

Should I be at work and when can I return?

You must not be at work if you are ill.

	Situation	Work?	Details	When to Return?
1	<p>I have one or two mild symptoms* and I feel well enough to work.</p> <ul style="list-style-type: none"> • Fatigue • Muscle aches or joint pain • Sore throat • Runny nose or nasal congestion • Headache <p><i>*New, worsening or different from normal baseline.</i></p>	YES	<p>You must wear a well-fitted medical mask at ALL times, eat alone, and follow all ESM guidelines.</p> <ul style="list-style-type: none"> • When your symptoms are fully resolved, you can discontinue ESM. <p>What is Enhanced Self-Monitoring (ESM)? ESM means you must be diligent with masking (at all times), hand hygiene, and physical distancing. Meals and breaks are taken ALONE. Masks removed ONLY while eating or drinking. Masks are worn to and from a vehicle. Staff who smoke must smoke ALONE.</p>	If your symptoms worsen, see #2.
2	<p>I have any one of these symptoms*:</p> <ul style="list-style-type: none"> • Fever/chills • Cough • Shortness of breath • Decrease or loss of smell or taste <p><i>*New, worsening or different from normal baseline.</i></p>	NO	<ul style="list-style-type: none"> • You must not come to work ill. • These symptoms are likely communicable; it is your responsibility to protect your patients and co-workers. 	<p>You must have resolving symptoms AND be fever free for 24 hours.</p> <p><i>Until your symptoms are FULLY resolved, you must wear a well-fitted medical mask at all times, eat alone, and follow all ESM guidelines.</i></p> <p><i>If you test positive for COVID, a well-fitted mask must be worn for a minimum of 10 days from symptom onset (once you meet the guidelines to return).</i></p>
3	Diarrhea and/or vomiting	NO	<ul style="list-style-type: none"> • These symptoms are likely communicable; it is your responsibility to protect your patients and co-workers. 	You must be 24-48 hours symptom-free to return to work.
4	Other communicable illness or injury	MAYBE	<ul style="list-style-type: none"> • You must always be 24 hours fever free, and be feeling well enough to work. • There are other criteria that must be met depending on the type of illness/injury you have (including the ability to perform hand hygiene). • If you have been started on antibiotics, you must have had a minimum 24 hours of medication before returning. • Contact Occupational Health for direction. 	Return to work when cleared by Occupational Health. Call Occupational Health if you require modified duties.
5	I have been exposed to a communicable (contagious) family member or friend and I feel well.	YES	<ul style="list-style-type: none"> • You must be on ESM and wear a well-fitted medical mask for 10 days from exposure. 	If you develop ANY symptoms, see #2.