

COVID-19

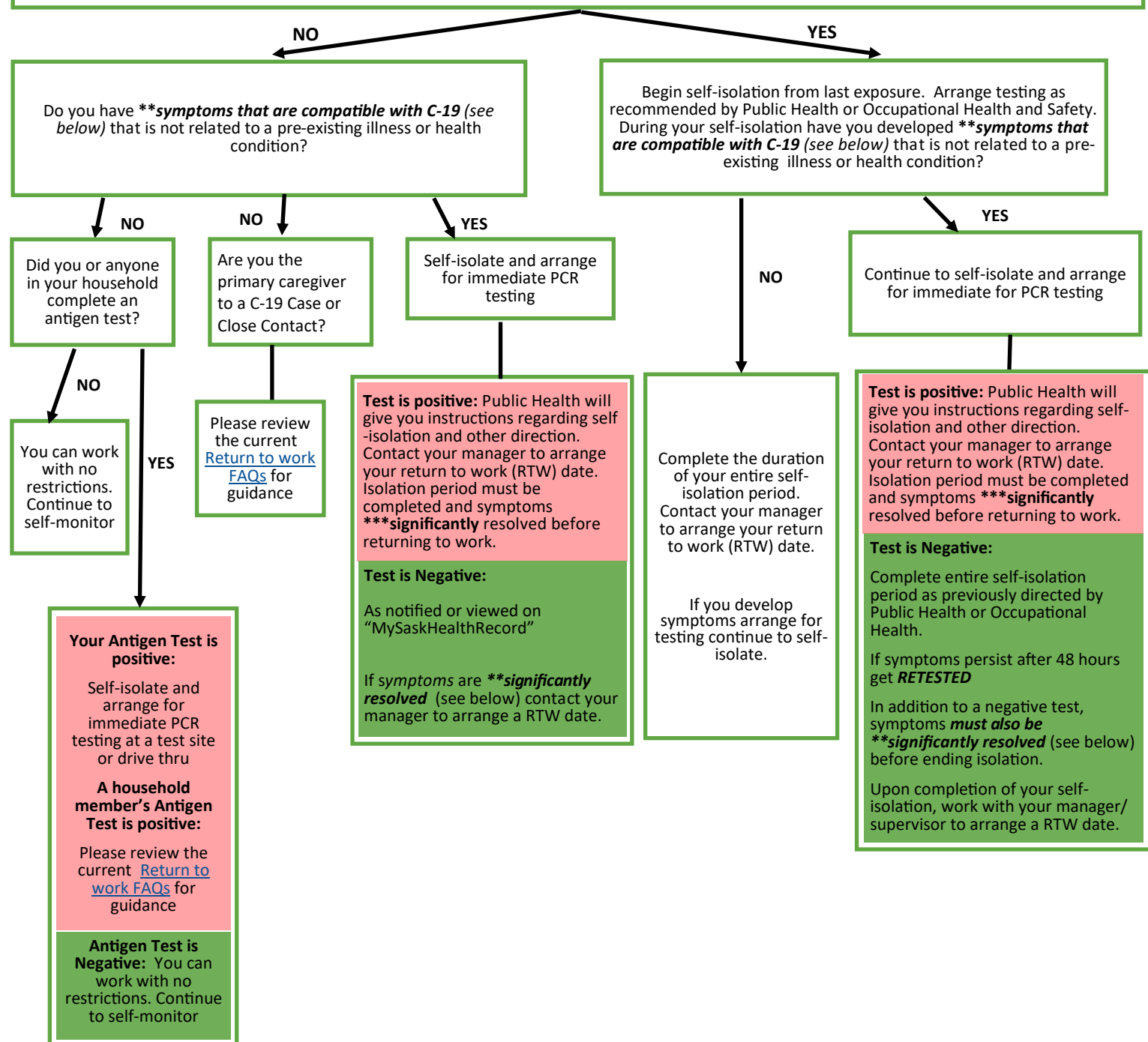


COVID-19

RETURN TO WORK (RTW) GUIDE FOR HEALTH CARE WORKERS

In the past 14 days have you:

- Been named a **Close Contact***, by Occupational Health and Safety or Public Health, to a person who received a laboratory confirmed COVID-19 (C-19) positive result? or
- Have you travelled outside of Canada and are subject to the mandatory federal quarantine?



Important Note:

If you have **NOT BEEN TESTED** but have symptoms compatible with COVID-19 it is recommended that you **GO FOR TESTING IMMEDIATELY** and follow this RTW algorithm or call 811.

For latest isolation requirements, follow the link below:

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/about-covid-19/self-isolation>



Saskatchewan
Health Authority

saskatchewan.ca/COVID19

November 5, 2021



NOTES

- ***Close Contact** is defined as a member of the Health Care Workforce (HCW) who:
 - ♦ HCW **who is not fully immunized** and who provided direct physical care to a case, or a laboratory worker handling COVID-19 specimens, **without** consistent and appropriate use of recommended PPE and infection prevention and control practices.
 - ♦ Anyone **who is not fully immunized** and lives with a case, has direct physical contact with a case or is exposed to their infectious body fluids, including the case's caregiver, intimate partner, child receiving care from the case, etc.
 - ♦ Anyone **who is not fully immunized** and has shared an indoor space (e.g. same room) with a case for a prolonged period of time, including closed spaces and crowded places, (e.g. social gatherings, workplaces, etc.), **without** adhering to appropriate individual-level and setting specific risk mitigation measures.
 - ♦ Anyone **who is not fully immunized** and has had a close-range conversation with a case or has been in settings where a case engaged in singing, shouting, or heavy breathing (e.g. exercise), **without** adhering to appropriate individual-level and setting-specific risk mitigation measures.

NOTE: There are situations when a fully immunized HCW will not be permitted to come to work after being in contact with a COVID positive person. This is determined based on your type of interaction with the case (example: proximity/frequency).

Guidance for the general public is not healthcare guidance and is not intended to be applied in the health-care setting where extra precautions are necessary to protect vulnerable patient and resident populations, as well as your colleagues.

- **Anyone experiencing COVID-19 symptoms, even if they are mild, should get tested immediately.** Getting tested and knowing your status is an important step to protecting yourself and others against COVID -19. If test results are negative after multiple tests and symptoms persist after 7 days, contact your Health Care Provider.
- ****Symptoms Compatible with Covid-19:** May include a fever, cough, shortness of breath, difficulty breathing, sore throat, muscle and/or joint pain, headache, vomiting, chills or runny nose that is not related to pre-existing health conditions.
- *****Significantly resolved:** Refers to when symptoms are notably improved for 48 hours. The recovery of COVID-19 varies from person to person. Note: Absence of cough is not required for those known to have a chronic or lingering cough, wheezing or shortness of breath. This may require discussion with a care provider.
- Potential workplace exposures to COVID-19 should be **reported as a safety incident** as per SHA procedures. This is important for validation related to workers compensation benefit (WCB) claims.
- Test results are available online through MySaskHealthRecord, <https://www.ehealthsask.ca/MySaskHealthRecord> to register.
- If test results are positive, immediately self-isolate. You will be contacted by Public Health/designate to determine appropriate action.

