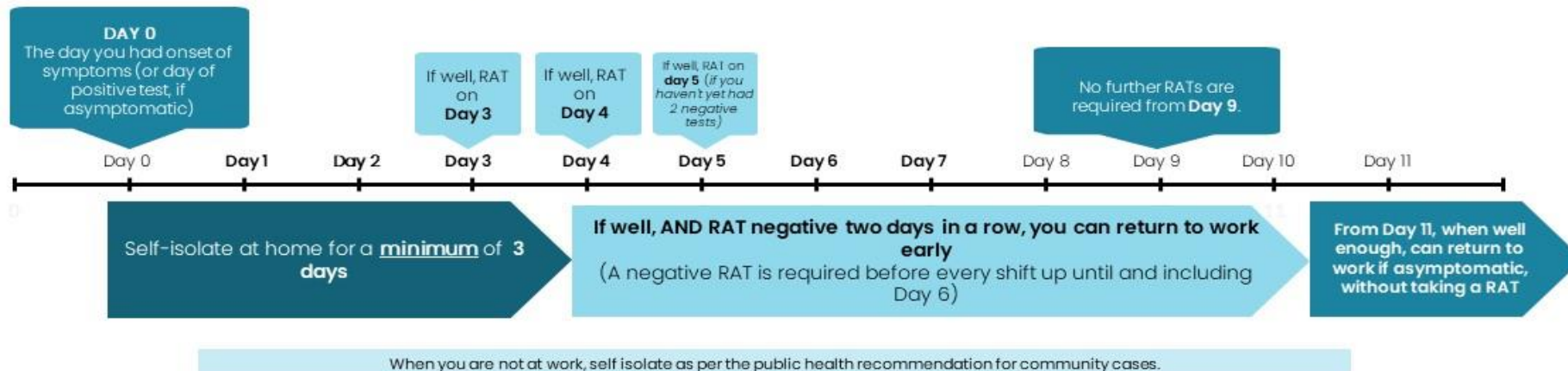


Healthcare workers | COVID-19 cases | Service is at risk by absence



What you need to know:

If you are identified as positive for COVID-19

Stand down and isolate at home:

- Stand down from work for a minimum of 3 days
- Follow standard community isolation instructions

If you have no symptoms, or mild (and improving) symptoms:

- Take RAT on Day 3 if feeling well enough to return to work. If negative, take another pre-shift test the following day. You can return to work if two negative tests: you feel well enough and if you have no symptoms, or mild and improving symptoms.
- If you don't have a negative RAT on two consecutive days but are feeling well enough with no or mild (and improving) symptoms, you can return to work on day 11 without the need for a negative RAT on that day.

Returning to work:

Follow these mitigation measures to Day 10:

- Wear a well-fitting medical mask or N95/P2 respirator (fit tested and fit checked by user)
- Practice other IPC measures (hygiene measures and physical distancing)
- Be mindful of risk to others in shared areas and when eating and drinking.
- Avoid shared transport for commuting if you can
- If you usually work in a higher-risk patient area, you may be redeployed to support elsewhere.

After Day 10

- If you develop COVID-19-like symptoms in the next 4 weeks they are unlikely to be due to COVID-19. Follow usual processes to reduce transmission of non-COVID-19 illness and seek medical attention as required.
- If applicable, discontinue with staff surveillance testing for 4 weeks from positive test

Definition of mildly symptomatic

- No fevers (without fever-reducing medication such as paracetamol)
- Minimal cough/sneeze
- Minimally runny nose (if you have occasional sniffing but do not need to remove your mask to wipe your nose)
- Feeling generally well

If you have symptoms that are more than mild, that are not improving:

- Continue to remain at home
- Manage your symptoms as you would normally do for a flu-like illness and seek medical attention if required

Acknowledgement: ADHB is the source for base collateral of this document