What should I do if...

An adult member of my household is being tested for COVID-19?

My child's school/classroom is in outbreak?

Someone in my household is a direct contact of a positive COVID-19 person and is pending a COVID-19 test?

Does your child or member of household have symptoms?

Yes

1. It is recommended that you have your child/household member tested for COVID-19 and follow any guidelines from their school and public health.
2. If you are asymptomatic, you can continue to work while the test is pending
3. If the results are positive, please leave work and self-isolate for 14 days.
4. If you develop symptoms, please leave work and get tested. You will need to self-isolate while pending a test. If you are able to work from home, speak with your manager.
4. Follow-up with occupational health (x3020) for return to work clearance.

No

1. Follow any guidelines from the school and/ or public health.
2. If your child/ household member is pending a COVID-19 test, you can continue to come into work, as scheduled.
3. If their results come back positive, please go home, self-isolate and follow-up with occupational health (x3020) for further guidance on return to work clearance.
4. If their results are negative, please continue to monitor all members of the household. If symptoms arise in any member of the household including yourself, please go to a COVID-19 assessment centre for testing and follow-up with occupational health (x3020) for further direction.

I received an alert of a positive contact through the COVID Alert App?

1. Follow the guidance on the app, including getting tested for COVID-19.
2. Self-isolate until your test results are received. If you are able to work from home, please discuss with your manager.
3. If your test results are negative and you are asymptomatic, you can return to work. Please provide a copy of your results to occupational health.
4. Continue to self-monitor for 14 days from app notification. If symptoms develop, please self-isolate and contact occupational health for further direction (x3020).

I have traveled to another province/territory in the last 14 days?

Do you have symptoms?

Yes

1. Remain home from work, get tested and self-isolate until results are received. If you are able to work from home, please discuss with your manager.
2. Follow any direction provided by public health.
3. If a member of your household is symptomatic, please self-monitor yourself for any symptoms and get tested if any develop.
4. Contact occupational health (x3020) for return to work clearance.

No

1. Continue to come into work, as scheduled.
2. Self-monitor for 14 days for any symptoms. If symptoms develop stay home, get tested for COVID-19 and contact occupational health (x3020) for further direction.

I am scheduled for surgery/ procedure and need to get a COVID-19 test completed?

1. If you are asymptomatic you can continue to come into work while you are pending the results of your swab.
2. If your test results are positive, please self-isolate and follow-up with occupational health (x3020) for further direction.

I have been advised by occupational health that I have been in contact with a positive person at HB?

What guidance were you provided?

Self-Monitor

1. Continue to work as scheduled, following appropriate IPAC and public health measures (PPE, hand hygiene, physical distancing).
2. Monitor for symptoms for 14 days from the date of contact. Keep a log, including twice daily temperature checks.
3. If symptoms develop, remain home from work, book an appointment for a COVID-19 test and follow-up with occupational health for further direction.
4. If no symptoms develop, no further action required.

Self-Isolate

1. Work from home, if able in your position.
2. You will need to remain home for a period of 14 days from the date of contact. Please refer to the Public Health Ontario website for information on self-isolation.
3. Monitor for symptoms for the 14 days from the date of contact. Keep a log, including twice daily temperature checks.
4. If symptoms develop, book an appointment for a COVID-19 test and follow-up with occupational health for further direction.
5. If no symptoms develop in the 14 day isolation period, return to work on site. Follow-up with occupational health for return to work clearance.

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