As a worker in a health care facility, daily self-monitoring for potentially infectious symptoms is required in order to prevent the spread of infectious illnesses to others. By entering the workplace, you are attesting to the following guidance below:

<table>
<thead>
<tr>
<th>Do any of the following apply?</th>
<th>IF YES:</th>
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<tbody>
<tr>
<td><strong>Do you have any new, infectious symptoms, such as:</strong></td>
<td><strong>YOU MAY NOT ATTEND WORK</strong></td>
</tr>
<tr>
<td>- Fever</td>
<td>Call in as per your current sick call in process</td>
</tr>
<tr>
<td>- Gastrointestinal symptoms (vomiting or diarrhea)</td>
<td><strong>AND</strong></td>
</tr>
<tr>
<td>- New or worse respiratory symptoms (cough, sore throat, runny nose, or flu-like symptoms such as extreme fatigue, chills, muscle/joint aches)</td>
<td>Contact Occupational Health, Safety &amp; Wellness (OHSW) at 613-544-4900, ext. 53564 or 613-548-7222, ext. 3166 at Providence Manor (PM).</td>
</tr>
</tbody>
</table>

**OR**

<table>
<thead>
<tr>
<th>Have you tested positive for an infectious illness in the past 10 days?</th>
<th><strong>YOU MAY ATTEND WORK</strong> provided you have no infectious symptoms</th>
</tr>
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<tr>
<td><strong>AND</strong></td>
<td>You must self-monitor for any development of symptoms</td>
</tr>
<tr>
<td><strong>AND</strong></td>
<td>If exposed to a respiratory illness, don a mask and follow work isolation* measures below</td>
</tr>
</tbody>
</table>

COVID-19 testing is now required for all symptomatic staff

PCR testing is the preferred method of testing. PCR self-tests are available at Providence Care Hospital (PCH) from the Reception/Volunteer desk on level 1.

If you are symptomatic, you must perform your PCR test at PCH. You must wear a mask to enter and obtain your kit. Staff must go outside or to their vehicle to perform the test.

**PCR Pick-up hours:**
From 7 a.m. to 7 p.m., pick up at PCH Reception/Volunteer desk on level 1.
From 7 p.m. to 7 a.m., contact the Clinical Supervisor.

**Rapid Antigen Test (RAT) pick-up information:**
RAT’s are available at Providence Transitional Care Centre and Providence Care Hospital Reception.
RAT’s are available at Providence Manor Reception and the Staffing office.
If you work in the community, contact your manager.

**Return to work guidance**
- Symptomatic staff who test positive for COVID-19 may return to work on day 5 from symptom onset (or positive test date if asymptomatic), provided symptoms have been improving, they have not had a fever for at least 24 hours and have been cleared by OHSW to return to work.
- Symptomatic staff who test negative for COVID-19 (either by PCR or by 3 daily RATs if PCR testing not available), may return to work on a symptom-based approach, provided their symptoms are improving, they have not had a fever for at least 24 hours and had been cleared by OHSW to return to work.
- Upon returning to work, symptomatic staff will be required to be on work isolation for 10 days.

**Work Isolation**

Additional precautionary measures are required when a staff member has recently been ill with infectious respiratory symptoms and has now returned to work. When on work isolation, staff must:

- Wear an N95 respirator or equivalent if you work in a clinical care area, or a will-fitted procedure mask if you work in a non-clinical area
- Do not remove your respirator/mask in the presence of others
- Do not eat/drink around others
- Be meticulous with hand hygiene
- Maintain physical distancing where possible
- Avoid carpooling with others