

COVID-19 Return to Work Guide For Healthcare Workers

Decision Chart

For more information, see the [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?

No

Yes

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?**

No

Yes

Do you have any **other** new onset symptoms that are not related to a pre-existing illness or health condition?

No

Yes

You can continue to work with no restrictions.

Remain off work and limit contact with others until your symptoms resolve.

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.

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?

No

Yes

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

No

Yes

If you don't have any symptoms during your entire 14 day self-isolation period, then you can return to work when the full 14 days of self-isolation are complete.

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

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 at the end of the 14-day self-isolation period, or after symptoms resolve, whichever is longer.

NOT tested:

- Continue the 14 day self-isolation due to the exposure, or 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.

*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](#).