

# COVID-19 Guidance

## Return to Work Conditions for Exposed Healthcare Workers including Medical Staff

You are a healthcare worker who has either returned from travel outside of Canada or has been deemed as exposed<sup>1</sup> to a confirmed COVID-19 case or COVID-19 laboratory specimen(s) and has been assessed as being essential to the delivery of non-elective critical patient care.

Your return to work prior to the end of your required 14-day period of isolation has been approved by the Chief Zone Officer / Zone Medical Director and Zone Emergency Operations Centre (ZEOC) based on following specific conditions of return.

You must follow the conditions of return listed below to reduce the risk to patients, colleagues, and the public. You must notify your manager or your Zone Clinical Section Chief if any of the conditions of return are not met. The **conditions of return** are as follows:

- 1) Ensure you are not symptomatic with **COVID-19 symptoms** (See Appendix 1) and perform a temperature check prior to leaving home. If the temperature is 38°C or higher you cannot report to work. Instead you must remain self-isolated (<https://www.alberta.ca/assets/documents/health-self-isolation-information-sheet.pdf>) at home, and call AHS Workplace Health and Safety (WHS) at 1-855-450-3619.
- 2) Self-monitor daily for signs and symptoms of illness and complete a **daily symptom diary and chart** (See Appendix 2 & 3) to monitor for symptoms of COVID-19 (<https://insite.albertahealthservices.ca/main/assets/tls/ep/tls-ep-covid-19-staff-symptom-checklist.docx>).
- 3) Don a surgical/procedure mask from the time you leave home and until you return home.
- 4) Wear a surgical/procedure mask at all times and in all areas of your workplace and in accordance with the **Guidance for AHS HCW surgical mask use at work for prevention of respiratory virus transmission** (See Appendix 4).
- 5) Ensure the surgical/procedure mask is changed when indicated according to the **Guidance for AHS HCW surgical mask use at work for prevention of respiratory virus transmission** (See Appendix 4).
- 6) Follow Infection Prevention and Control (IPC) protocols including hand hygiene and the use of additional personal protective equipment when delivering patient care according to the AHS point-of-care risk assessments (<https://www.albertahealthservices.ca/assets/healthinfo/ipc/hi-ipc-acute-care-pcra.pdf>).
- 7) Reduce close contact with other health care workers and avoid shared spaces where possible.

- 8) After use of telephones the hand and mouth receiver and the key pad should be wiped with a disinfecting wipe and followed by hand hygiene (<https://www.albertahealthservices.ca/info/Page14955.aspx>).
- 9) Computer keyboards and Connect Care workstation on wheels (WOW) stations, and any use of shared equipment such as ultrasound or diagnostic imaging tools should be wiped with a disinfecting wipe after each use and followed by hand hygiene (<https://www.albertahealthservices.ca/info/Page14955.aspx>).
- 10) Avoid close contact with others when travelling to and from work and between shifts. This means you should, (where possible) not use public transportation including buses, taxis, or ride sharing.
- 11) Self-isolate (<https://www.alberta.ca/assets/documents/health-self-isolation-information-sheet.pdf>) at home on days when not required at your workplace.
- 12) Review the IPC personal protective equipment module for future prevention:
  - <https://www.albertahealthservices.ca/assets/healthinfo/ipc/hi-ipc-chklst-contact-droplet-precautions.pdf>
  - <https://www.albertahealthservices.ca/assets/healthinfo/ipc/hi-ipc-emerging-issues-ncov.pdf>
  - [https://ahamms01.https.internapcdn.net/ahamms01/Content/AHS\\_Website/modules/ipc-guide-to-ppe-update/story.html](https://ahamms01.https.internapcdn.net/ahamms01/Content/AHS_Website/modules/ipc-guide-to-ppe-update/story.html)
- 13) Lunch and all meal times must include securing physical distance from others (minimum 2 metres/6 feet) prior to doffing the surgical mask and performing hand hygiene (<https://www.albertahealthservices.ca/info/Page14955.aspx>).
- 14) All rounds and meetings must be attended by telephone or remote access and cannot be attended in person.

## Appendix 1: Symptoms of COVID-19

Symptoms of COVID-19 include: fever symptoms such as chills, fever > 38°C, shortness of breath, difficulty breathing, cough, fatigue, muscle ache/pain, confusion, headache, sore throat, nasal congestion or runny nose, chest pain, diarrhea, nausea or vomiting.

