

**Mild/Improving Symptoms? Returning to Work after COVID-19? Living with someone who tested positive?  
Information for Health-Care Workers**

Symptomatic with Negative COVID-19 Test Results	COVID-19 Positive COVID-19 Test Results (regardless of symptoms)	Close Contact of Positive COVID-19 Case
<p>Health-care workers who have received a <b>NEGATIVE COVID-19 test result</b>, and whose symptoms are mild/improving, are permitted to return to work if they are able to answer <b>YES</b> to each of the following:</p> <ul style="list-style-type: none"> <li>• <b>Tested NEGATIVE for COVID-19</b> (the following are accepted forms of a negative result): <ul style="list-style-type: none"> <li>• One (1) negative test from a provincial (public) testing site.</li> <li>• One (1) negative test performed at a health facility testing location.</li> <li>• Two (2) negative self-administered rapid antigen COVID-19 tests, with negative results received 48 hours apart. The date and time of the tests must be recorded.</li> </ul> </li> <li>• <b>Mild and improving symptoms</b> <ul style="list-style-type: none"> <li>• Health-care workers will assess their symptoms as outlined on the following page and determine whether they are “fit for work”.</li> <li>• Feel well enough to work</li> <li>• Lingering symptoms must not interfere with ability to wear and maintain PPE standards.</li> </ul> </li> <li>• <b>No fever without use of fever reducing medication for 24 hours</b> <ul style="list-style-type: none"> <li>• Health-care workers must be without a fever for a period of 24 hours, without any use of fever-reducing medication.</li> </ul> </li> </ul> <p>Health-care workers who are able to answer <b>YES to ALL of the above</b>, may return to work. Follow standard site specific processes to be scheduled for work.</p> <p>Health-care workers who experience <b>NEW</b> symptoms (<u>one</u> from category A <b>OR</b> <u>two or more</u> from category B per staff self-screening tool on following page) must follow standard site specific processes for sick calls and seek testing. They must self-isolate until they have received a negative test result and are able to self-declare they are fit to return to work.</p>	<p><b>A) Fully vaccinated health-care workers</b></p> <p><b>Fully vaccinated health-care workers</b> who have received a POSITIVE COVID-19 test result may return to work on day six (6) following 5 days of isolation, provided that:</p> <ol style="list-style-type: none"> <li>1. Any <b>lingering symptoms are mild and improving</b> and the health-care worker feels well enough to complete their duties.</li> <li>2. Any lingering symptoms will not interfere with their ability to <b>maintain the PPE standards</b> that are required.</li> <li>3. They have been <b>without fever for 24 hours</b>, without any use of fever-reducing medication.</li> <li>4. They successfully pass the staff self-screening questionnaire on the following page.</li> <li>5. When eating, drinking or taking breaks during days 6 to 10, returning positive health-care workers must take their breaks in non-common areas (as identified by their manager/supervisor) and ensure strict adherence to physical distancing at any time their mask is removed.</li> </ol> <p>Fully vaccinated health-care workers are <b>no longer required to notify Occupational Health of their positive test result or need clearance to return to work</b>. Based on the results of the self-screening criteria, health-care workers should follow their standard site specific process to be added to the schedule when they are fit to return to work.</p> <p><b>B) Unvaccinated, Not Fully Vaccinated or Immunocompromised health-care workers?</b></p> <p>Health-care workers who are NOT fully vaccinated and who test positive for COVID-19 must continue to self-isolate for a full 10-day period. Asymptomatic testing must be continued upon return to work.</p> <p>Immunocompromised health-care workers must also continue to isolate for a full 10 day period. Health-care workers in these categories may return to work after 10 days when they meet points 1-4 above.</p>	<p><b>A) Fully vaccinated health-care workers</b></p> <p>Fully vaccinated health-care workers who live with someone who has tested positive for COVID-19 can continue to work but must participate in a regular rapid antigen testing regimen.</p> <p>A supply of rapid antigen test kits will be provided by a testing site or through a process designated by your manager. Test at minimum every 48 hours over a ten-day period (the 10 days begin on the day you receive your test kits).</p> <p>Fully vaccinated health-care workers who are close contacts and have been diagnosed with COVID-19 in the last six months do not need to participate in rapid antigen testing for close contacts.</p> <p><b>B) Unvaccinated, Not Fully Vaccinated or Immunocompromised health-care workers?</b></p> <p>Health Care Workers who are NOT fully vaccinated and who live with someone who has tested positive for COVID-19 must self-isolate for a full 10-day period.</p> <p><b>Links</b></p> <ul style="list-style-type: none"> <li>• Updated Public Health Orders re: COVID-19 Isolation Requirement - <a href="https://sharedhealthmb.ca/files/covid-19-isolation-period-changes.pdf">sharedhealthmb.ca/files/covid-19-isolation-period-changes.pdf</a></li> <li>• FAQ – Self-isolation requirements and return to work for health-care workers who have tested positive for COVID-19 - <a href="https://sharedhealthmb.ca/files/covid-19-self-isolation-and-return-to-work-faq.pdf">sharedhealthmb.ca/files/covid-19-self-isolation-and-return-to-work-faq.pdf</a></li> <li>• Return to Work for COVID-19 Negative, Mildly Symptomatic Health-Care Staff - <a href="https://sharedhealthmb.ca/files/covid-19-return-to-work-memo.pdf">sharedhealthmb.ca/files/covid-19-return-to-work-memo.pdf</a></li> <li>• Return to Work for COVID-19 Negative Staff FAQs Staff screening tool - <a href="https://sharedhealthmb.ca/files/covid-19-staff-screening-tool.pdf">sharedhealthmb.ca/files/covid-19-staff-screening-tool.pdf</a></li> <li>• Rapid Antigen Testing for Symptomatic Health-Care Workers - <a href="https://sharedhealthmb.ca/files/covid-19-memo-rat-symptomatic-hcws.pdf">sharedhealthmb.ca/files/covid-19-memo-rat-symptomatic-hcws.pdf</a></li> <li>• Rapid Antigen Testing Guidelines for Symptomatic Health-Care Workers - <a href="https://sharedhealthmb.ca/files/covid-19-hcw-rapid-testing-symptomatic.pdf">sharedhealthmb.ca/files/covid-19-hcw-rapid-testing-symptomatic.pdf</a></li> <li>• Rapid Testing for Health-Care Workers Living with a close contact - <a href="https://sharedhealthmb.ca/files/covid-19-memo-rat-close-contacts.pdf">sharedhealthmb.ca/files/covid-19-memo-rat-close-contacts.pdf</a></li> <li>• Rapid testing for close contacts FAQ - <a href="https://sharedhealthmb.ca/files/covid-19-hcw-rapid-testing-close-contacts.pdf">sharedhealthmb.ca/files/covid-19-hcw-rapid-testing-close-contacts.pdf</a></li> <li>• ID Requirements for testing site - <a href="https://sharedhealthmb.ca/files/covid-19-memo-rapid-test-id-reqs.pdf">sharedhealthmb.ca/files/covid-19-memo-rapid-test-id-reqs.pdf</a></li> </ul>

