COVID-19 ASSESSMENT TOOL FOR HEALTH CARE WORKERS (HCW) AND THOSE INVOLVED IN PUBLIC HEALTH ENFORCEMENT (PHE)

In the past 14 days, have you:
- Had close contact1, without wearing appropriate personal protective equipment, with a person who tested positive for COVID-19? OR
- Had close contact, without wearing appropriate personal protective equipment, with a person with an acute respiratory illness, and in the 14 days before their illness onset, this person had either:
  - Travelled outside of Canada; OR
  - Had close contact with a lab-confirmed COVID-19 case; OR
- Had laboratory exposure to biological material known to contain COVID-19 virus? OR
- Travelled outside of Canada?

NOTE
- If at any point you develop symptoms, complete the COVID-19 self-assessment.
- If you have any questions or concerns regarding your return to work, call your respective WHS/OHS if you are an AHS/Covenant employee.
- If you are in quarantine or in isolation, do not visit a hospital, physician’s office, lab or healthcare facility without calling ahead first.
- If you are severely ill and in need of immediate medical attention, call 911.

1Health Care Workers (HCW) provide clinical or supportive services in a clinical care setting, including hospitals, clinics, continuing care facilities, licensed supportive living sites, public health centres, community assessment centres, and any other settings where face-to-face patient care is provided (including pharmacists, pharmacy technicians) as well, include fire fighters, and EMS.

2Those involved in public health enforcement activities include peace officers, environmental health officers and police officers engaged in the COVID-19 response.

**Close contact** is defined as:
- Provided care for the individual, including healthcare workers, family members or other caregivers, or who had other similar close physical contact with the person without consistent and appropriate use of personal protective equipment; OR
- Lived with or otherwise had close prolonged contact (within 2 metres) with the person while the person was infectious; OR
- Had direct contact with infectious bodily fluids of the person (e.g. was coughed or sneezed on) while not wearing recommended personal protective equipment.

14 days from last exposure and monitor for symptoms.

Take the online COVID-19 self-assessment for consideration of COVID-19 testing.

NOTE
- If symptomatic, isolate for 10 days from specimen collection date.
- If asymptomatic, isolate for 10 days after onset of symptoms or until symptoms resolve, whichever is longer.

Do you have any other symptoms which are new, or not related to a pre-existing health condition or a change for your usual symptoms?

If NOT TESTED

Isolate for 10 days after onset of symptoms, or until symptoms resolve, whichever is longer.

If TESTED

Return to work at the end of the 14-day quarantine period or after symptoms resolve, whichever is longer.

Do you have a fever, cough, shortness of breath, sore throat or runny nose that is not related to a pre-existing illness or health condition?

If YES

Isolate for 10 days after onset of symptoms, or until symptoms resolve, whichever is longer.

If NO

If asymptomatic, isolate for 10 days from specimen collection date.

If symptomatic, isolate for 10 days after onset of symptoms or until symptoms resolve, whichever is longer.

Note: HCWs cannot work in HC setting until 14 days since symptoms onset or until symptoms resolve, whichever is longer.

Follow the precautions below for the time you are to be in quarantine to further reduce the risk of transmission to your patients, colleagues and the public.

- Quarantine at home on days you are not required at the workplace
- Do not attend school, social events or any other public gatherings
- Avoid close contact with others when traveling to and from work and between shifts
  - This includes no public transit use (e.g., bus/LRT, taxi, ride-sharing or “running arounds”)
  - Wear a surgical mask at all times and in all areas of your workplace
- Reduce close contact with colleagues and avoid shared spaces where possible
- Self-monitor daily for signs and symptoms of illness
- Check your temperature twice daily
- Follow infection prevention and control protocols including diligent hand hygiene and the use of personal protective equipment when delivering patient care*

*Note that you are being given an exemption from quarantine to return to work. This does not mean you are exempt from ALL restrictions and requirements in the order.

If you are in quarantine or in isolation, do not visit a hospital, physician’s office, lab or healthcare facility without calling ahead first.

- If you have any questions or concerns regarding your return to work, call your respective WHS/OHS if you are an AHS/Covenant employee.
- If you are severely ill and in need of immediate medical attention, call 911.

If you are in quarantine or in isolation, do not visit a hospital, physician’s office, lab or healthcare facility without calling ahead first.

If you have any questions or concerns regarding your return to work, call your respective WHS/OHS if you are an AHS/Covenant employee.

If you are severely ill and in need of immediate medical attention, call 911.