

	STEP 1	STEP 2
I am experiencing COVID-19 related symptoms	<p>DO NOT COME TO WORK, or go home immediately.</p> <p>Contact Employee Health Services (EHS) at ext. 42200 or COVIDforms@hhsc.ca so that they can book you for a PCR test. Inform your leader.</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 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>
I am asymptomatic, but I have tested positive on a Rapid Antigen Test	<p>DO NOT COME TO WORK, or go home immediately.</p> <p>Contact EHS at ext. 42200 or COVIDforms@hhsc.ca so that they can book you for a PCR test. Inform your leader.</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>
I am asymptomatic, but: <ul style="list-style-type: none"> · Was exposed to someone who is COVID-positive in the community · Am not sure if I have had a high risk exposure 	<p>COME TO WORK even while awaiting PCR test result.</p> <ul style="list-style-type: none"> • Wear a mask at work, take breaks alone and don't carpool. • Self-monitor for symptoms for 10 days from exposure. • Follow-up with EHS at ext. 42200 or COVIDforms@hhsc.ca so that they can book you for a PCR test. 	<p>PCR testing now and self-administered PCR 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. • Self-administered PCR on day 5 (instructions provided), if negative you can return to normal routine and stop daily Rapid Antigen testing.
I am asymptomatic, but a member of my household is symptomatic or confirmed COVID-19 positive	<p>COME TO WORK, even while awaiting PCR test result.</p> <ul style="list-style-type: none"> • Wear a mask at work, take breaks alone, don't 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 10days. • Follow-up with EHS at ext. 42200 or COVIDforms@hhsc.ca so that they can book you for a PCR test. (Family members will not be referred for testing by EHS.) 	<p>PCR testing now and self-administered PCR 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>
I am unvaccinated and I have had an exposure to someone who is COVID positive	<p>DO NOT COME TO WORK, or go home immediately.</p> <p>Inform your leader and Contact EHS at ext. 42200 or COVIDforms@hhsc.ca so that they can book you for a PCR test for now and day 5 from exposure. Inform your leader.</p>	<p>Regardless of PCR test results, do not return to work until 10 days from exposure.</p>
I have a positive COVID PCR test	<p>DO NOT COME TO WORK, or go home immediately.</p> <p>Contact EHS at ext. 42200 or COVIDforms@hhsc.ca. Inform your leader.</p>	<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>