

Guideline - COVID-19 Return to Work

This Return to Work Guideline is based on information from the BC Centre for Disease Control (<http://www.bccdc.ca/>) and the BC COVID-19 Symptom Self Assessment Tool (<https://bc.thrive.health/covid19>).

Last updated: January 31, 2022

There are two main categories for workers in regard to the COVID-19 pandemic: workers who are fully-vaccinated and those who are not.

When Self-Isolation is required¹

All Workers are required to self-isolate and monitor for symptoms if:

- They have tested positive for COVID-19
- They develop symptoms of COVID-19²
- They are returning from travel outside Canada³

Fully Vaccinated

A worker who is fully vaccinated must self isolate for at least 5 days or until their symptoms have improved and their fever is gone, which ever is longer. They must wear a face mask for an additional 5 days.

Not Fully Vaccinated

A worker who is not fully vaccinated must self isolate for at least 10 days or until their symptoms have resolved and their fever has gone, which ever is longer.

Co-workers

Co-workers of a worker who develops symptoms or tests positive do not need to self-isolate. They should self-monitor and if they develop symptoms they should then self-isolate.

Return to Work

Once the worker has self-isolated for the required number of days, their fever is gone without the use of fever-reducing medications (e.g. Tylenol, Advil) and they feel better (able to return to their full level of activity)⁴ they may return to work.

¹ <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation>

² Testing is not recommended for persons who develop symptoms

³ <https://travel.gc.ca/travel-covid/travel-restrictions/isolation>

⁴ <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>