principal.

You may be required to stay home until all test results have come in.  When verifying for immunity against the 5th Disease, you will be required to stay home in many cases.

The school board will pay you for the first three weeks while awaiting these results.

Provide your school board with the required paperwork as soon as it is received in order to avoid delays in receiving benefits.

Checklist For Teachers:

* Get the appropriate blood tests right away (chicken pox, rubella, measles, mumps, 5th Disease)
* Get a note from your doctor indicating that you are waiting for these results
* Explain to your doctor the exact nature of your work:
* Your schedule
* Any room changes
* The age of your students
* The behaviour of your students
* Teaching time
* Supervision
* Amount of time spent in a standing position
* The lifting and carrying of heavy equipment
* Movements that include the flexion and extension of your core
* Exposure to chemicals, gas, or fumes
* Loud noises
* Vibrations