COVID-19 Return to Work Guide For Healthcare Workers

In the past 14 days, have you:

- Had close contact, without wearing appropriate personal protective equipment, with a person who tested positive for COVID-19? OR
- Had close contact, without wearing appropriate personal protective equipment, with a person with an acute respiratory illness, and in the 14 days before their illness onset, this person had either:
  - Travelled outside of Canada;
  - Had close contact with a lab-confirmed COVID-19 case; OR
- Had laboratory exposure to biological material (e.g. primary clinical specimens, virus culture isolates) known to contain COVID-19 virus? OR
- Travelled outside of Canada?

Do you have a fever, cough, shortness of breath, difficulty breathing, sore throat, or runny nose that is not related to a pre-existing illness or health condition?

You must self-isolate for 14 days from last exposure.

During your 14-day self-isolation, have you developed a fever, cough, shortness of breath, difficulty breathing, sore throat, or runny nose that is not related to a pre-existing illness or health condition?

Continue to self-isolate for the 14 days or until your symptoms are gone, whichever is longer, after which you can return to work.

You can continue to work with no restrictions.

During your 14-day self-isolation, have you developed any other symptoms that are not related to a pre-existing illness or health condition?

Take the online COVID-19 self-assessment for consideration of COVID-19 testing.

Test is POSITIVE:

- Self-isolate for 10 days after onset of symptoms, or until symptoms resolve, whichever is longer.
- Additionally, healthcare workers can not work in a health care setting until 14 days since symptom onset or until symptoms resolve, whichever is longer.

Test is NEGATIVE:

- Return to work after your symptoms resolve.

NOT tested:

- Self-isolate for 10 days after onset of symptoms, or until symptoms resolve, whichever is longer.

*NOTES:*

1. If your potential exposure to the COVID-19 virus occurred while performing your AHS work duties, then this exposure must be reported to WHS (1-855-450-3619). If you develop symptoms within 14 days of a work-related exposure, then this must also be reported to WHS (1-855-450-3619).
2. There is no need to contact WHS prior to returning to work unless instructed to do so by WHS. Return to work decisions should be made in consultation with this guide and discussion with one’s manager or medical staff leader, as appropriate.
3. “Close contact” is defined as:
   - Provided care for the individual, including healthcare workers, family members or other caregivers, or who had other similar close physical contact with the person without consistent and appropriate use of personal protective equipment; OR
   - Lived with or otherwise had close prolonged contact (within 2 metres) with the person while the person was infectious; OR
   - Had direct contact with infectious bodily fluids of the person (e.g. was coughed or sneezed on) while not wearing recommended personal protective equipment.