Protocol for Essential Workers

Exposed – Asymptomatic

- 14 day quarantine.
  - Twice-daily temperature check.
  - Monitor for respiratory symptoms.
  - If source patient ruled out, can lift quarantine.

- Can work wearing a surgical mask (if allowed by employer).
- If ANY symptoms, exclude from work and refer for testing (below).
- Even if tested and tests negative, 14 day quarantine still required.

Exposed – Symptomatic

- Exclude from work, 14 day quarantine. Instruct in home isolation.
  - Twice-daily temperature check
  - Monitor for respiratory symptoms.
- Refer for testing.
  - While test is pending continue home isolation.
  - If test is negative and no longer symptomatic:
    - If source patient ruled out, discontinue isolation and clear for work.
    - If source patient was positive, complete 14 day quarantine. May return to work with a surgical mask as above (if allowed by employer) when completely asymptomatic and afebrile for 72 hours.
  - If test is negative, but still symptomatic, an individualized assessment of other potential diagnosis (e.g., flu) is required for whether repeat testing may be indicated.

Positive COVID-19 Test

Symptomatic Essential Workers with suspected or confirmed COVID-19:
To remain on home isolation until:

- At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the user fever-reducing medication and improvement in respiratory symptoms (e.g., cough, shortness of breath); and,
- At least 10 days have passed since last positive test

Essential Workers with laboratory-confirmed COVID-19 who have not had any symptoms:
To remain on home isolation until:

- 10 days have passed since the date of their first positive COVID 19 diagnostic test assuming they have not subsequently developed symptoms since their positive test.
- If they develop symptoms, then the protocol for symptomatic individuals should be followed.