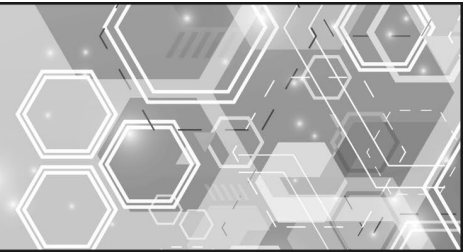




Durham Region Health Department Facts about...



Novel Coronavirus (COVID-19): Work Self-Isolation

This information is important to read and understand if you have been exposed to someone who is positive for COVID-19, you do not have symptoms of COVID-19, and you are identified as critical to operations by your employer.

What is it?

Work self-isolation is when health care workers, who are identified as critical to operations by their organization, continue to work while using appropriate personal protective equipment and undertaking active [self-monitoring](#). When not at work, staff must [self-isolate](#) at home for 14 days after the exposure to COVID-19.

How do I practice work self-isolation?

During work, for the 14-day period from your last unprotected exposure to a person with COVID-19, staff should wear surgical/procedure masks and any additional PPE, based on usual routine practices and additional precautions in the workplace ([acute care](#) and [non-acute care](#)). While practicing work self-isolation, you should:

- Take your temperature twice a day to monitor for fever
- Travel to and from work in your private vehicle. If you must take public transit, wear a surgical/procedure mask and perform hand hygiene before and after your travel to work
- Do not eat your meals in a shared space (e.g., conference room, lunch room) with other health care workers
- Work in only one facility
- Self-isolate at home when outside of the workplace

What if I develop symptoms of COVID-19?

- While at work – Immediately self-isolate (i.e., remove yourself from providing care) and inform your immediate supervisor and/or Occupational Health and Safety Department
- While at home – Immediately self-isolate in your home
 - Do not go to work
 - Notify your immediate supervisor and/or the Occupational Health and Safety Department.
- Contact your health care provider, and Durham Region Health Department

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905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.

