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Coronavirus Disease 2019 (COVID-19)

(ARCHIVED) How to self-isolate while working

Recommendations for Health Care Workers

Who needs to self-isolate at work?

- Health Care workers (HCWs) who have been instructed by their workplace or public health unit that they are able to return to work under self-isolation.

For how long should I self-isolate?

- The decision to discontinue work self-isolation is to be made in consultation with your employer and may include your local public health unit.
- After work self-isolation is discontinued, continue to practice protective measures such as wearing a mask, physical distancing, washing your hands, and following local public health guidance.

How do I self-isolate?

- Self-monitor for symptoms of COVID-19. Refer to Ministry of Health's [COVID-19 Reference Document for Symptoms](#).
- Travel to and from work in your private vehicle. If you have to take transit, wear a medical mask and perform hand hygiene before and after your travel to work.
- Wear a medical mask, perform hand hygiene and maintain physical distancing including avoiding in-person meetings and gatherings.
- Do not eat your meals in a shared space (e.g., conference room, lunch room) with others.
- Wear PPE based on Public Health Ontario's [Routine Practices and Additional Precautions](#).

What if I develop symptoms?

- Immediately self-isolate (i.e., remove yourself from providing care) and inform your immediate manager/supervisor and/or Occupational Health and Safety Department.
- Public Health Unit Locator and Public Health Ontario's fact sheet on [How to Self-Isolate](#).
- Contact your health care provider, Telehealth (1-866-797-0000) or your local public health unit.

Learn about the virus

To learn more and access up-to-date information on COVID-19, visit the Ontario Ministry of Health's website: ontario.ca/coronavirus.

The information in this document is current as of March 8, 2022.

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