

	STEP 1	STEP 2
<p>I am experiencing COVID-19 related symptoms:</p> <ul style="list-style-type: none"> • Single major symptom including fever, chills, new/worsening cough, difficulty breathing or loss of smell/taste or • Two symptoms including extreme fatigue, muscle ache, nausea/vomit/diarrhea, sore throat, runny nose, difficulty swallowing 	<p>DO NOT COME TO WORK, or go home immediately.</p> <ul style="list-style-type: none"> • Book a PCR test <u>immediately</u> at an assessment centre via the website www.hamiltoncovidtest.ca. • Contact Employee Health Services (EHS) at ext. 42200 or COVIDforms@hhsc.ca. • Inform your leader. 	<p>Depending on PCR results:</p> <p>If your PCR test is positive, EHS will be in touch. Do not return to work until 10 days from symptom onset.</p> <p>If your PCR test is negative, you may return to work once your symptoms have improved for 24 hours (e.g. no fever without fever-reducing medication or no GI symptoms for 48 hours).</p>
<p>I am asymptomatic, but I have tested positive on a Rapid Antigen Test</p>		<p>Depending on PCR results:</p> <p>If your PCR test is positive, EHS will be in touch. Do not return to work until 10 days from the positive PCR.</p> <p>If your PCR test is negative, you may return to work as long as you remain asymptomatic.</p>
<p>I have 1 minor symptom only:</p> <ul style="list-style-type: none"> • One of extreme fatigue, muscle ache, nausea/vomit/diarrhea, sore throat, runny nose, difficulty swallowing 	<p>COME TO WORK even while awaiting PCR test result.</p> <ul style="list-style-type: none"> • If you have a minor symptom - Book a PCR test <u>immediately</u> and also on Day 5 from date of contact at an assessment centre via the website www.hamiltoncovidtest.ca • If asymptomatic - Pick up Covid-19 Oral/Nasal Self-Collection Swab Kit (PCR) from the designated Pick up/Drop off location at your site. You need to drop the test off at the designated location at your site. • Wear a mask at work, take breaks alone and do not carpool. • Self-monitor for symptoms for 10 days from exposure. • Follow-up with EHS at ext. 42200 or COVIDforms@hhsc.ca. 	<p>Depending on PCR results:</p> <p>If your PCR test is positive, EHS will be in touch. Do not return to work until 10 days from symptom onset.</p> <p>If your PCR test is negative, you may return to work once your symptoms have improved for 24 hours (e.g. no fever without fever-reducing medication or no GI symptoms for 48 hours).</p>
<p>I am asymptomatic, but:</p> <ul style="list-style-type: none"> • Was exposed to someone who is COVID-positive in the community while not wearing a mask • Am not sure if I have had a high risk exposure 		<p>Oral/Nasal Self-Collection Swab (PCR) now and repeated on day 5.</p> <p>If your PCR test is positive, EHS will be in touch. Do not return to work until 10 days from the positive PCR.</p> <p>If your PCR test is negative:</p> <ul style="list-style-type: none"> • Continue with daily Rapid Antigen testing. • Oral/Nasal Self-Collection Swab (PCR) on day 5 (instructions provided); if negative, you can return to normal routine and stop daily Rapid Antigen testing.

<p>I am asymptomatic, but a member of my household is symptomatic or confirmed COVID-19 positive</p>	<p>COME TO WORK, even while awaiting PCR test result.</p> <ul style="list-style-type: none"> • Pick up Covid-19 Oral/Nasal Self-Collection Swab Kit (PCR) from the designated Pick up/Drop off location at your site. You need to drop the test off at the designated location at your site. • Wear a mask at work, take breaks alone, and do not carpool. • Self-isolate at home while not at work for 5 days from the household contact symptom onset or positive test if asymptomatic. • Self-monitor for symptoms for 10 days. • Follow-up with EHS at ext. 42200 or COVIDforms@hhsc.ca. 	<p>Oral/Nasal Self-Collection Swab (PCR) now and repeated on day 5.</p> <p>If your PCR test is positive, EHS will be in touch. Do not return to work until 10 days from the positive PCR.</p> <p>If your PCR test is negative, continue with Rapid Antigen Testing for 10 days.</p>
<p>I am unvaccinated and I have had an exposure to someone who is COVID positive while not wearing a mask</p>	<p>DO NOT COME TO WORK, or go home immediately.</p> <ul style="list-style-type: none"> • Book a PCR test <u>immediately</u>, and also on Day 5 from date of contact, at an assessment centre via the website www.hamiltoncovidtest.ca. • Contact EHS at ext. 42200 or COVIDforms@hhsc.ca. • Inform your leader. 	<p>Regardless of PCR test results, do not return to work until 10 days from exposure.</p>
<p>I am unvaccinated and I have a minor symptom:</p> <ul style="list-style-type: none"> • One of extreme fatigue, muscle ache, nausea/vomit/diarrhea, sore throat, runny nose, difficulty swallowing 	<p>DO NOT COME TO WORK, or go home immediately.</p> <ul style="list-style-type: none"> • Contact EHS at ext. 42200 or COVIDforms@hhsc.ca. • Inform your leader. 	<p>Depending on PCR results:</p> <p>If your PCR test is positive, EHS will be in touch. Do not return to work until 10 days from the positive PCR.</p> <p>If your PCR test is negative, you may return to work once your symptoms have improved for 24 hours (e.g. no fever without fever-reducing medication or no GI symptoms for 48 hours).</p>
<p>I have a positive COVID PCR test</p>	<ul style="list-style-type: none"> • DO NOT COME TO WORK, or go home immediately. • Contact EHS at ext. 42200 or COVIDforms@hhsc.ca. • Inform your leader. 	<p>Do not return to work until 10 days from your positive PCR test.</p> <p>Exceptions may be made in a staffing crisis.</p>

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