![Sunnybrook Occupational Health & Safety logo]

Coronavirus Disease 2019 (COVID-19)

# 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?

- The decision to discontinue work self-isolation is to be made in consultation with your employer and may include your local public health unit.
- 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?

- Self-monitor for symptoms of COVID-19. Refer to Ministry of Health's COVID-19 Reference Document for Symptoms.

- Travel to and from work in your private vehicle. If you have to take transit, wear a surgical/ procedure mask and perform hand hygiene before and after your travel to work.

- Wear a medical mask, perform hand hygiene and maintain physical distancing including avoiding in-person meetings and gatherings.
- During work, wear a **fit tested N95 respirator** and any additional Personal Protective Equipment, based on Routine Practices and Additional Precautions.
- Do not eat your meals in a shared space (e.g., conference room, lunch room) with other HCWs.

## What if I develop symptoms of COVID-19 while at work or at home?

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

- Public Health Unit Locator and Public Health Ontario's fact sheet on How to Self-Isolate.
- Contact your health care provider, Telehealth (1-866-797-0000) or your local public health unit.