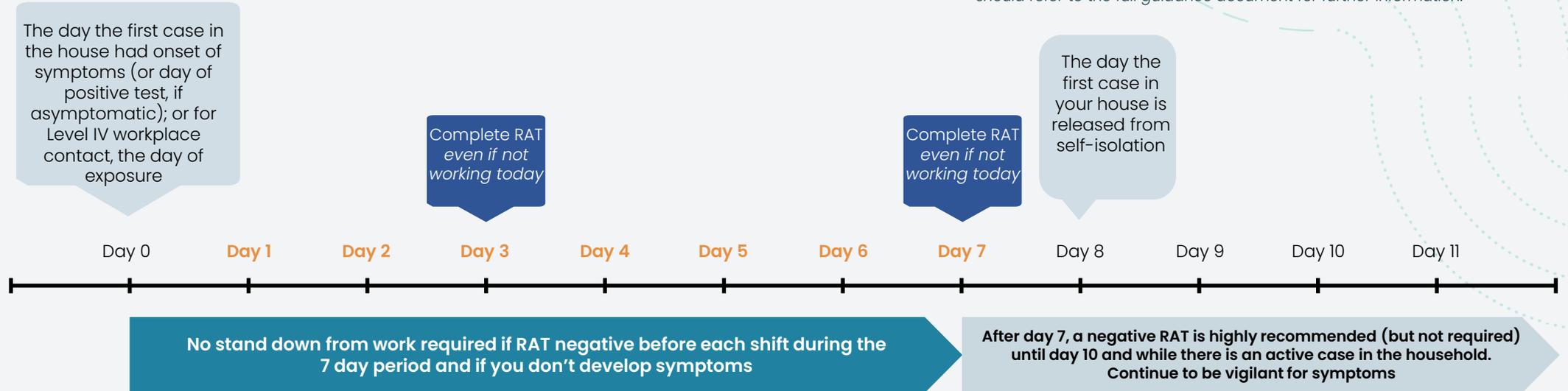


HCWs who are critical household or Level IV workplace contacts

Refer to **Table 2: Return to work for critical health care workers who are household or Level IV workplace contacts (when service delivery is at risk by your absence)**

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



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

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

What you need to know:

No stand down required if you meet the following:

- You have no symptoms
- You have a negative RAT before each shift, and on Day 3 and 7

What is the definition of a household contact

You are a Household Contact if you normally share a residence with a person who has tested positive. This includes anyone who:

- Shares a house or flat on a permanent or part-time basis (for example, shared custody) with someone who has tested positive for COVID-19, and
- You spent at least one night or day (more than 8 hours) in that residence while the person with COVID-19 was infectious (2 days before they got symptoms or a positive test)

If you are able to work:

- Correct use of a well-fitting fluid resistant medical mask (Type IIR or Level 2-3) (guided by your local mask policy). Speak to your manager if you need further advice
- Be very careful in shared breaks and eating areas
- Practice other IPC measures (hand/sneeze/cough hygiene, maintain physical distancing)
- Avoid shared transport for work commuting unless it is unmanageable for you to get to work otherwise
- Be vigilant for symptoms. If new COVID-like symptoms develop, immediately test using a RAT.**
 - If these are new symptoms, behave as if you are a probable case and start self-isolation. If three consecutive negative RATs, each 24 hours apart, or negative PCR at 48 hours, you are not a probable case and can return to work if symptoms have resolved or are mild.
 - For people that have a history of COVID-like symptoms due to other causes (e.g. hayfever, asthma), if you get your usual symptoms during this period, test using a RAT and continue working if negative and only mildly symptomatic. It is recommended that you repeat three consecutive negative RATs, each 24 hours apart, to confirm the symptoms are not due to COVID-19.

- Outside of work, continue to follow public health instructions for household contacts.
- Avoid attending high risk settings such as aged care facilities, prisons, hospitals (in this case as a visitor) until 10 days have passed since exposure to COVID-19.
- If you usually work in a higher-risk patient area, you may be redeployed to support elsewhere until 10 days since day 0 of the first positive case in your household
- Additional precautions should be followed until Day 11**

When do you need a RAT?

- Before coming to work, prior to each shift until Day 7, or until there is no longer an active case in your household
- On Day 3 and Day 7 (if not at work)
- Any time you develop symptoms

Recording your RAT results

- Remember to record each RAT result into your My Covid Record