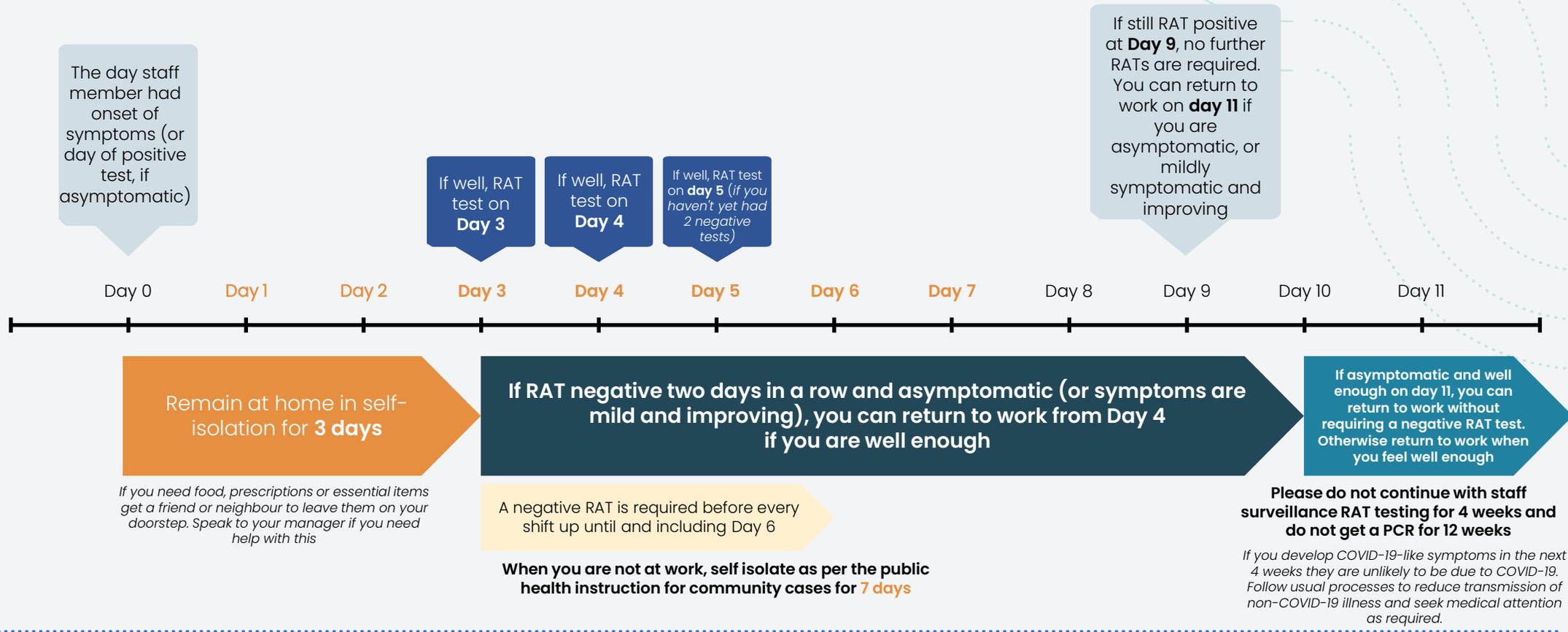


# HCWs who are COVID-19 cases

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

Refer to Table 4: Return to work from Day 4 for critical HCWs (when service delivery is at risk by your 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 3 days
- You must remain in self-isolation and only leave home if you are going to see your doctor

### 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:

- If your day 3 test is negative, take another test on day 4 before your shift. You can return to work on day 4 if both results are negative, you feel well enough and you are asymptomatic, or you have mild symptoms (and they're improving).
- If your day 3 test was positive but your day 4 test was negative, take another test on day 5. If this is negative, you can return to work if you feel well enough and you are asymptomatic, or you have mild symptoms (and they're improving).
- 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.

### 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 enough to return to work

### Returning to work:

You are able to return to work as soon as day 4 as long as you have two consecutive negative RATs and you feel well enough to return. Note, there is a small chance that you may still be infectious.

To mitigate this risk, please do the following:

- Correct use of a well-fitting fluid resistant medical mask (Type IIR or level 2 3)
- Practice other IPC measures (hand/sneeze/cough hygiene, maintain physical distancing)
- Be mindful of risk to others in shared areas and when eating and drinking. Avoid shared transport for work commuting unless it is unmanageable for you to get to work otherwise
- If you usually work in a higher-risk patient area, you may be redeployed to support elsewhere until day 11.
- Mitigation measures should be followed until Day 11**