## COVID-19 Daily Staff Screening Tool

Staff are required to self-screen for COVID-19 symptom prior to reporting for work.

<b>Symptoms - Do you have:</b> Note: Screening is intended to exclude symptoms related to chronic illness or seasonal allergies.	
<b>One symptom from Category A?</b>	<b>Two or more symptoms from Category B?</b>
<ul style="list-style-type: none"> <li>•Fever&gt;38 or subjective fever/chills</li> <li>•cough*</li> <li>•sore throat/hoarse voice*</li> <li>•shortness of breath/breathing difficulty*</li> <li>•loss of taste or smell*</li> <li>•vomiting or diarrhea more than 24hrs*</li> </ul>	<ul style="list-style-type: none"> <li>•runny nose*</li> <li>•muscle aches*</li> <li>•fatigue*</li> <li>•conjunctivitis*</li> <li>•headache*</li> <li>•skin rash of unknown cause*</li> <li>•nausea or loss of appetite*</li> </ul>
Note: If you have one Category B symptom and have not been exposed to COVID-19, you do not need to isolate. Continue to self-monitor and screen for symptoms. Proceed for testing if you develop symptoms.	
<b>Definitions:</b> <b>Fully vaccinated staff</b> are those who have received both doses [any combination] of an approved two dose COVID-19 vaccine [AstraZeneca, Pfizer, Moderna], OR a single dose of an approved single dose COVID-19 vaccine [Janssen/Johnson & Johnson] with more than 14 days having passed since the second dose [or approved sole dose] was received. Staff do not have to have received the booster shot (third shot) to be considered fully vaccinated.  <b>Not fully vaccinated</b> means staff who have received one dose of an approved two dose COVID-19 vaccine, or 14 days have not passed since the second dose was received.  <b>Immunocompromised</b> refers to those who have a health condition affecting their immune system, including but not limited to being treated for cancer, having had an organ transplant or are taking medication that suppresses the immune system.	

Self-isolation requirements	
<b>Fully vaccinated staff</b>	<b>You must self-isolate if:</b> <ul style="list-style-type: none"> <li>•You have tested positive for COVID-19 in the past 5 days.</li> <li>•You are awaiting COVID-19 test results.</li> </ul>
<b>Unvaccinated, Not Fully vaccinated, or immunocompromised staff</b>	<b>You must self-isolate if:</b> <ul style="list-style-type: none"> <li>•You have tested positive for COVID-19 in the past 14 days.</li> <li>•You are awaiting COVID-19 test results.</li> <li>•You had close contact with a confirmed case of COVID-19 while not wearing required personal protective equipment (PPE) and/or not practicing physical distancing (6 feet/2metres) in the past 14 days.</li> <li>•You had laboratory exposure working directly with biological specimens that contain COVID-19 while not wearing required PPE in the past 14 days.</li> <li>•You are a household contact to a member who is symptomatic and was required to self isolate in the past 14 days.</li> <li>•You are a close contact to a positive case who was required to self isolate in the past 14 days.</li> <li>•You returned from travel outside of Manitoba / have a household contact who has returned from travel outside Manitoba in the past 14 days? <i>Note: if the household contact is fully vaccinated and asymptomatic, or if you are asymptomatic and can isolate yourself from the asymptomatic traveler, then you don't need to self-isolate and you can work.</i></li> </ul>