

Work Isolation; Guidelines from Employee Health Services Following an exposure

Occupational Health does an individual assessment of the healthcare worker's risk of remaining in the workplace. Based on this individual assessment, a determination is made as to the ability to isolate at work. Public Health may provide you with other direction, however, Vitalité Health Network has a responsibility to ensure that our healthcare workers and patients are protected in the workplace. Therefore, we have developed a modified work isolation protocol that we follow in certain circumstances

Being on work isolation does not place the patients being cared for by the healthcare worker at any greater risk than others because the healthcare worker is wearing their mask to help prevent any transmission to those around them in the workplace as well as extra vigilance of self-monitoring. It is to address the risk of transmission to your co-workers.

What's Work Isolation?

At work, you will:

- Wear your mask at all times unless eating or drinking
- Wash your hands or use sanitizer frequently
- Avoid meeting spaces and lunchrooms. Eating in a private area is preferred. This is when you will have your mask off and the highest risk to contaminate the area. If you can not find a place to eat or drink alone ensure there is the 6-foot distancing from others while the mask is off.
- Use public washrooms rather than staff washrooms as they are cleaned on a more frequent and scheduled basis. If unable to do this staff washrooms can be used, however the healthcare worker will clean high touch areas in washroom before and after use.
- Limit contacts to a small bubble when not at work.
- Be vigilant in self-monitoring for symptoms.
- If symptoms appear, the healthcare worker undergoes a POCT and informs the Occupational Health Department using the [Kics Form](#) if the result is positive. If the result is negative, the healthcare worker refers to the [Guidelines for health workers concerning onset of symptoms of respiratory infection \(COVID-19, influenza and RSV\)](#).
- Submit to PCR testing as required by Employee Health.