

**Mild/Improving Symptoms? Returning to Work after COVID-19? Living with someone who tested positive?
Information for Health-Care Workers**

Symptomatic with Negative COVID-19 Test Results	COVID-19 Positive Test Results	Close Contact of Positive COVID-19 Case
<p>Health-care workers who have received a NEGATIVE COVID-19 test result, and whose symptoms are mild/improving, are permitted to return to work if they are able to answer YES to each of the following:</p> <ul style="list-style-type: none"> • Tested NEGATIVE for COVID-19 (either one (1) negative PCR test or two (2) negative rapid antigen tests results received/tests performed 48 hours apart (the date and time of tests must be recorded)) • Mild and improving symptoms • Health-care workers will assess their symptoms as outlined on the following page and determine whether they are “fit for work”. • Feel well enough to work • Lingering symptoms must not interfere with ability to wear and maintain PPE standards. • No fever without use of fever reducing medication for 24 hours <p>Health-care workers who are able to answer YES to ALL of the above, may return to work. Follow standard site-specific processes to be scheduled for work.</p> <p>Health-care workers who experience NEW symptoms (one from category A OR two or more from category B per staff self-screening tool on following page) must follow standard site-specific processes for sick calls and seek testing. They may not return to work until they have received a negative test result as outlined above and are able to self-declare they are fit to return to work.</p> <p><i>Please Note: Health-care workers continue to be required to follow return to work guidance prior to returning to work. These measures are in place for the protection of our patients/residents/clients and our co-workers.</i></p>	<p>COVID-19 Positive health-care workers</p> <p>Health-care workers who have received a POSITIVE COVID-19 test result may return to work on day eight (8), provided that:</p> <p>*NOTE: Day 0 is either the day of symptom onset/positive test; OR if asymptomatic, the day of a positive test.</p> <ol style="list-style-type: none"> 1. Any lingering symptoms are mild and improving and the health-care worker feels well enough to complete their duties. 2. Any lingering symptoms will not interfere with their ability to maintain the PPE standards that are required. 3. They have been without fever for 24 hours, without any use of fever-reducing medication. 4. They successfully pass the staff self-screening questionnaire on the following page. <p>AND</p> <ol style="list-style-type: none"> 5. They complete a rapid antigen test on day seven (7) and receive a NEGATIVE test result. <p>Health-care workers who receive a POSITIVE result from their day seven (7) rapid antigen test, are NOT cleared to return to work until day 11 and must meet criteria in points 1-4 above.</p> <p>Health-care workers are no longer required to notify Occupational Health of their positive test result or need clearance to return to work. Based on the results of the self-screening criteria, health-care workers should follow their standard site-specific process to be added to the schedule when they are fit to return to work.</p>	<p>Asymptomatic vaccinated or not fully vaccinated health-care workers</p> <p>Vaccinated and not fully vaccinated health-care workers who live with and/or have a known contact to someone who has tested positive for COVID-19 can work if asymptomatic. The HCW should test every 48 hours using rapid antigen testing until ten days after the day of their last exposure to the positive contact and follow appropriate direction based on their test results.</p> <ul style="list-style-type: none"> • For household contacts who cannot isolate from the case, the date of last exposure would be 10 days after the household member became symptomatic. • For household contacts who can isolate from the case, the date of last exposure would be the date upon which they were able to isolate. • For one-time contacts, use the date of exposure. <p>Note: Rapid testing kits are now widely available and may be accessed at work or in the community. Test every 48 hours for the duration of the testing period, including a test prior to your first shift after the exposure</p> <p>A contact is defined as someone who has been within 2 metres, for more than 10 minutes, without required PPE being worn.</p> <p>Asymptomatic health-care workers who have been diagnosed with COVID-19 in the last 180 days do not need to isolate and can continue to work.</p> <ul style="list-style-type: none"> • If the health care worker (who has tested positive within the last 180 days) develops COVID-19 symptoms, they should not come into work. Stay home until they meet self-screening criteria in column 1. <p><i>Updated April 4, 2022</i></p> <p><i>Revised guidance for health-care workers who are not fully vaccinated and who are close contacts of a confirmed case, but who remain asymptomatic – test every 48 hours for a 10-day period. Details in column 3.</i></p> <p><i>Revised guidance for health-care workers who have tested positive for COVID-19, to return to work, applicable regardless of vaccination status. Details in column 2.</i></p>

COVID-19 Daily Staff Screening Tool

Staff are required to self-screen for COVID-19 symptom prior to reporting for work.

Symptoms - Do you have: Note: Screening is intended to exclude symptoms related to chronic illness or seasonal allergies.	
One symptom from Category A?	Two or more symptoms from Category B?
<ul style="list-style-type: none"> •Fever>38 or subjective fever/chills •cough •sore throat/hoarse voice •shortness of breath/breathing difficulty •loss of taste or smell •vomiting or diarrhea more than 24hrs 	<ul style="list-style-type: none"> •runny nose •muscle aches •fatigue •conjunctivitis •headache •skin rash of unknown cause •nausea or loss of appetite
Note: If you have one Category B symptom and have not been exposed to COVID-19, you do not need to isolate. Continue to self-monitor and screen for symptoms. Proceed for testing and stay home from work if you develop symptoms. Follow appropriate direction based on test results that are received.	
Immunocompromised refers to those who have a health condition affecting their immune system, including but not limited to being treated for cancer, having had an organ transplant or are taking medication that suppresses the immune system.	

Work requirements – Cannot attend work	
Fully vaccinated staff	You should <u>not</u> work if: <ul style="list-style-type: none"> • You have tested POSITIVE and are not cleared to return to work as per column 2. • You are awaiting COVID-19 test results.
Not fully vaccinated health care workers	You should <u>not</u> work if: <ul style="list-style-type: none"> • You have tested POSITIVE and are not cleared to return to work as per column 2. • You are awaiting COVID-19 test results • You have returned from international (outside of Canada) travel in the last 14 days or have a household member (not fully vaccinated) who has returned from international travel within the last 14 days. • If you have been exposed to someone who is confirmed to have COVID-19 refer to the guidance in column 3 above.

Links

- **FAQ – Return to work for health-care workers**
sharedhealthmb.ca/files/covid-19-self-isolation-and-return-to-work-faq.pdf
- **Staff screening tool**
sharedhealthmb.ca/files/covid-19-staff-screening-tool.pdf
- **ID Requirements for testing site**
sharedhealthmb.ca/files/covid-19-memo-rapid-test-id-reqs.pdf