COVID-19 Return to Work Guide for Healthcare Workers

Safety is of the utmost importance for Alberta Health Services (AHS). As an AHS healthcare worker (HCW), you may experience many different emotions around symptoms, work restrictions, and testing. This guide will help you understand when it is appropriate to return to work after you have experienced symptoms, been tested for COVID-19, or been in close contact with a person with COVID-19. Expedited returns to work will only be considered in exceptional circumstances and must be discussed with your leader and approved by Zone Emergency Operations Centres.

For help determining when you can return to work, see the Return to Work Decision Chart.

1) I’ve recently returned to Canada from international travel – do I need to quarantine?

- The management of international travellers arriving in Canada falls under federal jurisdiction. It is the individual responsibility of all international travellers arriving in Canada to ensure that they are aware of, understand, and comply with all federal requirements regarding COVID-19.

- Travellers who have been fully immunized against COVID-19 (see Question #2 for immunization definitions) may be exempted from having to quarantine after their arrival in Canada if they meet all federal requirements for consideration of an exemption. When you arrived in Canada, if you were instructed by a federal government representative that you met all federal requirements for exemption from quarantine, then you can continue to work with no restrictions so long as you remain asymptomatic:
  - You should closely monitor for COVID-19 symptoms for 14 days after your arrival in Canada, and continue to follow fit for work screening requirements.
  - If you develop any COVID-19 symptoms that are new, or not related to a pre-existing health condition, or a change from your usual symptoms, then you must isolate immediately and be tested for COVID-19. See below for more details.

- If you are fully immunized but have not met all federal requirements for exemption from quarantine, OR if you are not fully immunized (see Question #2 for immunization definitions), OR if you have otherwise been instructed by a federal government representative that you must quarantine, then you will be legally required by the federal Quarantine Act to quarantine for 14 days after your arrival in Canada. This requirement applies regardless if the returning traveller has previously tested positive for COVID-19. The remaining bullet points for question #1 only refer to those returning travellers who are required to quarantine.

- If you don’t have any symptoms during your 14-day travel quarantine, then you can go back to work when the full 14 days of quarantine are complete. See below if you decide to undergo COVID-19 testing during your quarantine while you are asymptomatic.

- If you develop any of the following specific symptoms (fever, cough, shortness of breath, sore throat, runny nose, or loss of sense of taste or smell) or any other COVID-19 symptoms during your 14-day travel quarantine period that are new, or not related to a pre-existing health condition, or a change from your usual symptoms, then you must be tested for COVID-19. Molecular testing is preferable, and you should take the online COVID-19 self-assessment for consideration of COVID-19 molecular testing.
Rapid Antigen Testing
- If you are tested using a Health Canada-approved COVID-19 rapid antigen test, and the test result is negative, then you will require a molecular test. If you do not undergo a molecular test, then follow the instructions in the 3rd bullet under “Molecular Testing”, below.
- If you are tested using a Health Canada-approved COVID-19 rapid antigen test, and the test result is positive, then you must isolate for 10 days (regardless of immunization status; federal requirement) after onset of symptoms, or until symptoms have improved AND you have gone 24 hours without a fever, without the use of fever-reducing medications – whichever is longer.
- If you do not undergo either a Health Canada-approved COVID-19 rapid antigen test or a molecular test, then follow the instructions in the 3rd bullet under “Molecular Testing”, below.

Molecular Testing
- If you are tested using a molecular test and the test result is negative, then you can go back to work after your 14-day quarantine OR after your symptoms resolve – whichever is longer.
- If you are tested using a molecular test and the test result is positive, then you must isolate for 10 days (regardless of immunization status; federal requirement) after onset of symptoms, or until symptoms have improved AND you have gone 24 hours without a fever, without the use of fever-reducing medications – whichever is longer.
- If you are NOT tested for COVID-19 by a molecular test, then:
  - If your symptoms included any of fever, cough, shortness of breath, sore throat, runny nose, or loss of taste or smell, then you must continue to quarantine for 14 days, or isolate for 10 days (federal requirement) after onset of symptoms, or until symptoms have improved AND you have gone 24 hours without a fever, without the use of fever-reducing medications – whichever is longer.
  - If your symptoms DID NOT include any of fever, cough, shortness of breath, sore throat, runny nose, or loss of taste or smell, then you must continue to quarantine for 14 days, or until symptoms resolve – whichever is longer.

