

# COVID-19 Health-Care Worker Self-Check and Safety Checklist

This checklist is to help health-care workers (HCW) check themselves for COVID-19 risk before each shift. This tool summarizes steps to take if HCW develops symptoms and other general safety measures to reduce risk. This tool can be adapted based on setting and service-specific guidance.



## Check yourself for symptoms of COVID-19 before each shift:

- Complete a daily health check for COVID-19 symptoms and risk factors as per [WorkSafeBC](#) requirement. Use the [BC COVID-19 Self-Assessment Tool](#) as needed.
- If you have travelled outside of Canada in the last 14 days **OR** currently told to self-isolate by public health due to a close contact exposure, you must stay home and **self-isolate**. Some critical HCW may be exempted by their leadership and a medical health officer.
- **If you feel sick, do not come to work**, as per regular workplace health and safety (WHS) policy.



## If you develop symptoms of COVID-19:

### At home, you should:

- Stay home and self-isolate.
- Inform your supervisor/employer/WHS as required.
- Arrange for COVID-19 testing (follow employer process where applicable).

### At work, you should:

- Clean your hands right away.
- Put on a medical mask (if not already wearing one).
- Inform your supervisor/employer/WHS as required.
- Avoid further patient/client contact and transfer any essential duties.
- Go directly home as soon as it is safe to do so.
- Arrange for COVID-19 testing (follow employer process where applicable).
- **See the [BCCDC Self-Isolation](#) webpage** for instructions on how to self-isolate.
- **See the provincial [Return to Work Guidance](#)** and any further health authority and public health advice on how long to self-isolate.



## Follow these general safety measures:

### Before work:

- Clean your hands.**
- Minimize the number of personal items** you bring to work (e.g., cellphones, bags).
- Wear clean personal clothes and shoes** when traveling to work.
- Have dedicated uniform/clothes and shoes** that you only wear at work. Change into these when you arrive at your workplace/unit.

### After work:

- Clean your hands.**
- Change out of your work uniform/clothes and shoes.**
- Clean and disinfect** personal items and highly touched surfaces in vehicles used for work.
- Put used work clothes in the laundry** and clean your hands. Launder used clothes before you wear them again.

### Always:

- Monitor yourself** for signs and symptoms of COVID-19.
- Report any unprotected exposures** to the employer/WHS as soon as possible. See guidance on [Health-Care Worker Exposures to COVID-19](#) for more information.
- Follow any additional measures as directed by your health authority or organization.

