

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*)

Work isolation requires you to do the following:

1. Wear a procedure mask, or contact/droplet 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.** Break areas for those on Work Isolation have been identified (see below) but speak with your manager if you require more information on a suitable location.

Site	Designated Break Room for those on Work Isolation
KGH	Environmental Exposure Unit, Connell 3
HDH	Sydenham 4 Conference Room

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 are on work isolation because you have returned from travel outside of Canada, you must also be doing rapid antigen testing for 10 days. Testing kits can be picked up from KGH main entrance (Kidd Davies1), the HDH main entrance (Jeanne Mance 1) or from Occupational Health, Safety & Wellness (OHSW).
8. Should you develop symptoms while at work, you must promptly remove yourself from providing care/working, and contact your manager/supervisor and 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 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