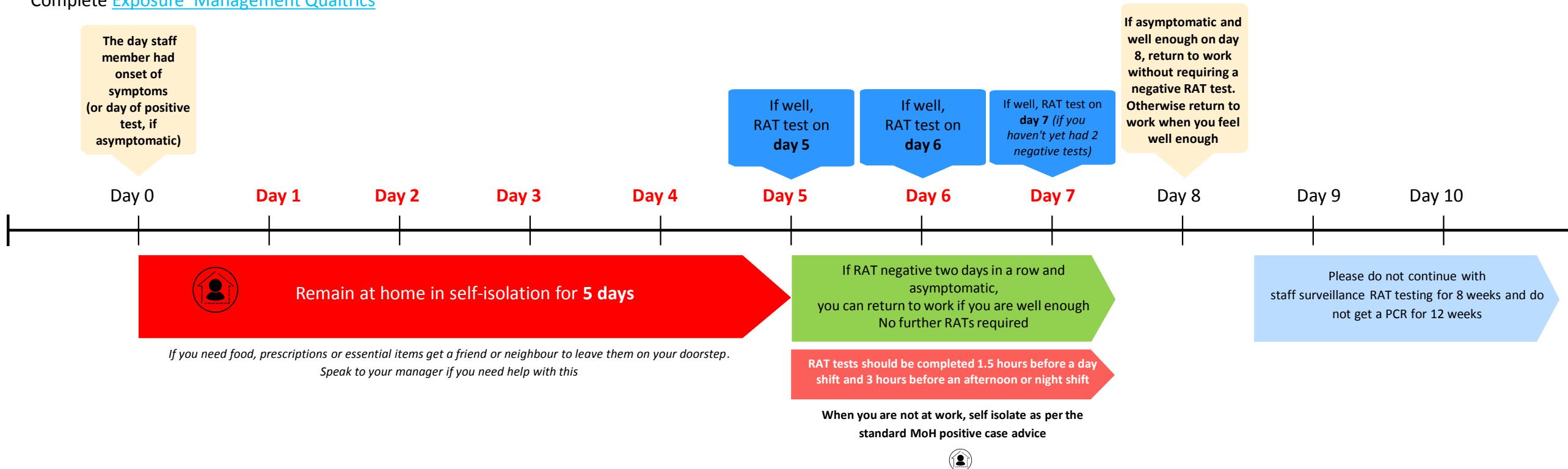


COVID-19 Positive

If critical staff* have tested positive for COVID-19

Complete [Exposure Management Qualtrics](#)



What you need to know:

If you are identified as a positive for COVID-19

Stand down and isolate at home:

- Stand down from work for 5 days
- You must remain in self-isolation and only leave home if you are going to see your doctor

If you have symptoms that are more than mild, that are not improving:

- Continue to remain at home
- Continue to keep your manager informed
- Do what you'd normally do with a flu-like illness - stay home and seek medical advice if you are feeling worse or not improving

If you have no symptoms, or mild (and improving) symptoms:

- If your day 5 test is negative, take another test on day 6 before your shift. Return to work on day 6 if both results are negative, you feel well enough and you are asymptomatic, or you have mild symptoms (and they're improving).
- If your day 5 test was positive but your day 6 test was negative, take another test on day 7. If this is negative, you can return to work if you feel well enough and you are asymptomatic, or you have mild symptoms (and they're improving).
- If you don't have a negative RAT on two consecutive days but are feeling well enough with no or mild (and improving) symptoms, you can return to work on day 8 without the need for a negative RAT on that day.

Mild symptoms

- No fevers
- Minimal cough/sneeze
- No runny nose
- Feeling well enough to return to work

Returning to work:

You are able to return to work as soon as day 6 as long as you have two consecutive negative RATs **and you feel well enough to return**. Note, there is a small chance that you may still be infectious.

To mitigate this risk, please do the following:

- Correct use of a well-fitting fluid resistant medical mask (Type IIR or level 2-3) See the Personal Protective Equipment (PPE) HIPPO page for more information.
- Be mindful of risk to others in shared areas and when eating and drinking Avoid shared transport for work commuting unless it is unmanageable for you to get to work otherwise
- **If you usually work in an ultra-green space, we may redeploy you to support elsewhere in the hospital until day 10.**

What "self isolation" for 7 days means to ADHB critical health care workers:

You can only leave home if you are going to see your doctor, or going to work. When you are not at work, self isolate as per the standard MoH positive case advice until day 7 post onset of symptoms, or positive test if asymptomatic.

*Critical worker is any healthcare worker (including employees, partner employees, contractors, volunteers, students) that needs to leave their home to perform work.