

Staff Return-to-Work Precautions for Household Contacts & High Risk Contacts of COVID-19

For staff who had household contact with a COVID-19 positive person:

If you have been isolating* from someone in your household who has tested positive for COVID-19, you are asymptomatic (symptom free) and your initial COVID-19 PCR test is negative, then you may return to the workplace provided you adhere to the testing and safety precautions identified below in #1-8. Speak with your manager for guidance, or Occupational Health, Safety & Wellness after hours.

Exception: Staff working in the **NICU, Pediatric ICU, and on the inpatient Oncology unit** cannot return to work until Day 8 following their last exposure to the COVID-19 positive household member. They must also adhere to the testing and safety precautions identified below in #1-8.

For staff who had high risk contact to a non-household COVID-19 positive person:**

You do not require an initial COVID-19 PCR test as long as you are asymptomatic (symptom free) but you will be required to adhere to the testing and safety precautions identified below in #1-8.

Testing and safety precautions

Day 0 of isolation is the date of last exposure. The isolation day count begins the day after exposure.

- You must perform rapid antigen testing every day for 10 days following** your last contact with the positive case **and repeat COVID-19 PCR testing Day 5** following your last exposure to the COVID-19 positive contact.
 - Staff can book testing for themselves and their household members at the COVID-19 Assessment Centre (Beechgrove) by calling **613-548 2376**, or by booking online: <https://ygkcovidtesting.coconutcalendar.com/service>.
 - Staff who are working and unable to attend Beechgrove for their follow-up testing may obtain a PCR self-swab from OHSW during regular business hours. Effective July 1, 2022, when the Assessment Centre will be closed on weekends and statutory holidays, staff can pick up and drop off a PCR self-swab from the KGH main entrance (Kidd Davies 1) between the hours of 12 pm and 3 pm.
- You must remain symptom free.** Should you develop any COVID-like symptoms OR test positive on a rapid antigen test or a PCR test, you must **promptly** contact Occupational Health and refrain from coming to work.
- You must be on work isolation** and do not remove your mask or respirator in the presence of others or in shared spaces for meal breaks.

4. **You must wear an N95/P100 respirator** instead of a procedure mask if you work in a clinical or patient care area. Non-clinical staff must wear a well-fitted medical grade mask or respirator with a proper seal.
5. You must avoid caring for the following patients: transplant patients.
6. Where possible, request the patient don a mask during the clinical encounter.
7. You must avoid high risk activities that require close face-to-face contact with the patient for extended periods of time (e.g. ophthalmology assessments).
8. For Resource Pool staff and those who are floated to other units: **You should only be assigned to 1 unit**, and ideally the same patients, until 10 days after your last exposure to the COVID-19 positive individual.
9. You must promptly report any PPE breaches to your manager and Occupational Health.

****Isolating means:***

- The staff member is able to sleep in a different bedroom than the COVID-19 positive person;
- The staff member is not required to care for/feed the COVID-19 positive person (e.g. young children);
- The COVID-19 positive case wears a mask and performs hand hygiene when going into shared household spaces (e.g. kitchen and washroom) and disinfects surfaces after use. *If possible*, meals should be delivered to COVID-19 positive person to avoid them having use the kitchen, and they should use their own dedicated washroom if possible.
- The staff member avoids using shared spaces at the same time or soon after the COVID-19 positive case has been in the space. If the staff member is going into a shared space that the COVID-19 positive person has recently used, then the staff member should wear a mask and/or allow more time for clearance and consider cracking open window to improve ventilation.

****High Risk Contact** includes situations where the staff member has had close, unprotected contact*** with a COVID-19 positive case, in or outside of the workplace, during that person's period of infectiousness (from 24 hours prior to their symptom onset or prior to their COVID-19 positive test if no symptoms, to Day 10 of their illness). This excludes household contacts which present a higher risk (see above). OHSW can assist you with this assessment if it unclear but err on the side of caution if unsure.

*** Close unprotected contact means the staff member was within 6 feet of the positive case for a prolonged period of time, typically > 15 minutes without a mask. Here are some examples to assist:

- They had a meal together, unmasked, sitting side by side in an enclosed space (kitchen) for 30 minutes- HIGH RISK
- They met each other in the parking lot up a the local grocery store and had a conversation outside for 5-10 minutes unmasked about 3 -4 feet apart - Low Risk