

COVID-19 Staff/Physician Testing and Work Isolation Frequently Asked Questions

Situation	What to do
How can I protect myself?	Follow CPHO public guidance outside of work. At work wear your mask and eye protection when interacting with others in clinical areas, physically distance from others when eating and drinking and get vaccinated
How do I prevent spread in the event I become positive?	Wear your mask at all times when around others, including your colleagues. When eating and drinking around others, ensure you are at least 6 feet apart.
What do I do if I develop COVID-19 symptoms?	Notify your supervisor/manager Do not come to work and test using an antigen test If at work, leave when safe to do so and test using an antigen test
What do I do if I test positive on an antigen test (at home test)?	Notify your supervisor/manager Do not come to work and isolate as per as per current CPHO guidelines
When can I return to work after testing positive for COVID-19	Once you have completed your isolation period as per current CPHO guidelines .
If I have tested positive for COVID-19 and develop symptoms again, do I get tested?	Test with an antigen test for two consecutive days. If you are feeling well enough to work and test negative, you may work. If you test positive on either antigen test, then you must isolate until your symptoms resolve.
What do I do if I am Identified as a close contact to a positive case?	Notify your supervisor/manager who will start the work isolation process If you are going to have ongoing contact with a positive case (ie a household member who is positive), please let your manager know as you may require an extended work isolation period.
What do I do if a household member is identified as a close contact of a positive case (i.e. my child is a non-household close contact of a positive case)?	You do not have to work isolate or test, however, you will need to diligently monitor for symptoms and get tested if you develop symptoms, even if they are mild.

Work Isolation Information

Staff/physicians who are eligible for Work Isolation must:

- follow the entire testing schedule, starting on the day they are notified they are a close contact;
- must continue to test as per the schedule below, even on the days they are not working;
- must wear their medical mask at all times while at work;
- must practice hand hygiene;
- must take breaks (eating/drinking), away from others, if this is not possible, then they must remain greater than 6 feet away from others while their mask is removed.
- **if at any point during work isolation they become symptomatic with COVID-19 symptoms:** new or worsening cough, shortness of breath or difficulty breathing, fever/chills, sore throat, runny nose, sneezing, congestion, headache, muscle/joint/body aches, feeling unwell/unusual tiredness and acute loss of sense of smell or taste, **even if these symptoms are mild, staff/physician must isolate and test using an antigen test;**
- **If a staff/physician tests positive on a self-administered antigen test at home, they must inform their manager/supervisor/designate and isolate according to Chief Public Health Office (CPHO) protocol. Staff/physician may return to work once deemed recovered by CPHO or in exceptional circumstances when approved as per protocol to return early.**

When not at work, staff/physicians must self-isolate, including:

- staying on their property;
- If they are in an apartment building, condo or hotel, staying on the building's property and practice physical distancing while in corridors, stairwells, elevators, other shared spaces and outdoors; if staying in a hotel, communicating with the hotel administration regarding any protocols they may have in place for individuals in self isolation;
- not leaving their home/self-isolation location unless absolutely necessary (i.e. to seek medical care or COVID-19 testing);
- not going to public areas and not using public transportation (e.g., buses);
- arranging contactless drop-off of groceries, food, medication and other essentials at their door; (curbside pick-up and drive-thru food purchases on their way to or from work or during the workday is permitted. Entering retail stores is not permitted);
- not attending public events, places of worship, restaurants/bars, arenas, and gyms;
- not hosting or visiting people; and
- keeping away from others in their household; other members of their household do not have to self-isolate if they can remain isolated from them in a separate room, ideally with a separate bathroom;
- See also COVID-19 [self-isolation](#)