

## 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; OR
- for 10 days after the onset of your COVID-19 illness or positive COVID-19 test where you’ve been cleared by OHS to return to work prior to you completing a Day 10 isolation period; 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. Strictly 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. **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	Designated Work isolation spaces are located in the Atrium Cafeteria
HDH	Vestibule area between Mary Alice 1 and Johnson 1

7. Where you have removed your mask to eat, use a disinfectant wipe to clean any surfaces you were in close contact with.
8. Limit your movement around the hospital as much as possible making all attempts to work only in one area/unit.

9. 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 speak with your manager or OHSW about your ability to return to work.
10. Where you have had a high risk contact with a COVID-19 positive case either at work, in your household, or in the community, and you are in the workplace, you are required to be on work isolation and **wear a N95 respirator** if you are clinical staff or work with patients, and a well fitted mask if you work outside of a patient care area, for 10 days after your exposure.
11. Where you yourself have had COVID-19 and have been cleared by OHSW to return to the workplace prior to completing 10 days of isolation, you are required to be on work isolation and **wear a N95 respirator** if you are clinical staff or work with patients, or a well fitted mask if you work outside of a patient care area, for 10 days after your symptom onset or positive test if no symptoms.
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