

COVID-19 Work Isolation Requirements

If you are cannot work from home and 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; OR
- until your close household contact tests negative if being tested because they are symptomatic; OR
- for as long as directed by your Manager or Occupational Health, Safety & Wellness (OHSW)

Work isolation (WI) requires you to do the following:

1. Self-monitor for the development of symptoms and take your temperature twice daily. Keep a record.
2. Travel alone to and from work in a private vehicle.
3. Strict adhere to universal masking requirements, **maintaining physical distancing of greater than 6 feet from others at all times**, except when providing direct patient care.
4. Meticulous hand hygiene.
5. When interacting with patients, and where possible, ask the patient to don their mask if you will be within 6 feet of the patient.
6. If someone you live with has COVID-19 symptoms and has not yet been tested, you will need to be on work isolation but will also need to do daily rapid antigen testing yourself until your household contact has received their test result. If your household contact tests positive on either a rapid antigen test or PCR test, you must be off work and quarantine.
7. Where you have had a high risk contact at work or outside of work to a COVID-19 positive case, OR you or a member of your household has been infected with COVID-19 and you have been cleared by your Manager or OHSW to return to work prior to the completion of your Day 10 isolation period, you **MUST wear a N95 or reusable respirator** if you are clinical staff or work with patients.
8. **Do not eat your meals/take breaks in shared spaces (e.g. lunch/break room, patient care planning room, conference 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	Dietary 2 Conference Room & Atrium Café, Davies 0
HDH	Sydenham 4 Conference Room

9. Where you have removed your mask to eat, use a disinfectant wipe to clean any surfaces you were in close contact with.
10. Limit your movement around the hospital as much as possible making all attempts to work only in one area/unit.
11. Identify yourself as being on “work isolation” at the staff screening station when coming to work and scan STOP/FAIL (or note this on the screening log).
12. Should your rapid antigen test be positive at any time, you must stay home/leave work, self-isolate, contact OHSW promptly (for contact tracing of patients and staff), and arrange to have a PCR test. A positive rapid antigen test is a presumed positive.
13. Should you develop symptoms while at work, you must promptly remove yourself from working/providing care, and contact your manager/supervisor and OHSW (KGH site x4389; HDH site x2265)
14. 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)
15. 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](https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en)

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