If you are asymptomatic and decide to undergo COVID-19 testing during your 14-day quarantine period:

Rapid Antigen Testing
- Note that if you have been a confirmed case of COVID-19, then you should not undergo rapid antigen testing for 21 days after the date that your COVID-19 symptoms started, or for 21 days after the date that your specimen was collected for COVID-19 testing if you never developed symptoms.
- If you are tested using a Health Canada-approved COVID-19 rapid antigen test, and the test result is negative, then continue your 14-day quarantine.
- If you are tested using a Health Canada-approved COVID-19 rapid antigen test, and the test result is positive, then you must continue the quarantine and undergo COVID-19 molecular testing. Take the online COVID-19 self-assessment for consideration of COVID-19 molecular testing.
  - If the molecular test result is negative, then resume your 14-day quarantine.
  - If you do not undergo molecular testing, or the molecular test result is positive, and you remain asymptomatic, then you must isolate for 10 days (federal requirement) after the date of your initial rapid antigen test positive result. If you develop symptoms during your isolation, then your isolation must last for 10 days after onset of symptoms, or until symptoms have improved AND you have gone 24 hours without a fever, without the use of fever-reducing medications – whichever is longer.
Molecular Testing

- If you are tested using a molecular test and the test result is negative, and you remain asymptomatic, then you can go back to work after your 14-day quarantine.

- If you are tested using a molecular test and the molecular test result is positive, and you remain asymptomatic, then you must isolate for 10 days (federal requirement) after the date that your specimen was collected for COVID-19 testing. If you develop symptoms during your isolation, then your isolation must last for 10 days after onset of symptoms, or until symptoms have improved AND you have gone 24 hours without a fever, without the use of fever-reducing medications – whichever is longer.

2) If I've been in close contact with a person with COVID-19, what happens next?

- If you have been in close contact with a person with COVID-19, then the next steps will depend on your COVID-19 immunization status at the time that close contact occurred, as defined below:

  - **NOT Fully Immunized:**
    - You have not received any doses of vaccine; or
    - You have only received one dose in a two-dose vaccine series (e.g., Pfizer-BioNTech, Moderna, AstraZeneca, Covishield); or
    - It has been 14 days or less since you received your second dose in a two-dose vaccine series (e.g., Pfizer-BioNTech, Moderna, AstraZeneca, Covishield), or one dose of vaccine in a one dose vaccine series (e.g., Janssen).
    - If you are NOT Fully Immunized, then see Question #4 for next steps if you have been in close contact with a person with COVID-19.

  - **Fully Immunized:**
    - It has been more than 14 days since you received your second dose of a two-dose COVID-19 vaccine series (e.g., Pfizer-BioNTech, Moderna, AstraZeneca, Covishield), or more than 14 days since you received one dose of vaccine in a one-dose vaccine series (e.g., Janssen); or
    - If you have received a booster dose (see definition below) of vaccine, it has been 14 days or less since you received your booster dose.
    - If you are Fully Immunized, then see Question #5 for next steps if you have been in close contact with a person with COVID-19.

  - **Fully Immunized PLUS Booster Dose:**
    - It has been more than 14 days since you received a booster dose of vaccine (see definition below).
    - If you are Fully Immunized PLUS Booster Dose, then see Question #6 for next steps if you have been in close contact with a person with COVID-19.

**Booster dose** means:

- an additional dose of a COVID-19 vaccine administered at least five (5) months (or eight [8] weeks if the person is immunocompromised) after the person received their final vaccine dose to become fully immunized; and
- fourteen days having elapsed since the date on which the person received their booster dose.
3) If I’ve been in close contact with a person with COVID-19, do I need to be off work if I’ve previously tested positive for COVID-19?

- If you have been in close contact with a person with COVID-19, then the next steps will depend on your COVID-19 immunization status at the time that close contact occurred, and if you have recently been a confirmed case of COVID-19. See Question #2 for COVID-19 immunization status definitions, and corresponding next steps.

4) I’m NOT Fully Immunized and I’ve been in close contact with a person with COVID-19 – what happens next?

- If you were a confirmed case of COVID-19, and you have subsequently been in close contact with a person with COVID-19, then you can continue to work as per usual if your date of last exposure occurred within 21 days after the date that your COVID-19 symptoms started, or within 21 days after the date that your specimen was collected for COVID-19 testing if you never developed symptoms. Also note that you should not undergo rapid antigen testing or molecular testing for 21 days after the date that your COVID-19 symptoms started, or 21 days after the date of your first positive test if you never developed symptoms. However, if your date of last exposure occurred 22 days or more after your COVID-19 symptoms started, or 22 days or more after the date of your first positive test if you never developed symptoms, then you must follow the instructions provided in the bullet points below.

