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

This checklist is to help health-care workers (HCWs) check themselves for COVID-19 risk before each shift. This tool summaries steps to take if a 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** requirements. Use the **B.C. COVID-19 self-assessment tool,** as needed.

- If you are currently under order to quarantine after travel outside of Canada **OR** currently told to self-isolate by public health, you must stay home and **self-isolate**. Some critical HCWs may be exempted by their leadership or a medical health officer.
- If you have been told to self-monitor for symptoms by public health, you may continue to work if appropriate personal protective equipment and infection prevention and control measures are followed. See guidance on **HCW exposures to COVID-19** for more information.
- **If you feel sick, do <u>not</u> 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 additional 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 clothes before you wear them again.

Always:

☐ **Monitor yourself** for signs and symptoms of COVID-19.
☐ **Report any unprotected exposures** to your 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.