

COVID-19 : Recommendations to lift isolation measures for health care workers

CATEGORIES	ALL HEALTH CARE WORKERS IN GENERAL	HEALTH CARE WORKERS IDENTIFIED AS CRITICAL TO OPERATIONS
<p>1) Confirmed cases of COVID-19 (symptomatic or asymptomatic⁴)</p> <p>2) Travelers</p>	<p>Health care workers who are not immunocompromised :</p> <ul style="list-style-type: none"> • Self-isolation at home for 10 days after start of symptoms and • Absence of fever for 48 hours (without taking antipyretics) and • Improvement of clinical presentation over the last 24 hours (excluding cough, anosmia or residual ageusia) and • If possible, upon return, assign worker to the care of COVID-19 cases. <p>Health care workers who are immunocompromised :</p> <ul style="list-style-type: none"> • 28 day isolation after start of symptoms (or test date if asymptomatic) and • Absence of fever for 48 hours (without taking antipyretics) and • Improvement of clinical presentation over the last 24 hours (excluding cough, anosmia or residual ageusia) and • Do not assign to the care of confirmed COVID-19 cases and refer to: Covid-19 : Recommandations intérimaires pour la protection des travailleurs immunosupprimés. <p>Asymptomatic</p> <ul style="list-style-type: none"> • Preventive self-isolation at home for up to 14 days following return from travel (Quarantine Act). <p>Symptomatic: Proceed to COVID-19 test</p> <ul style="list-style-type: none"> • Positive = Apply recommendations for positive cases. • Negative = Maintain preventive isolation at home for up to 14 days following return from travel (Quarantine Act). 	
<p>3) Contacts with a case in a health care environment AND according to level of exposure⁶</p>	<p>Asymptomatic with withdrawal from work (according to assessment of exposure level)</p> <ul style="list-style-type: none"> • Preventive self-isolation at home for up to 14 days following contact. <p>Symptomatic: Proceed to COVID-19 test</p> <ul style="list-style-type: none"> • Positive = Apply recommendations for positive cases 	<p>Asymptomatic with withdrawal from work (according to assessment of exposure level)</p> <ul style="list-style-type: none"> • Preventive isolation for up to 7 days following last contact. Return to work respecting guidelines⁷. In case of serious service disruption, it is possible to return to work sooner while respecting guidelines. <p>Symptomatic: Proceed to COVID-19 test</p> <ul style="list-style-type: none"> • Positive = Apply recommendations for positive cases

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	<ul style="list-style-type: none"> Negative = Maintain preventive isolation at home for up to 14 days following contact. 	<ul style="list-style-type: none"> Negative = Preventive isolation for up to 7 days following last contact. If absence of symptoms, return to work respecting guidelines. If imminent risk of service interruption AND resolution of symptoms before the end of the 7 day preventive isolation period, return to work while respecting guidelines.
4) Contact with a case in a home environment	<p>Asymptomatic</p> <ul style="list-style-type: none"> Preventive self-isolation at home for up to 14 days following contact <p>Symptomatic: Proceed to COVID-19 test</p> <ul style="list-style-type: none"> Positive = Apply recommendations for positive cases. Negative = Maintain preventive isolation at home for up to 14 days following contact 	<p>Asymptomatic</p> <ul style="list-style-type: none"> Preventive isolation for up to 7 days following last contact. Return to work respecting guidelines⁷. <p>Symptomatic: Proceed to COVID-19 test</p> <ul style="list-style-type: none"> Positive = Apply recommendations for positive cases. Negative = Preventive isolation for up to 7 days following last contact. If absence of symptoms, return to work respecting guidelines⁷
5) Other types of contact	<p>Asymptomatic</p> <ul style="list-style-type: none"> Contact with asymptomatic case: may work without additional measures to those already in effect at the workplace. Contact with asymptomatic traveler: may work without additional measures to those already in effect at the workplace. Contact with a person under investigation (pending results): may work without additional measures to those already in effect at the workplace. 	
6) No identified exposure	<p>Asymptomatic: no measure. If a test is done, no preventive isolation necessary while waiting for results. May work without additional measures to those already in effect at the workplace. If test results are positive, apply recommendations for positive cases.</p> <p>Symptomatic : Proceed to COVID-19 test (home isolation pending results)</p> <ul style="list-style-type: none"> Positive = Apply recommendations for positive cases. Negative = when calling to give results, check symptoms: <ul style="list-style-type: none"> If symptoms improve: return to work wearing a medical mask for the duration of symptoms (respiratory etiquette). 	

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	<ul style="list-style-type: none"> If symptoms worsen, repeat test 24 hours after the last test and pursue home isolation pending test results. If test results are positive, apply recommendations for positive cases. If test results remain negative, proceed to medical evaluation. 	
7) Travel of a health care worker (replacement or contractual) in a region affected by a Ministerial Order	<p>Alert levels green and yellow : No measure. May work without additional measures to those already in effect at the workplace.</p> <p>Alert levels orange and red: Limit the number of health care workers traveling from one region to another (except when it would cause service interruptions).</p>	<p>Alert levels orange and red, adapt according to level of exposure of health care worker, regional epidemiology and local/regional decisions.</p> <p>Asymptomatic</p> <ul style="list-style-type: none"> Work while strictly observing guidelines. Maintain physical and social distancing. Return directly to lodging facility at the end of work shift, and avoid mingling within the community. <p>Symptomatic</p> <ul style="list-style-type: none"> Follow guidelines according to category of contact (sections 1 to 6).
8) Confirmed COVID-19 recovered case with subsequent positive COVID-19 test	<p>Recovered ≤ 3 months ago</p> <ul style="list-style-type: none"> Should not have been retested. May return to work without additional measures to those already in effect at the workplace. <p>Recovered > than 3 months ago</p> <ul style="list-style-type: none"> Asymptomatic: Repeat test 48-72 hours following the last test. Pursue home isolation pending test results and investigation by a competent authority to confirm reinfection. Refer to specific algorithm for appropriate measures. If reinfected, refer to section 1, Confirmed COVID-19 cases. Symptomatic: home isolation pending test results and investigation by a competent authority to confirm reinfection or alternate diagnosis. Refer to specific algorithm for appropriate measures. Reinfection: refer to section 1, Confirmed COVID-19 case. <p>Alternate diagnosis: isolation according to identified infectious agent</p>	
9) Confirmed COVID-19 recovered case AND contact (sections 2 to 7)	<p>Recovery ≤ 3 months ago</p> <ul style="list-style-type: none"> May return to work without additional measures to those already in place at work. <p>Recovery > 3 months ago</p> <ul style="list-style-type: none"> Refer to sections 2 to 7 according to contact. 	