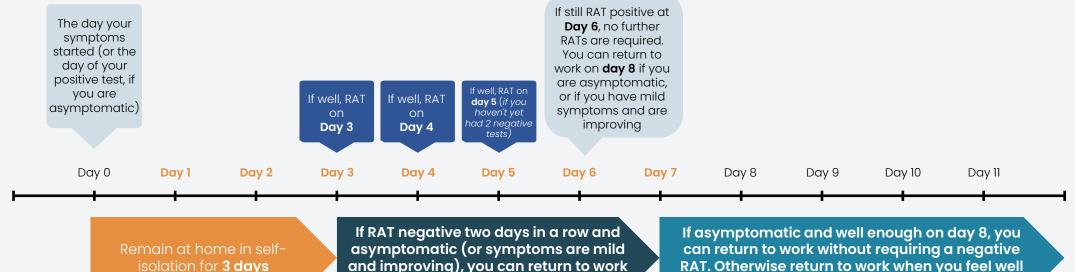
# HCWs who are COVID-19 cases

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



Refer to Table 5: Return to work from Day 8 for critical HCWs for highly critical service continuity situations (only to be used if the situation remains critical (despite following table 4)



If you need food, prescriptions or essential items get a friend or neighbour to leave them on your doorstep. Speak to your manager if you need help with this

and improving), you can return to work from Day 4 if you are well enough

A negative RAT is required before every shift up until and including Day 6

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

RAT. Otherwise return to work when you feel well enough

#### Please do not continue with staff surveillance RATs 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 reauired.

## What you need to know:

You are 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:

### 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 8 without the need for a negative RAT on that day.

#### **Definition of mild symptoms**

- No fevers (without fever-reducing medication such as paracetamol)
- Minimal cough/sneeze
- Minimally runny nose (you have occasional sniffling 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
- Practice other IPC measures (hand/sneeze/cough hygiene, maintain physical distancina)
- 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

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