

When to Test. Returning to Work after Illness or Exposure to COVID-19 Information for Health-Care Workers

Symptoms - When to Test	Positive COVID-19 Test - When to Return	Immunocompromised Workers - When to Test / When to Return
<p style="text-align: center;"><u>Confirmed COVID-19 in last 4 Months</u></p> <p>Health-care workers who have had a confirmed case of COVID-19 in the last 120 days (4 months) and who develop symptoms are not required to test for COVID-19. They may return to work provided that all of the following are true:</p> <ul style="list-style-type: none"> • Symptoms are mild and improving - Health-care workers must feel well enough for work, declare themselves “fit for work”; and • Any lingering symptoms will not interfere with ability to wear and maintain PPE standards; and • No fever has been present for 24 hours without use of fever reducing medication. <p><u>No Confirmed COVID-19 in last 4 Months (or Ever)</u></p> <p>Health-care workers who have not had a confirmed case of COVID-19 in the last 120 days (4 months), and who develop symptoms must test for COVID-19. With a NEGATIVE COVID-19 test result (rapid antigen test) and symptoms that are mild/ improving, they may return to work if all of the following are true:</p> <ul style="list-style-type: none"> • Tested NEGATIVE for COVID-19; and • Mild and improving symptoms – Health-care workers must feel well enough for work, declare themselves “fit for work”; and • Any lingering symptoms will not interfere with ability to wear and maintain PPE standards; and • No fever has been present for 24 hours without use of fever reducing medication. <p><i>*For POSITIVE test result, consult column B.</i></p>	<p>Health-care workers who have received a POSITIVE COVID-19 test result may return to work on day five (5), provided that all of the following are true:</p> <ul style="list-style-type: none"> • Symptoms are mild and improving - health-care worker must feel well enough to complete their duties; and • Any lingering symptoms will not interfere with their ability to maintain PPE standards; and • No fever has been present for 24 hours, without use of any fever-reducing medication. <p style="text-align: center;"><u>Household Contact / Exposure - When to Test / When to Return</u></p> <p>Health-care workers who live with a household contact who has tested positive for COVID-19 can work if they remain asymptomatic.</p> <p>If symptoms develop, staff members who have had a confirmed positive case of COVID-19 in the past 120 days (4 months) are not required to test and should follow return to work guidance in column 1.</p> <p>Immunocompromised health-care workers and those who have NOT had a confirmed positive case of COVID-19 in the past 4 months, should test for COVID-19 and follow return to work guidance based on their result (see column 1 for negative result, column 2 for positive result, column 3 for immunocompromised).</p> <p style="text-align: center;"><u>Worsening/New Symptoms</u></p> <p>If a health-care worker is required to test because of symptoms, a single negative is sufficient to rule out COVID-19 in individuals whose symptoms are improving.</p> <p>If symptoms are unchanged or worsening 48 hours after the negative test, a repeat rapid antigen test should be performed. Follow standard site-specific processes for sick calls and return to work according to the test result.</p>	<p>Immunocompromised health-care workers must test for COVID-19 if symptoms develop, regardless of when or if they have had a confirmed case of COVID-19.</p> <p>If test is positive, immunocompromised health-care workers should remain off for 10 days from the start of illness AND be able to declare themselves “fit for work”.</p> <p>If test is negative, immunocompromised health-care workers may return to work when all of the following are true:</p> <ul style="list-style-type: none"> • Symptoms are mild and improving - health-care worker must feel well enough to complete their duties; and • Any lingering symptoms will not interfere with their ability to maintain PPE standards; and • No fever has been present for 24 hours, without any use of fever-reducing medication. <p style="text-align: center;"><u>Additional Requirements/Reminders</u></p> <p>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>Health care workers returning to work must follow all PPE requirements and should maintain physical distancing as much as is practical at any point their mask is removed (to eat or drink).</p>

COVID-19 Daily Staff Screening Tool

Staff are required to self-screen for COVID-19 symptoms 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, you do not need to isolate. Self-monitor and screen for additional symptoms. If additional symptoms develop, seek testing.	
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	
Notes/Definitions <ul style="list-style-type: none"> • Day 0 is either the day of symptom onset or positive test. • A contact is someone who has been within 2 metres, for more than 10 minutes, without PPE being worn. • A confirmed case of COVID-19 in the last 120 days (4 months) can come from a positive rapid test result and/or a positive PCR test result. 	

Work requirements – Cannot attend work	
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 are required to isolate following travel – check the most up to date travel requirements applicable to you.

Links

- **FAQ – Return to work for health-care workers**
<https://sharedhealthmb.ca/files/covid-19-staff-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