

INCIDENT ACTION PLAN: ACTIONS POST COVID EXPOSURE OR ILLNESS IN THE WORKPLACE

* **High risk contact** is defined as being <2m from a confirmed case for >15 minutes without wearing PPE (appropriate medical mask); household contacts.

Low risk contact is defined as contact with a confirmed case with adequate PPE, or at an adequate distance >2m, or for less than 15 minutes
Consider the risk to be lower if the source patient is wearing a surgical mask.

SCENARIO	ACTION	CONTACT TRACING REQUIRED?
Mild symptoms, Covid +	<ul style="list-style-type: none"> Self-isolate for 10 days (notify employer). Can return to work 10 days <u>after symptoms started</u>, if asymptomatic for two days. Must wear a surgical mask for first 14 days back at work. 	Yes
Mod-severe disease (in hospital), Covid +	<ul style="list-style-type: none"> Can return to work 10 days <u>after discharged from hospital and symptom-free</u>. May need assessment by nurse or doctor to assess fitness to work. Must wear a surgical mask for first 14 days back at work. 	Yes
Asymptomatic, Covid + on contact tracing / mass screening	<ul style="list-style-type: none"> Self-isolate for 10 days (notify employer). Must wear a surgical mask for first 14 days back at work. 	Yes
Symptoms highly suggestive of Covid, but no test performed (sore throat, cough, loss of sense of smell, difficulty breathing)	<ul style="list-style-type: none"> Self-isolate for 10 days. Can return to work 10 days <u>after symptoms started</u>, if asymptomatic for two days. Must wear a surgical mask for first 14 days back at work. 	Yes
Close, high risk contact of a confirmed Covid+ case*	<ul style="list-style-type: none"> <i>If working in a clinical environment:</i> Quarantine for 7 days. Test on Day 6. If negative and asymptomatic, can return to work. All other environments must be quarantined for 10 days. 	No <i>Not required to trace contacts of contacts</i>
Low risk contact of a confirmed Covid case #	<ul style="list-style-type: none"> No need to quarantine. Must complete twice daily symptom screen for 10 days. Must be quarantined and tested if develops symptoms. 	No
Contact of a contact of a Covid case	<ul style="list-style-type: none"> No need for quarantine. 	No
Respiratory symptoms not specific to Covid, no Covid test performed (Low suspicion of Covid because no known Covid contacts, nobody else unwell with Covid symptoms at home or workplace)	<ul style="list-style-type: none"> Can return to work after 7 days <u>if asymptomatic for two days</u>. 	No

If more info needed contact COVID helpline number: 021 650-0999

Remember not to come to campus if you have symptoms. Complete your daily symptom check prior to campus.