

# Am I safe to work if...

Making sure you are safe to provide care during this critical time is our top priority. Please remember to practice good hand hygiene, avoid touching your face, and use Personal Protective Equipment (PPE) when required. We need you here – our patients, clients and residents need you even more.

## I am a pregnant or immunocompromised healthcare worker. Is it safe for me to come to work?

Yes, it is safe to come to work. There is no evidence that pregnant women or their fetuses are at greater risk due to COVID-19. Please ensure you wear appropriate PPE, practice good hand hygiene and check in with your manager if you have any concerns related to appropriate PPE, opportunities to work from home, or redeployment options.



## I live with my elderly parents/immunocompromised partner/child/parents.

Yes, it is safe to come to work. Please follow general measures to reduce exposure in a household such as washing hands frequently, cleaning high touch surfaces and sleeping in separate rooms and using separate bathrooms where possible. Wear clean clothes to work, change into your uniform at work and change back into your clothes after your shift is finished. Please take your used uniform clothes home and laundry them, unless they are hospital laundered scrubs – those need to be placed in hospital laundry.



Please refer to the dress code guidelines on our [IPAC website](#).

## Someone in my household has tested positive for COVID-19.

You must self-isolate for 14 days. If you develop symptoms during this time, you must isolate for a minimum of 10 more days.

## Someone in my household is self-isolating.

You can come to work as long as you don't develop symptoms. If you develop symptoms, you should speak to your manager and self-isolate.



## Am I safe to work if...

**I have been working in a unit that has been designated a COVID-19 unit or has an admitted patient that is COVID-19 positive or presumptive or suspected to be COVID positive.**

You can continue to work unless you have been in direct contact with a patient, client, resident, or staff member who is COVID-19 positive without PPE and have developed symptoms. Public Health and Occupational health will be notified if staff exposure is suspected and they will advise you on next steps including isolation and testing (if required).

To prevent future outbreaks from occurring and to further protect our staff, staff working at long-term care facilities cannot work at any other long-term care facility or other health care facility for the duration of the COVID pandemic. Staff at other health care facilities are not limited from working at other facilities other than long-term care facilities. Additional restrictions may be placed on facilities experiencing COVID-19 outbreaks by the Medical Health Officer.



## I've just returned from international travel.

The federal quarantine order instructs anyone who has recently returned to Canada to quarantine for 14 days following arrival in Canada. If staff develop symptoms they are required to self-isolate for 10 days from the onset of symptoms (even with mild respiratory symptoms). However, essential health care workers may be exempted from the federal quarantine order as long as they remain asymptomatic during the quarantine period, and are required to wear a mask when providing patient care, in addition to complying with other aspects of the order.

If symptoms do not appear, all staff can safely return to work after 14 days. Non-direct care staff may work from home during this time.



For more FAQs, please visit our intranet page at <https://my.vch.ca/covid19/faq>



### **Important:**

Please note that the guidelines here are based on the latest recommendations from VCH Public Health as of April 3, 2020; the guidelines may change as new information becomes available.