

COVID-19 (Novel Coronavirus) Essential Worker Recommendations

Essential Worker Recommendations for Return to Work

Updated April 18, 2020

The guidance below is for general information only. Symptomatic workers should complete the [Ministry Self-Assessment Tool](#) or the [Input Health Assessment Tool](#) and follow directions. Symptomatic Probable or Confirmed COVID-19 individuals will be followed by Public Health and direction will be provided regarding return to work options.

Essential Worker with No International Travel or No Exposures	Asymptomatic	No self-isolation required. Self-monitor. If any symptoms occur self-isolate and report to Occupational Health.
	Symptomatic with no lab test	Should be tested as soon as possible. If no testing is done: <ul style="list-style-type: none"> • Self-isolation for 14 days from symptom onset.
	Symptomatic with positive lab test for COVID-19	<ul style="list-style-type: none"> • Self-isolation for 14 days from symptom onset. OR • As directed by Public Health
	Symptomatic with negative lab test for COVID-19	<ul style="list-style-type: none"> • Self-isolation until 24 hours after symptom resolution*
Essential Worker with International Travel	Asymptomatic	<ul style="list-style-type: none"> • Self-isolation for 14 days after arrival in Canada. • If any symptoms occur within 14 days, report to Occupational Health and contact Public Health, Telehealth, or primary care provider.
	Symptomatic with no lab testing	Should be tested as soon as possible. If no testing is done: <ul style="list-style-type: none"> • Self-isolation for 14 days from symptom onset.
	Symptomatic with positive lab test for COVID-19	<ul style="list-style-type: none"> • Self-isolation for 14 days from symptom onset. OR • As directed by Public Health.
	Symptomatic with negative lab test for COVID-19	<ul style="list-style-type: none"> • Self-isolation until 14 days after arrival in Canada. OR • As directed by Public Health.

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Essential Worker with High-risk Exposure to a Confirmed or Probable COVID-19 Case**	Asymptomatic	<ul style="list-style-type: none"> Self-isolation for 14 days since last exposure to case. OR <ul style="list-style-type: none"> As directed by Public Health
	Symptomatic with no lab test	<p>Should be tested as soon as possible.</p> <p>If no testing is done:</p> <ul style="list-style-type: none"> Self-isolation for 14 days from symptom onset. OR <ul style="list-style-type: none"> As directed by Public Health
	Symptomatic with positive lab test for COVID-19	<ul style="list-style-type: none"> Self-isolation for 14 days from symptom onset OR <ul style="list-style-type: none"> As directed by Public Health
	Symptomatic with negative lab test	<ul style="list-style-type: none"> Self-isolation for 14 days since last exposure. OR <ul style="list-style-type: none"> Or as directed by Public Health

Note for the criteria “Self-isolation for 14 days from symptom onset” to be met, at the end of 14 days, the Essential Worker must no longer have a fever and their symptoms must have resolved.

Definitions:

- **Essential Worker:** an employee that is required in order to sustain minimum coverage needed to conduct critical work
- **Symptom resolution:** resolution of symptoms that are reasonably likely to be attributed to active COVID-19 infection (e.g. a post-viral cough may persist)
- **High-risk exposure:** household or close contact of a confirmed case

*May change once continuous community-transmission is confirmed

**Lower risk exposures evaluated case by case with Public Health

References:

1. Public health management of cases and contacts of COVID-19 in Ontario (version 6.0)
2. Office of the Chief Medical Officer of Health Memo RE: Managing Health Worker Illness and Return to Work COVID-19
3. **Personal Protective Equipment (PPE) use during the COVID-19 Pandemic (Ontario Health).**