- If you are NOT Fully Immunized (see Question #2 for COVID-19 immunization status definitions) and you have been in close contact with a person with COVID-19, then you must be work restricted for 10 days, starting from the date of last exposure.

- If you remain asymptomatic during your 10-day work restriction, then you can go back to work when the full 10 days of work restriction are complete.

- If you develop any of the following specific symptoms (fever, cough, shortness of breath, sore throat, runny nose, or loss of sense of taste or smell) or any other COVID-19 symptoms during your 10-day work restriction that are new, or not related to a pre-existing health condition, or a change from your usual symptoms, then you must be tested for COVID-19. Molecular testing is preferable, and you should take the online COVID-19 self-assessment for consideration of COVID-19 molecular testing.

**Rapid Antigen Testing**

- If you are tested using a Health Canada-approved COVID-19 rapid antigen test, and the test result is negative, then you will require a molecular test. If you do not undergo a molecular test, then follow the instructions in the 3rd bullet under “Molecular Testing”, below.

- If you are tested using a Health Canada-approved COVID-19 rapid antigen test, and the test result is positive, then you must be restricted for 10 days after onset of symptoms, or until symptoms have improved AND you have gone 24 hours without a fever, without the use of fever-reducing medications – whichever is longer.

- If you do not undergo either a Health Canada-approved COVID-19 rapid antigen test or a molecular test, then follow the instructions in the 3rd bullet under “Molecular Testing”, below.

**Molecular Testing**

- If you are tested using a molecular test and the test result is negative, then you can go back to work after your 10-day work restriction OR after your symptoms resolve – whichever is longer.

- If you are tested using a molecular test and the test result is positive, then you must be work restricted for 10 days after onset of symptoms, or until symptoms have improved AND you have gone 24 hours without a fever, without the use of fever-reducing medications – whichever is longer.
longer.

- If you are NOT tested for COVID-19 by a molecular test, then:
  - If your symptoms included any of fever, cough, shortness of breath, sore throat, runny nose, or loss of taste or smell, then you must continue to be work restricted for 10 days after onset of symptoms, or until symptoms have improved AND you have gone 24 hours without a fever, without the use of fever-reducing medications – whichever is longer.
  - If your symptoms DID NOT include any of fever, cough, shortness of breath, sore throat, runny nose, or loss of taste or smell, then you must continue to be work restricted for 10 days, or until symptoms resolve – whichever is longer.

5) I’m Fully Immunized and I’ve been in close contact with a person with COVID-19 – what happens next?

- If you were a confirmed case of COVID-19, and you have subsequently been in close contact with a person with COVID-19, then you can continue to work as per usual if your date of last exposure occurred within 21 days after the date that your COVID-19 symptoms started, or within 21 days after the date that your specimen was collected for COVID-19 testing if you never developed symptoms. Also note that you should not undergo rapid antigen testing or molecular testing for 21 days after the date that your COVID-19 symptoms started, or 21 days after the date of your first positive test if you never developed symptoms. However, if your date of last exposure occurred 22 days or more after your COVID-19 symptoms started, or 22 days or more after the date of your first positive test if you never developed symptoms, then you must follow the instructions provided in the bullet points below.

- If you are Fully Immunized (see Question #2 for COVID-19 immunization status definitions) and you have been in close contact with a person with COVID-19, then you may continue to attend work so long as you are asymptomatic AND you undergo a Health Canada-approved COVID-19 rapid antigen test within 24 hours before every work shift for 10 days, starting from the date of last exposure.
  - If you remain asymptomatic, and your pre-shift COVID-19 rapid antigen test is negative, then you can continue to work with no restrictions.
  - If you do not undergo pre-shift COVID-19 rapid antigen testing, then you are not permitted to attend work until you either comply with the testing requirement, or it is now past 10 days since the date of last exposure.