An exposure to COVID-19 can apply to returning travelers. It can also apply to exposure to a confirmed or probable case of COVID-19 in the community or the workplace as follows:

Face-to-face or close contact (within 2 meters/ 6 feet) with a person who is a probable or confirmed case of COVID-19, without using the recommended Personal Protective Equipment (PPE)  
<https://www.albertahealthservices.ca/assets/healthinfo/ipc/hi-ipc-emerging-issues-ncov.pdf>;

OR

Contact with nose or throat secretions, or an object contaminated with nose or throat secretions, from person who is a probable or confirmed case of COVID-19, without using the recommended PPE;

OR

Being present in the same room where an aerosol generating medical procedures (AGMP) is being performed on a person who is a probable or confirmed case of COVID-19, without using the recommended;

OR

Handling of samples suspected of containing COVID-19 virus in a laboratory or other setting without using the recommended PPE or the recommended environmental controls.

**Appendix 2: COVID-19 Daily Symptom Diary**

For use by healthcare workers who have returned from out of Canada travel or have been deemed as exposed<sup>1</sup> to a confirmed COVID-19 case or COVID-19 laboratory specimen(s) and are essential to the delivery of non-elective critical patient care.

These staff and medical staff may return to work following ZEOC application and approval, but they should take additional precautions to reduce the risk to their patients, colleagues, and the public.

Please ensure you have a thermometer at home to record your temperature TWICE DAILY, and complete the chart on the next page, every day for 14 days. Start from the day of your first contact with the patient(s) under investigation, or probable or confirmed COVID-19 patient or from your first date of return after travel outside of Canada (whichever is later) until 14 days after your last exposure. Contact WHS for additional pages of the chart on the next page, if necessary.

If you start to develop fever or any symptoms listed in the chart (**See Appendix 4**), please stay home and notify Workplace Health and Safety (WHS) at 1-855-450-3619. A WHS Occupational Health Nurse (OHN) will return your call. OHNs are available 24 hours a day, seven days a week, including holidays. In the unlikely event that a WHS OHN cannot be reached, then call Health Link (811).

Last Name:		First Name:		DOB (yyyy/mm/dd):	
Job Title:		Department(s) (list all that apply):			
Employee or CPSA Number:	Begin Monitoring (yyyy/mm/dd):		End Monitoring (yyyy/mm/dd):		
Are you restricted from work? <input type="checkbox"/> Yes <input type="checkbox"/> No			If yes, date restricted from work (yyyy/mm/dd):		
Workplace Health and Safety contact information:	North Zone Phone: 1-855-450-3619 ext. 1	Central Zone Phone: 1-855-450-3619 ext. 3	South Zone Phone: 1-855-450-3619 ext. 5		
	Edmonton Zone Phone: 1-855-450-3619 ext. 2	Calgary Zone Phone: 1-855-450-3619 ext. 4			
<p><b>If you have been restricted from work, the WHS OHN will contact you daily to review your symptom diary.</b></p> <p><b>Please document your information on the 2<sup>nd</sup> page and provide this information when you speak with WHS.</b></p>					

**Appendix 3: COVID-19 Daily Symptom Chart**

<b>Name:</b>														
Post exposure or post travel return day:	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date: (yyyy/mm/dd)														
Record temperature twice a day using a thermometer	<b>AM</b>	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C
	<b>PM</b>	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C	°C
<b>Check all symptoms that apply:</b>														
Fever symptoms such as chills														
Shortness of breath or Difficulty breathing														
Cough														
Fatigue														
Muscle ache/pain														
Confusion														
Headache														
Sore Throat														
Nasal congestion or rhinorrhea (runny nose)														
Chest Pain														
Diarrhea														
Nausea or Vomiting														

## Appendix 4: Guidance for AHS HCW surgical mask use at work for prevention of respiratory virus transmission

When you are using a surgical/procedure mask at work, the mask should be considered akin to your face.

What this means is that the surgical mask needs to be changed as follows:

1. The surgical/procedure mask should be immediately changed and safely disposed of whenever it is soiled or wet or whenever the HCW feels it may have become contaminated;
2. The surgical/procedure mask should be changed after care for any patient suspected or confirmed to have influenza-like illness or COVID-19;
3. The surgical/procedure mask should be changed after care for any patient suspected or confirmed to have a communicable disease that requires contact and droplet or droplet only precautions based on point of care risk assessment. For examples see the following two links:
  - Contact/droplet <https://www.albertahealthservices.ca/assets/healthinfo/ipc/hi-ipc-contact-and-droplet-precautions-info.pdf>
  - Droplet <https://www.albertahealthservices.ca/assets/healthinfo/ipc/hi-ipc-droplet-sign.pdf>
4. The surgical/procedure mask should be donned prior to you leaving home.
5. The surgical/procedure mask should be doffed (<https://www.albertahealthservices.ca/assets/Infofor/hp/if-hp-ipc-doffing-ppe-poster.pdf>) after arriving home.
6. Hand hygiene ( <https://www.albertahealthservices.ca/info/Page14955.aspx>) must be performed after safely removing the mask when the mask is changed according to the AHS doffing procedures (insert link).