Health-Care Worker COVID-19
Return to Work Screening Guide

Do You Have Negative Test Results (2 RAT 48 hours apart or 1 PCR)?
Return to work if you meet the Return to Work Criteria at the bottom of the page.

Do You Have Positive Test Results (1 RAT or 1 PCR) and are Asymptomatic*?
You cannot work for seven days after your test date. You can return to work on Day 8 if you complete a RAT on Day 7 and received a negative test result** AND meet the Return to Work Criteria at the bottom of the page.

*If you develop respiratory symptoms such as a cough, fever, sore throat, loss of taste and/or smell, etc. during your self-isolation period, extend your isolation by another five days. Your new Day 0 is the date of symptom onset.

**If you receive a positive result from the Day 7 rapid antigen test, you are NOT cleared to return to work until day 11 and you must meet Return to Work Criteria at the bottom of the page.

Do You Have Positive Test Results (1 RAT or 1 PCR) and are Symptomatic?
If you have a positive test result, do not come to work. You can return to work on Day 8 after your symptoms started if you complete a RAT on Day 7 and received negative test results* AND meet the Return to Work Criteria at the bottom of the page.

**If you receive a positive result from the Day 7 RAT, you are NOT cleared to return to work until Day 11 and you must meet the Return to Work Criteria at the bottom of the page.

Are You a Close Contact* of Someone with Positive Test Results (1 RAT or 1 PCR)?
There are no work restrictions if you are asymptomatic. Self-test with RAT before your first shift after exposure and every 48 hours until 10 days after the last exposure to the positive contact.

If you cannot isolate from the contact, the date of last exposure would be 10 days after the household member became symptomatic.

If you can isolate from the contact, the date of last exposure would be the date upon which you were able to isolate.

For one-time contacts, use the date of exposure.

*A close contact is someone you have been within two metres of for more than 10 minutes without required PPE being worn.

Return to Work Criteria (Self-screen (https://sharedhealthmb.ca/files/covid-19-return-to-work-qrg.pdf) and follow your standard site/SDO procedures to be added to the schedule):
- Your symptoms MUST be mild and improving after self-isolation is completed.
- You MUST have completed your self-isolation requirements (recovering from COVID-19 or travel-related restrictions).
- You MUST be without fever for 24 hours without the use of any fever reducing medication.
- You MUST feel well enough to complete daily duties.

April 4, 2022