

SHOULD I BE AT WORK AND WHEN CAN I RETURN?

*****IF YOU ARE ILL YOU MUST NOT BE AT WORK*****

SITUATION		WORK?	DETAILS	HOW TO RETURN
1	I live with someone who has tested positive for COVID-19 or is ill with COVID-19 like symptoms	YES	-You must be 100% well -You must wear a mask at ALL times, eat alone and follow all ESM guidelines -Perform a daily rapid antigen test for 10 days from your last exposure and submit a picture to vaccine@stegh.on.ca	NA
2	I had contact with someone in the 48 hours before they tested positive for COVID-19. I do not live with them.	YES	-You must be 100% well -You must wear a mask at ALL times, eat alone and follow all ESM guidelines -If you develop any symptoms you cannot come to work: see #3 or #4	NA
3	I have one or two mild symptoms* and I feel well enough to work. <ul style="list-style-type: none"> • Fatigue • Muscle aches or joint pain • Sore throat • Runny nose or nasal congestion • Headache *New, worsening or different from normal baseline	YES	-You must wear a mask at ALL times, eat alone and follow all ESM guidelines. -When your symptoms resolve you can discontinue ESM.	If your symptoms worsen, see #4.
4	COVID-19, cold or flu symptoms* Any one of these symptoms: <ul style="list-style-type: none"> • Fever/chills • Cough • Shortness of breath • Decrease or loss of smell or taste *New, worsening or different from normal baseline	NO	-A cold and COVID-19 have many of the same symptoms. You must have a PCR. -A negative rapid test is NOT sufficient to clear you.	*A negative PCR result and resolving symptoms (see 2 nd page for instructions to book a PCR). *Until your symptoms are fully resolved you must wear a mask at all times, eat alone and follow all ESM guidelines.

November 29, 2022

				You must notify Occupational Health of any positive rapid test or PCR. A positive rapid antigen test does NOT require a confirmatory PCR.
5	Diarrhea and/or vomiting	NO	-If you are confident your symptoms are not COVID-19 related, a PCR is not required.	You must be 24 hours symptom free to return to work.
6	Other non-communicable illness or injury	YES	-You can work if you feel well enough to do so.	Return to work when you feel well enough to do so. Call OH if you require modified duties.

To call in sick for a shift:

You must call staffing at ext. 2999

You must call your leader/unit

For absences 4 consecutive shifts or fewer, you are NOT required to call Occupational Health

For absences of 5 consecutive shifts or more, you must contact Occupational Health and complete necessary next steps

How to book a PCR at the STEGH COVID-19 Assessment Center (CAC):

Email: assessmentcentre@stegh.on.ca include name, phone number, health card number and advise you work at STEGH

Call: 519-631-2030 ext. 6210

CAC hours by appointment only. Open Monday, Tuesday, Thursday, Friday 0900-1630 hrs

If you live in London and would like to visit the CAC at Victoria Hospital, click to book your appointment:

<https://cac-tvfht.vertoengage.com/engage/generic-open-clinic?key=8f650e80-ed02-4e30-b41b-9c85716fac0e>

ESM (Enhanced Self-Monitoring): means a staff member is especially diligent with masking at all times, hand hygiene and physical distancing.

Meals and breaks are taken **ALONE**. Masks are **ONLY** removed for eating and drinking. Masks are worn to and from a vehicle. Staff who smoke must **NOT** smoke with a co-worker and must smoke **ALONE**

Return To Work: 24 hours fever free, 24 hours diarrhea/vomiting free, feel well enough to work, ESM until 100% well,