

Guidelines for health workers concerning onset of symptoms of respiratory infection (COVID-19, influenza and RSV)

If you have...	Screening for COVID-19, influenza and RSV
1 <ul style="list-style-type: none"> • nasal discharge • respiratory difficulties • sneezing • cough • headache • sore throat 	<p>You don't need to take a test. Wear a mask and practise work isolation until your symptoms are gone.</p> <p>If the symptom you have is fever / chills / sweats / loss of taste or smell, follow scenario 3.</p>
2 <ul style="list-style-type: none"> • diarrhea (3 times in 24 hours) 	<p>You may return to work 48 hours after your last diarrhea (liquid).</p>
3 <ul style="list-style-type: none"> • fever / chills / sweats / • loss of taste • loss of smell 	<p>Don't come to work. Notify your manager/supervisor and do a COVID-19 rapid test ("POCT").</p> <p>3.1. If your POCT (COVID-19) test is negative:</p> <ul style="list-style-type: none"> • If your symptoms improve and you haven't had any more fever / chills / sweats for 24 hours (without taking any fever medication), return to work. Wear a mask and practise work isolation until day 5 (with day 0 being the day your symptoms began); • If your symptoms persist, do another rapid test 24 hours after your first test. If this test is also negative, contact Occupational Health (1-833-249-2003, sante.health@vitalitenb.ca) for a possible referral (PCR test for COVID-19, influenza and/or RSV). <p>3.2. If your POCT/PCR (COVID-19) test is positive:</p> <ul style="list-style-type: none"> • Notify your manager and report your positive result to the Occupational Health Department via the website; • You can return to work on day 7 following the onset of your symptoms, provided you haven't had any more fever / chills / sweats for 24 hours (without taking fever medication) and your symptoms are improving; • If, for operational reasons, you must absolutely return to work before day 7, you can do so provided you haven't had any more fever / chills / sweats for 24 hours (without taking fever medication) and your symptoms are improving. Prioritize caring for patients with a respiratory infection. If possible, don't care for immunosuppressed patients. The decision of keeping a COVID-positive employee working is granted by the director of the sector in question, and the vice-president must be notified. • Wear a mask and practise work isolation until day 7 (with day 0 being the day your symptoms began). <p>3.3 If your influenza screening test is negative:</p> <ul style="list-style-type: none"> • Return to work if your symptoms have improved and you have been fever-free for 24 hours (without antipyretics). <p>3.4 If your influenza screening test is positive:</p> <ul style="list-style-type: none"> • Return to work if your symptoms have improved and you have been fever-free for 24 hours (without antipyretics); • Practise work isolation until day 7. <p>3.5 For RSV, whether the test is positive or negative, you must follow the mitigation measures in force (e.g., wear a mask, keep a distance of two meters, etc.).</p>

Exposure to COVID-19, influenza or RSV

- If you've been in contact with someone with COVID-19, influenza or RSV without a mask, who was within 2 metres for 15 minutes, monitor for any symptoms and practise [work isolation](#) for 5 days following your exposure.
- If you work on a unit that is experiencing an outbreak and you are asymptomatic, you don't need to take a PCR test

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Important notes

1. If you don't give direct patient care or if you telework, you don't need to take a PCR test.
2. Concerning your return to work: if you are immunosuppressed, a primary care provider must assess the seriousness of your condition. If no primary care provider is available, you can contact Occupational Health (1-833-249-2003, sante.health@vitalitenb.ca) for a medical consultation.
3. You can take sick days to continue being paid while off work. In the case of work isolation, the provisions around leave do not apply.