

## 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"> <li>• nasal discharge</li> <li>• respiratory difficulties</li> <li>• sneezing</li> <li>• cough</li> <li>• headache</li> <li>• sore throat</li> </ul>	<p>You don't need to take a test. Wear a mask and practise <a href="#">work isolation</a> 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"> <li>• diarrhea (3 times in 24 hours)</li> </ul>	<p>You may return to work 48 hours after your last diarrhea (liquid).</p>
3 <ul style="list-style-type: none"> <li>• fever / chills / sweats /</li> <li>• loss of taste</li> <li>• loss of smell</li> </ul>	<p>Don't come to work. Notify your manager/supervisor and do a COVID-19 rapid test ("POCT").</p> <p><b>3.1. If your POCT (COVID-19) test is negative:</b></p> <ul style="list-style-type: none"> <li>• 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 <a href="#">work isolation</a> until day 5 (with day 0 being the day your symptoms began);</li> <li>• 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, <a href="mailto:sante.health@vitalitenb.ca">sante.health@vitalitenb.ca</a>) for a possible referral (PCR test for COVID-19, influenza and/or RSV).</li> </ul> <p><b>3.2. If your POCT/PCR (COVID-19) test is positive:</b></p> <ul style="list-style-type: none"> <li>• Notify your manager and report your positive result to the Occupational Health Department via the <a href="#">website</a>;</li> <li>• 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;</li> <li>• 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.</li> <li>• Wear a mask and practise <a href="#">work isolation</a> until day 7 (with day 0 being the day your symptoms began).</li> </ul> <p><b>3.3 If your influenza screening test is negative:</b></p> <ul style="list-style-type: none"> <li>• Return to work if your symptoms have improved and you have been fever-free for 24 hours (without antipyretics).</li> </ul> <p><b>3.4 If your influenza screening test is positive:</b></p> <ul style="list-style-type: none"> <li>• Return to work if your symptoms have improved and you have been fever-free for 24 hours (without antipyretics);</li> <li>• Practise work isolation until day 7.</li> </ul> <p><b>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.).</b></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](mailto: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.