- If you are asymptomatic and test positive on a pre-shift COVID-19 rapid antigen test, then you must be work restricted pending the results of COVID-19 molecular testing. Take the online COVID-19 self-assessment for consideration of COVID-19 molecular testing.
  - If the molecular test result is negative, then you can go back to work and resume pre-shift COVID-19 rapid antigen testing for 10 days from the date of last exposure.
  - If the molecular test result is positive and you remain asymptomatic, then you must be restricted for 5 days after the date of your initial rapid antigen test positive result. If you develop symptoms during your work restriction, then your work restriction must last for 5 days after onset of symptoms, or until symptoms have improved AND you have gone 24 hours without a fever, without the use of fever-reducing medications – whichever is longer.
  - If you are NOT tested for COVID-19 by a molecular test, then you must be work restricted for 5 days after the date of the initial COVID-19 rapid antigen test positive result. Resume pre-shift COVID-19 rapid antigen testing for 10 days from the date of last exposure. If you undergo molecular testing during the work restriction, then follow the instructions above for the corresponding molecular test result.
If you develop any of the following specific symptoms (fever, cough, shortness of breath, sore throat, runny nose, or loss of sense of taste or smell) or any other COVID-19 symptoms during your 10-day testing period that are new, or not related to a pre-existing health condition, or a change from your usual symptoms, then you must be work restricted pending the results of COVID-19 testing. Molecular testing is preferable, and you should take the online COVID-19 self-assessment for consideration of COVID-19 molecular testing.

**Rapid Antigen Testing**

- If you are tested using a Health Canada-approved COVID-19 rapid antigen test, and the test result is negative, then you will require a molecular test. If you do not undergo a molecular test, then follow the instructions in the 3rd bullet under “Molecular Testing”, below.

- If you are tested using a Health Canada-approved COVID-19 rapid antigen test, and the test result is positive, then you must be work restricted for 5 days after onset of symptoms, or until symptoms have improved AND you have gone 24 hours without a fever, without the use of fever-reducing medications – whichever is longer.

- If you do not undergo either a Health Canada-approved COVID-19 rapid antigen test or a molecular test, then follow the instructions in the 3rd bullet under “Molecular Testing”, below.

**Molecular Testing**

- If you are tested using a molecular test and the test result is negative, then you can return to work after your symptoms resolve. Resume pre-shift COVID-19 rapid antigen testing for 10 days from the date of last exposure.

- If you are tested using a molecular test and the test result is positive, then you must be work restricted for 5 days after onset of symptoms, or until symptoms have improved AND you have gone 24 hours without a fever, without the use of fever-reducing medications – whichever is longer.

- If you are NOT tested for COVID-19 by a molecular test, then:
  - If your symptoms included any of fever, cough, shortness of breath, sore throat, runny nose, or loss of taste or smell, then you must be work restricted for 5 days after onset of symptoms, or until symptoms have improved AND you have gone 24 hours without a fever, without the use of fever-reducing medications – whichever is longer. Resume pre-shift COVID-19 rapid antigen testing for 10 days from the date of last exposure.
  - If your symptoms DID NOT include any of fever, cough, shortness of breath, sore throat, runny nose, or loss of taste or smell, then remain off work and limit contact with others until symptoms resolve. Resume rapid antigen testing before every work shift for 10 days from the date of last exposure.

If you have remained asymptomatic and did not have a positive result on a pre-shift rapid antigen test at any time during your entire 10-day testing period, then you can cease rapid antigen testing before every work shift and you can continue to work with no restrictions.
6) I’m **Fully Immunized PLUS had a Booster Dose** and I’ve been in close contact with a person with COVID-19 – what happens next?

- If you are Fully Immunized PLUS Booster Dose (see Question #2 for COVID-19 immunization status definitions) and you have been in close contact with a person with COVID-19, then you can continue to work with no restrictions and no pre-shift testing requirements so long as you remain asymptomatic.
  - You should closely monitor for COVID-19 symptoms for 10 days after your close contact, and continue to follow fit for work screening requirements.
  - If you develop any COVID-19 symptoms that are new, or not related to a pre-existing health condition, or a change from your usual symptoms, then you should isolate immediately and take the online COVID-19 self-assessment for consideration of COVID-19 testing. However, If you were a confirmed case of COVID-19, and you have new symptoms that started within 21 days after the date that your COVID-19 symptoms started, or within 21 days after the date that your specimen was collected for COVID-19 testing if you never developed symptoms, then you should seek medical attention as necessary and not come to work until you feel well enough to do so. Also note that you should not undergo rapid antigen testing or molecular testing for 21 days after the date that your COVID-19 symptoms started, or 21 days after the date of your first positive test if you never developed symptoms.

7) I have **NOT** travelled outside of Canada and I have **NOT** been in close contact with a person with COVID-19 in the past ten days. I have developed symptoms – what happens next?

