

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

A) 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**, 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: *If you work in the NICU, Pediatric ICU, or inpatient Oncology and are able to effectively isolate from your COVID-19 positive household member(s), you may return to work on Day 5 following your last exposure to your COVID-19 positive household member provided your Day 4 PCR test is negative.* You must also adhere to the same safety precautions identified below in #1-8.

B) 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.

C) For Staff who have had COVID-19 already in the past 60 days and completed their isolation, who now have a COVID-19 positive household member: you can remain in the workplace (*no clearance by the manager or OHSW is needed*) provided you are on work isolation and doing daily rapid antigen testing **AND effectively isolating*** from your COVID-19 positive household. If you are **unable to effectively isolate*** from your COVID-19 positive household contact but you have your COVID-19 Booster vaccine, you may immediately return to work on work isolation doing daily rapid antigen testing; if not, you must stay off work for **4 days and can return to work on Day 5** on work isolation doing daily rapid antigen testing.

D) For staff who are unable to isolate from their COVID-19 positive household member(s) (this includes those staff who work in the NICU and Pediatrics): You may return to the workplace **on Day 5 provided your Day 4 PCR test is negative** and you are adhering to the safety precautions identified below in #1-8. **Exception:** Staff working in **the inpatient cancer who are unable to isolate** from their COVID-19 positive household member(s) may **return to the workplace on Day 7 provided their initial and day 6 PCR test are negative.** They must adhere to the safety precautions identified below in #1-8.

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

Safety Precautions:

- 1. 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. (*some staff may have a PCR test on Day 4 instead as described above*)

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.

2. **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.
3. **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, and for non-clinical staff you 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. 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 to 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, 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 page 1). 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