

## Coronavirus Disease 2019 (COVID-19)

# How to self-isolate while working

## Recommendations for Health Care Workers

### Who needs to be self-isolating?

- Health care workers (HCWs) who have returned from travel in the last 14 days and/or have had unprotected exposure to a person with COVID-19, and have been identified **critical to operations** in their organization.
- HCWs who meet this criteria still need to [self-isolate](#) when they are not at work.

### How long should I self-isolate while I am working?

- Self-isolation applies for 14 days from your return from travel and/or last unprotected exposure to a person with COVID-19.
- You can stop self-isolating after 14 days if you have not developed symptoms such as a fever and/or cough. Please consult with your local health unit.
- Maintain physical distancing after you have stopped self-isolating.

### How do I self-isolate while working?

- Take your temperature twice a day to monitor for fever.
- Travel to and from work in your private vehicle. If you have to take transit, wear a surgical/procedure mask and perform hand hygiene before and after your travel to work.
- During work, for the 14-day period, wear surgical/procedure mask and any additional Personal Protective Equipment, based on [Routine Practices and Additional Precautions](#).
- Do not eat your meals in a shared space (e.g., conference room, lunch room) with other HCWs.
- Work in only one facility where possible.
- [Self-isolate](#) when outside of the workplace.

### What if I develop symptoms of COVID-19 while at work or at home?

- While at work – Immediately self-isolate (i.e., remove yourself from providing care) and inform your immediate manager/supervisor and/or Occupational Health and Safety Department.
- While at home – Immediately self-isolate in your home.
  - Do not go to work.
  - Notify your immediate manager/supervisor and or Occupational Health and Safety Department.
- Contact your health care provider, Telehealth (1-866-797-0000) or your local public health unit.

The information in this document is current as of March 25, 2020