- If you were recently a confirmed case of COVID-19, and you have new symptoms that started within 21 days after the date that your COVID-19 symptoms started, or within 21 days after the date that your specimen was collected for COVID-19 testing if you never developed symptoms, then you should not come to work until you feel well enough to do so. Also note that you should not undergo rapid antigen testing or molecular testing for 21 days after the date that your COVID-19 symptoms started, or 21 days after the date of your first positive test if you never developed symptoms. If you have not recently been a confirmed case of COVID-19, or it has been more than 21 days since the onset of your COVID-19 infection, then you must follow the instructions provided in the bullet points below.

- If you didn’t travel outside of Canada and you have not been in close contact with a person with COVID-19, and you develop any of the following specific symptoms (fever, cough, shortness of breath, sore throat, runny nose, or loss of sense of taste or smell) or any other COVID-19 symptoms that are new, or not related to a pre-existing health condition, or a change from your usual symptoms, then you must not come to work pending the results of COVID-19 testing. Molecular testing is preferable, and you should take the online COVID-19 self-assessment for consideration of COVID-19 molecular testing.

  **Rapid Antigen Testing**

  - If you are tested using a Health Canada-approved COVID-19 rapid antigen test, and the test result is negative, then you will require a molecular test. If you do not undergo a molecular test, then follow the instructions in the 3rd bullet under “Molecular Testing”, below.

  - If you are tested using a Health Canada-approved COVID-19 rapid antigen test, and the test result is positive, then you must be work restricted (for 10 days if you are NOT fully immunized, or for 5 days if you are fully immunized (+/- booster dose); see Question #2 for COVID-19 immunization status definitions) after onset of symptoms, or until symptoms have improved AND you have gone 24 hours without a fever, without the use of fever-reducing medications – whichever is longer.

  - If you do not undergo either a Health Canada-approved COVID-19 rapid antigen test or a
molecular test, then follow the instructions in the 3rd bullet under “Molecular Testing”, below.

**Molecular Testing**

- If you are tested using a molecular test and the test result is negative, then you can return to work after your symptoms resolve.
- If you are tested using a molecular test and the test result is positive, then you must be work restricted (for 10 days if you are NOT fully immunized, or for 5 days if you are fully immunized (+/- booster dose); see Question #2 for COVID-19 immunization status definitions) after onset of symptoms, or until symptoms have improved AND you have gone 24 hours without a fever, without the use of fever-reducing medications – **whichever is longer**.
- If you are NOT tested for COVID-19 by a molecular test, then:
  - If your symptoms included any of fever, cough, shortness of breath, sore throat, runny nose, or loss of taste or smell, then you must be work restricted (for 10 days if you are NOT fully immunized, or for 5 days if you are fully immunized (+/- booster dose); see Question #2 for COVID-19 immunization status definitions) after onset of symptoms, or until symptoms have improved AND you have gone 24 hours without a fever, without the use of fever-reducing medications – **whichever is longer**.
  - If your symptoms **DID NOT** include any of fever, cough, shortness of breath, sore throat, runny nose, or loss of taste or smell, then return to work after your symptoms resolve.

8) I have **NOT** recently travelled outside of Canada and I have **NOT** been in close contact with a person with COVID-19 in the past ten days. However, I have developed some new symptoms. When I used the online [COVID-19 self-assessment](https://www.health.alberta.ca/), it indicated that I don’t need to be tested for COVID-19. When can I go back to work?

- If you develop new onset symptoms that are not related to a pre-existing illness or health condition, but none of these symptoms warranted testing for COVID-19, then you must remain off work and limit contact with others until your symptoms resolve.
- Note that if you were recently a confirmed case of COVID-19, then you should not undergo rapid antigen testing or [molecular testing](https://www.health.alberta.ca/) for 21 days after the date that your COVID-19 symptoms started.
- If you develop new or additional symptoms since the last time you took the [COVID-19 self-assessment](https://www.health.alberta.ca/), then you should stay home and take the [COVID-19 self-assessment](https://www.health.alberta.ca/) again.

9) There is someone in my household who has no symptoms but thinks that they may have had close contact with a COVID-19 case. I don’t have any symptoms either. Can I come to work?

- If the person you live with doesn’t have any symptoms (and did not recently test positive for COVID-19) and you don’t either, then you can go to work as per usual unless you’ve travelled outside Canada within the past two weeks and been instructed to quarantine (see Question #1 if this applies to you) or you’ve had close contact with someone who has COVID-19 (see Question #2 if this applies to you).

10) Someone in my household is isolating and has symptoms. We’re just waiting for test results. I don’t have any symptoms – what should I do?

