

HCWs who are COVID-19 cases

This is intended as information sheets for the worker themselves; managers should refer to the full guidance document for further information.

Refer to Table 6: Return to work from Day 0 for **highly critical service continuity situations**
AND only in a **COVID-19 ward / unit / situation**

The day your symptoms started (or the day of your positive test, if asymptomatic)



You can return to work from Day 0 if you are well enough, but **only** in COVID-19 wards/units/situations where patients are either COVID-19 positive or have recently recovered from COVID-19. No RATs required.

When you are not at work, self isolate as per the public health instruction for community cases for **7 days**

Please do not continue with staff surveillance RAT for **4 weeks** and do not get a PCR for **12 weeks**

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.

What you need to know:

You are positive for COVID-19.

These are exceptional circumstances with no requirement for RATs

You must not work if you have symptoms that are more than mild

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

- Continue to remain at home
- Continue to keep your manager informed
- Do what you'd normally do with a flu-like illness – stay home and seek medical attention as required

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

- You can return to work from Day 0 in COVID-19 wards/units/situations where patients are either COVID-19 positive or have recently recovered from COVID-19.
- You must stay within the fully COVID ward / unit and not go to other parts of the health care setting.
- An N95 must be worn and should be donned before entering the workplace
- Your manager will check-in with you daily to ensure you are well enough to work, and if your symptoms worsen, they will instruct you to stand-down from work

Definition of mild symptoms

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

Returning to work:

You are able to return to work as soon as you test positive for COVID-19, but only in COVID-19 wards/units/situations where patients are either COVID-19 positive or have recently recovered from COVID-19, and only if you are well enough.

In this situation, please do the following:

- Correct use of a well-fitting P2/N95 particulate respirator
- Practice other IPC measures (hand/sneeze/cough hygiene, maintain physical distancing)
- Be mindful of risk to others. Take breaks separate from non-COVID-19 positive/recently recovered staff
- Do not attend any in-person meetings, unless all other staff are positive or recently recovered
- Shared transport should not be used for work commuting unless it is unmanageable for you to get to work otherwise
- **Additional precautions should be followed until Day 11**