

## COVID-19 Work Isolation Requirements

If you are required to be on “work isolation” you must:

- stay on it for **10 days** after your last exposure to the COVID-19 risk or confirmed positive case; (*unless Occupational Health has informed you otherwise*) **OR**
- For **10 days** after your last exposure to the COVID-19 risk or confirmed positive case, *unless Occupational Health has informed you otherwise*, where you have been cleared by OHSW to be in the workplace

**Work isolation requires you to do the following:**

1. Wear a procedure mask, or a contact/droplet/level 2 mask if you are a direct patient care provider, at all times when in the workplace along with any additional PPE as indicated by your Point of Care Risk Assessment (POCRA). As per usual practice:
  - Hand hygiene is to be completed regularly and in accordance with the 4 moments of Hand Hygiene.
  - Gloves are to be removed after providing care and are not to be worn between patients or in common areas.
  - Where additional precautions are in place you are required to wear all required PPE
2. Self-monitor for the development of symptoms and take your temperature twice daily. Keep a record.
3. Work in only one facility (where possible).
4. **Do not eat your meals in a shared space (e.g., conference room, lunch room) with other staff, or remove your mask when in the presence of others.** Speak with your manager if you require more information on a suitable location.
5. Where you have removed your mask to eat, use a disinfectant wipe to clean any surfaces you were in close contact with.
6. Identify yourself as being on “work isolation” at the staff screening station when coming to work and scan STOP or note this on the screening log.
7. If you have been identified as a “high risk” close contact of a person who is positive for COVID-19:
  - you are required to self-quarantine when outside of the workplace and

- travel to and from work in your private vehicle but if you must take public transit, wear a procedure mask and perform hand hygiene before and after your travel to work.
  - **Note- if you are fully vaccinated (for a least 14 days) you are able to participate in essential activities like getting groceries, attending work, etc. but CANNOT attend social functions. Your family members DO NOT have to self-quarantine.**
8. Should you develop symptoms while at work, you must promptly remove yourself from providing care/working, and contact your manager/supervisor and Occupational Health Safety & Wellness (OHSW) (KGH site x4389; HDH site x2265)
9. Should you develop symptoms while at home, self-isolate in your home, do not attend work, and contact your manager/supervisor and Occupational Health, Safety & Wellness (OHSW) (KGH site x4389; HDH site x2265)
10. For more information on How to Self-Isolate while working or at home, see:

[How to Self-Isolate while Working for Health Care Workers](https://www.publichealthontario.ca/-/media/documents/ncov/ipac/ipac-covid-19-work-self-isolation.pdf?la=en)

<https://www.publichealthontario.ca/-/media/documents/ncov/ipac/ipac-covid-19-work-self-isolation.pdf?la=en>

[How to Self-Isolate \(At Home\)](https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en)

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For any questions about Work Isolation, or your ability to be in the workplace, please contact Occupational Health, Safety & Wellness- KGH site x4389; HDH site x2265