

Infectious Symptoms and Guidance for Return to Work

1) Do any of the following infectious screening criteria apply to you?

2 or more of the following NEW symptoms:

- Cough
- Sore throat
- Runny nose
- Extreme fatigue
- New muscle aches/joint pains
- Chills

NEW vomiting and diarrhea (potentially infectious / unrelated to another known medical condition)

A fever greater than 38°C

A positive test result for a respiratory illness (e.g. COVID-19, Influenza, RSV)



Exclude yourself from work.

Report your symptoms by calling the Infectious Reporting Line (KGH Ext. 4389) in OHSW and follow the prompts.

Follow the guidance for return to work below.

Guidance for Return to Work – If you answer “YES” to these statements, you may return to work:

- ✓ My fever has resolved, and I have not used fever reducing medications for at least 24 hours.
- ✓ My vomiting and diarrhea have resolved for at least 24 hours (48 hours if Norovirus like illness).
- ✓ My respiratory symptoms have now improved, and I feel well enough to work.
 - You are required to wear a mask, or a respirator if you work in clinical areas, until your respiratory symptoms have completely resolved, or for 10 days after symptoms onset or positive test, whichever is first.

If you answer “NO” to any of these statements, you must remain off work and reassess your symptoms.

2) Have you had unprotected close / household contact with someone with an infectious respiratory illness? OR

3) Have you developed only one mild respiratory symptom (e.g. runny nose)?

If you answer “YES” to either of these questions, continue to work but it is recommended that you wear a well fitted mask (or respirator if you work in a clinical area).

Where #1 above applies, you are required to notify KHSC Occupational Health via the Infectious Screening Line at KGH ext. 4389, but an Occupational Health Nurse will not call you back unless you are unclear on the return-to-work guidance above or request additional information or assistance. Where your sick absence lasts more than 3 consecutive shifts, please contact Occupational Health x4389 to discuss initiating a short-term disability claim.