COVID-19 ESSENTIAL Healthcare Worker – Leaflet for returning to work prior to the end of self-quarantine.

What is an Essential Healthcare Worker?
When a service cannot be staffed safely or a critical skill set to provide critical/essential services is unavailable, then a derogation from management may be given to a HCW who has been excluded from work due to close contact with a COVID-19 case or if they have returned from international Travel prior to the end of the 14 days self-quarantine. This HCW is deemed an essential HCW, for the purposes of this process. The decision for the HCW to return to work lies with management.

What happens next?
1. You manager must ensure twice daily monitoring is carried out within the workplace, the first prior to you starting your shift and the other during your shift. This monitoring must include a temperature check and you must record your symptoms and temperature on the ‘Symptom Monitoring Chart’ provided.
2. Daily contact (usually a text) by Occupational Health will continue separate to this monitoring. It is important that you respond to this call/text immediately and if you miss a call, return it as soon as possible.
3. You must carry a face mask with you at all times and self-monitor for the following symptoms (Fever, Cough, Shortness of Breath, Difficulty Breathing)
4. Please consider a location(s) in the workplace that you may self-isolate if you become symptomatic.

If you develop a fever, a cough, shortness of breath or difficulty breathing OR if your temperature records > 37.5°C:

Immediately put on one of the surgical masks and isolate yourself from others (for example stay in go to an empty office).
1. Once you are isolated from others you may remove the surgical mask. If you need to come in contact with other people for any reason please put on a surgical mask before contact.
2. Do not attend your Occupational Health Service or GP, including their out-of-hours/on-call service.
3. Do not attend your local Emergency Department unless told to do so Occupational Health, or the ED Consultant.
4. You should phone the Occupational Health Service during the hours set out below and identify yourself as a symptomatic close contact or returning HCW, who has returned to work. If acutely unwell you should phone your local GP service or, if necessary, the ambulance service. (please check local GP out of hours contact details and add below).
5. If in the workplace, please inform your manager and they will assist in making contact with the Occupational Health service or if in a hospital setting, the Emergency Department to arrange testing if possible.

Contact Details

Occupational Health Service: Hours _____ Days: _____ Phone ____________
GP Out of Hours: __________________________
Employee Assistance and Counseling Service (24-hour Freephone) 1800 409388

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