- You will first need to determine if the person you live with is a probable case of COVID-19. A probable...
case is a person with clinical illness (any one or more of the following: fever, new or worsening: cough, shortness of breath/difficulty breathing, sore throat, loss of sense of taste or smell, or runny nose) who in the last 10 days:

- Had close contact\(^1\) with a confirmed case of COVID-19, OR was exposed to a known outbreak of COVID-19, OR had a laboratory exposure to biological material known to contain COVID-19, AND

- Who does not have a lab-confirmed COVID-19 test or the result was inconclusive.

- If the person you live with is a probable case of COVID-19, then you will be considered to have been in close contact with a person with COVID-19. The next steps will depend on your COVID-19 immunization status at the time that close contact occurred, and whether or not you were recently a confirmed case of COVID-19. See Question #2 for COVID-19 immunization status definitions, and corresponding next steps.

- If the person you live with is not a probable case of COVID-19, then you can continue to work as per usual. However, if this symptomatic person in your household tests positive for COVID-19, then you will be considered to have been in close contact with a person with COVID-19. The next steps will depend on your COVID-19 immunization status at the time that close contact occurred, and whether or not you were recently a confirmed case of COVID-19. See Question #2 for COVID-19 immunization status definitions, and corresponding next steps.

11) I tested positive for COVID-19 and completed my work restriction. I feel that I’ve completely recovered, other than a lingering cough. Is it safe for me to go to work?

- COVID-19 usually causes new symptoms or makes chronic symptoms much worse. If you have had symptoms due to confirmed COVID-19, then you must be work restricted\(^3\) (for 10 days if you are NOT fully immunized, or for 5 days if you are fully immunized (+/- booster dose); see Question #2 for COVID-19 immunization status definitions) after onset of symptoms, or until symptoms have improved AND you have gone 24 hours without a fever, without the use of fever-reducing medications, whichever is longer.

- If symptoms such as a lingering cough, loss of sense of taste/smell or fatigue persist beyond your work restriction period (5 days or 10 days), then you may return to work as long as you have been without a fever for 24 hours without the use of fever-reducing medications, other symptoms have improved, and you feel well enough to go back to work.

12) I am asymptomatic, and I was tested for COVID-19 and the result was negative – what happens next?

- If you are required to quarantine after returning to Canada from international travel, then you must quarantine for the full 14 days, even if you are tested for COVID-19 during your quarantine and the result is negative. See Question #1 for more details.

- If you have been in close contact\(^1\) with a person with COVID-19, and you are NOT Fully Immunized (see Question #2 for immunization status definitions), then you will be required to be work restricted\(^3\) for 10 days, even if you are asymptomatic and test negative during your work restriction. Note that this work restriction requirement does not apply if you were recently a confirmed case of COVID-19. See Question #4 for more details.

- If you have been in close contact with a person with COVID-19, and you are Fully Immunized (see Question #2 for immunization status definitions), then you must undergo a Health Canada-approved COVID-19 rapid antigen test within 24 hours before every work shift for 10 days, starting from the date of
If you have been in close contact with a person with COVID-19, and you are Fully Immunized PLUS Booster (see Question #2 for immunization status definitions), then you can continue to work as per usual if you are asymptomatic, both while awaiting your COVID-19 test result, and also after receiving a negative test result. Note that if you were recently a confirmed case of COVID-19, then you should not undergo rapid antigen testing or molecular testing for 21 days after the date that your COVID-19 symptoms started, or 21 days after the date of your first positive test if you never developed symptoms. See Question #6 for more details.

If you have NOT been instructed to quarantine after returning to Canada from international travel and you have NOT been in close contact with a person with COVID-19, then you can continue to work as per usual if you are asymptomatic, both while awaiting your COVID-19 test result, and also after receiving a negative test result.

13) I just received notice that a classmate of my child has tested positive. As a result, I have to keep my child home from school. Am I allowed to go to work?

• In this situation, your child would be considered a close contact of someone who has tested positive for COVID-19.
  
  o If your child is asymptomatic and you are asymptomatic, then you can continue to work as usual.
  
  o If your child has developed any fever, cough, shortness of breath, sore throat, runny nose, or loss of sense of smell or taste, that is not related to a pre-existing illness or health condition, then you will be considered to have been in close contact with a person with COVID-19. The next steps will depend on your COVID-19 immunization status at the time that close contact occurred, and whether or not you were recently a confirmed case of COVID-19. See Question #2 for COVID-19 immunization status definitions, and corresponding next steps. COVID-19 testing of your child is encouraged.

