

# How to self-isolate while working

## Recommendations for Health Care Workers

### Who needs to be self-isolating?

- Health Care workers (HCWs) who have been instructed by their workplace or public health unit that they are able to return to work under self-isolation.

### How long should I self-isolate while I am working?

- 10 days from the initial onset of symptoms or the end of a known high risk exposure to a case of COVID-19.
- After work self-isolation is discontinued, continue to practice protective measures such as wearing a mask, physical distancing, washing your hands, and following local public health guidance.

### How do I self-isolate while working?

- If returning after a known high-risk exposure to COVID-19, self-monitor for infectious symptoms.
- Travel to and from work in your private vehicle. If you have to take transit, wear a medical procedure/surgical mask and perform hand hygiene before and after your travel to work.
- During work, wear a medical procedure/surgical mask, N95 or equivalent and any additional Personal Protective Equipment, based on [Routine Practices and Additional Precautions](#) and maintain physical distancing including avoiding in-person meetings and gatherings.
- Do not eat your meals in a shared space (e.g., conference room, lunch room) with other HCWs.

### What if I develop infectious symptoms while at work or at home?

- Immediately self-isolate (i.e., remove yourself from providing care) and inform your immediate manager/supervisor and Occupational Health and Safety Department by reporting through the eNurse.