  ▪ Note that if your symptomatic child is tested for COVID-19 and the result is negative, then you can continue to work as usual so long as you remain asymptomatic, regardless of your COVID-19 immunization status. If you develop symptoms, then see Question #7 for further instructions.

  o If your child has developed any other symptoms (that are not listed in the preceding bullet) that are new, or not related to a pre-existing health condition, or a change from their usual symptoms, then COVID-19 testing of your child is encouraged. If you are asymptomatic, then you can continue to work as usual while awaiting your child’s test result, or if your child is not tested. If you develop symptoms, then see Question #7 for further instructions.

  o If your child tests positive for COVID-19 and you have been in close contact with your child, then the next steps will depend on your COVID-19 immunization status at the time that close contact occurred, and whether or not you were recently a confirmed case of COVID-19. See Question #2 for COVID-19 immunization status definitions, and corresponding next steps.

14) I recently received the COVID-19 vaccine and then I developed symptoms – what should I do?

• If you have recently been immunized, you may experience side effects from the vaccine. It’s not unusual to experience redness, swelling, bruising, or feeling sore where you had the needle – such symptoms are
typically mild, go away in a few days, and don’t require you to stay off work.

- Sometimes, people may experience symptoms that go beyond the injection site, and such symptoms are similar to symptoms of COVID-19, including: fever or chills, feeling tired or unwell, headache, body aches or sore joints, nausea, vomiting, diarrhea, or swollen lymph nodes.

- If you have side effects that are the same as COVID-19 symptoms, then you must stay home and away from others (isolate), even if you think the side effects are from the vaccine.
  - If your side effects include fever and/or shortness of breath but no other COVID-19 symptoms, and your fever and/or shortness of breath start within 24 hours of receiving the vaccine and go away within 48 hours after starting, then you do not have to keep isolating and you can go back to your normal activities (unless you were told to be work restricted for other reasons).
  - If your fever and/or shortness of breath start after 24 hours of receiving the vaccine or last longer than 48 hours, or if you experience any other COVID-19 symptoms, then stay home and take the online COVID-19 self-assessment for consideration of COVID-19 testing. If you are not tested, then you must be work restricted (for 10 days if you are NOT fully immunized, or for 5 days if you are fully immunized +/- booster dose; see Question #2 for COVID-19 immunization status definitions) from the start of your symptoms, or until your symptoms have improved AND you have gone 24 hours without a fever, without the use of fever-reducing medications – whichever is longer.

15) How do I calculate the relevant dates for my work restriction, quarantine, or pre-shift rapid antigen testing?

- If you have recently returned to Canada from international travel, then the date of your arrival is “day 0”. If you have to quarantine for 14 days, then this commences after “day 0” and you can return to work after day 14. For example, if you arrived back in Canada on January 6, then you would need to quarantine from January 7 (day 1) to January 20, and you could return to work on January 21 (assuming that you remained asymptomatic during your 14-day quarantine). See Question #1 for more details.

- If you are required to isolate for 10 days due to symptoms developing or testing positive for COVID-19 during your post-travel quarantine period (see Question #1 for more details), or you must be work restricted because you have developed COVID-19 symptoms and you were either not tested or tested positive for COVID-19, then the date that your symptoms started is “day 0”. Your isolation or work restriction would then commence on the following day, and you could return to work the day after your last day of isolation or work restriction. For example:
  - If your symptoms started on January 6, and you needed to isolate or be work restricted for 10 days, then your work restriction would be from January 7 to January 16, and you could return to work on January 17.
  - If your symptoms started on January 6, and you needed to be work restricted for 5 days, then your work restriction would be from January 7 to January 11, and you could return to work on January 12.

- If you have been in close contact with a person with COVID-19, and you must either be work restricted for 10 days (if you are NOT Fully Immunized), or undergo pre-shift rapid antigen testing for 10 days (if you are Fully Immunized; see Question #2 for COVID-19 immunization status definitions), then the date of last exposure is “day 0”. For example:
  - If you were NOT Fully Immunized and your date of last exposure was January 6, then your work restriction would be from January 7 to January 16, and you could return to work on January 17 (assuming that you remained asymptomatic during your 10-day work restriction).
If you were Fully Immunized and your date of last exposure was January 6, then your testing period would be from January 7 to January 16, and you would no longer need to undergo pre-shift testing from January 17 onwards (assuming that you remained asymptomatic and did not test positive during your 10-day testing period).

- Regardless of immunization status, if you have been a confirmed case of COVID-19, then you should not undergo COVID-19 testing (rapid antigen test or molecular test) for 21 days after the date that your COVID-19 symptoms started (“day 0”), or for 21 days after the date that your specimen was collected for COVID-19 testing (“day 0”) if you never developed symptoms. For example:
  - If you developed COVID-19 symptoms on February 1 (and testing confirmed that you were a case of COVID-19), then you should not undergo COVID-19 testing for the next 21 days (February 2 to February 22), but any testing requirements would resume on February 23.

- If you are NOT fully immunized, and you have been a confirmed case of COVID-19, and you have been in close contact with a person with COVID-19, then you would not have to be work restricted if your date of last exposure occurred within 21 days after the date that your COVID-19 symptoms started (“day 0”), or for 21 days after the date that your specimen was collected for COVID-19 testing (“day 0”) if you never developed symptoms. For example:
  - If you developed COVID-19 symptoms on February 1 (and testing confirmed that you were a case of COVID-19), then you would not have to be work restricted if your date of last exposure occurred on February 2 to February 22. However, if your date of last exposure occurred on February 23 or later, then you would be required to be work restricted (see Question #4 for more details).
1. **Close Contact** is defined as a person who:

- Provided direct care for the case (including healthcare workers, family members or other caregivers), or who had other similar close physical contact (e.g., intimate partner, hug, kiss, handshake) without consistent and appropriate use of **personal protective equipment**; OR
- Lived with or otherwise had close prolonged contact which may be cumulative, i.e., multiple interactions for a total of 10 minutes or more over a 24-hour period and within two metres with a case without consistent and appropriate use of **personal protective equipment** and the case is not completely isolating away from others in the home; OR
- Had direct contact with infectious bodily fluids of a case (e.g., shared cigarettes, glasses/bottles, eating utensils) or was coughed or sneezed on while not wearing recommended **personal protective equipment**.
- An individual who had unprotected contact with a case within two meters for one minute or longer where the case engaged in activities generating increased aerosols such as speaking, singing, shouting or breathing heavily (e.g., exercise).

2. **Date of last exposure.** Your date of last exposure will depend on any ongoing interaction with the case. The instructions below apply for all COVID-19 cases (variant of concern (VOC) or non-VOC):

- If you are able to live separately from the positive case (e.g., you were exposed at work to the case and will have no interaction with the case outside of work; or the case is from your household, but either you or the case will be temporarily living at a different location), then your work restriction or testing period starts after your last contact with the case (i.e. the date of your last contact with the case is “day 0”).
- If the positive case is from your household, and the case can completely isolate at home (i.e., separate bedroom and washroom, avoidance of all close contact with other individuals in the home, no shared meals, etc.), then your work restriction or testing period starts after your last contact with the case (i.e., the date the case starts isolating is “day 0”).
- If the positive case is from your household and you will have ongoing close contact with the case in your household, then your work restriction or testing period includes the duration of the case’s infectious period PLUS an additional 10-day work restriction (if you are NOT Fully Immunized) or 10-day testing period (if you are Fully Immunized) from the date of last exposure. In this situation, your “date of last exposure” (i.e. “day 0”) is the date when the case’s infectious period ends.

- **“Infectious period”** is defined as:
  - For a COVID-positive case who is symptomatic, 48 hours prior to the onset of symptoms until 10 days after symptom onset, or until symptoms improve and the case is fever-free for 24 hours (without the use of fever-reducing medications), whichever is longer.
  - For a COVID-positive case who remains asymptomatic, 48 hours prior to their COVID test (swab collection) until 10 days after their COVID test date. Note that if symptoms subsequently develop after the test date, then the infectious period would last until 10 days after symptom onset, or until symptoms improve and the case is fever-free for 24 hours (without the use of fever-reducing medications), whichever is longer.

3. **Work restricted** means you must not attend work or any other function at an AHS setting (except for the purpose of receiving health services). An AHS setting means any environment where treatment/procedures and other health services are delivered by, on behalf of, or in conjunction with, AHS. This includes but is not necessarily restricted to all land, facilities, affiliated sites, mobile equipment and vehicles owned, leased, or rented, and AHS corporate offices for the purposes of conducting AHS business; it does not include working remotely from...
4. **Molecular test** means a nucleic acid amplification test to detect RNA of SARS-CoV-2 (e.g. PCR test or rapid molecular test such as ID NOW).