This guide will provide information to employees about the symptoms of COVID-19, reporting symptoms at work, and determining return-to-work readiness.

## What to do if you have symptoms of COVID-19

The symptoms of COVID-19 are like other respiratory illnesses including the flu and common cold. They include:

* Fever
* Chills
* Cough
* Shortness of breath
* Sore throat and painful swallowing
* Stuffy or runny nose
* Loss of sense of smell
* Headache
* Muscle aches
* Fatigue
* Loss of appetite

Symptoms can range from mild to severe. Sometimes people with COVID-19 have mild illness, but their symptoms may suddenly worsen in a few days. People infected with COVID-19 may also experience gastrointestinal symptoms like diarrhea, nausea and vomiting a few days after the onset of the above symptoms. It you only have gastrointestinal symptoms you may not have COVID-19. (Source: [BCCDC Symptoms of COVID-19](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms))

Provincial health authorities recommend that anyone who suspects they have COVID-19 should use the [BC COVID-19 Self-Assessment Tool](https://covid19.thrive.health/) to help determine if further assessment or testing for COVID-19 is needed.

If you are experiencing symptoms like those of COVID-19, you may find yourself in one of the following scenarios. Follow the appropriate reporting protocol for your situation.

1. Experiencing symptoms **before arriving at work.** Do not come to work. Call your supervisor/manager to report your symptoms and your absence from work. Follow the appropriate company policies for sick leave and first aid reporting. Please stay home and practice self-isolation.
2. Experiencing symptoms **while at your facility.** Call the first aid attendant on-site and follow the established first aid reporting procedure. Do not go to the first aid attendant in person before calling them. They will provide you with instructions on how to proceed. For first aid protocols, refer to your Exposure Control Plan. If you are sent home, do not use public transit, taxis, or ride shares. Please stay home and practice self-isolation.
3. Experiencing symptoms **while working off-site.** Call your supervisor/manager and report that you are experiencing symptoms. If you require first aid, follow the site’s first aid protocols. If no first aid is available, call the first aid attendant at your facility and follow the established first aid reporting procedure and wait for further instructions from the first aid attendant. If you are sent home, do not use public transit, taxis, or ride shares. Please stay home and practice self-isolation.

## Self-isolation

In all three scenarios mentioned above please stay home and practice self-isolation, unless you have been sent to a health care facility by the first aid attendant who examined you. If you will be hospitalized or otherwise under the care of a medical professional, do not return to work until the medical professionals determine that it is appropriate.

Provincial health authorities indicate that self-isolation for a minimum of 10 days is required if experiencing symptoms like those of COVID-19. All employees returning to Canada must self-isolate for at least 14 days.

You may return to your regular work activities if:

* At least 10 days have passed since the start of your symptoms, AND
* Your fever is gone without the use of fever-reducing medications (e.g. Tylenol, ibuprofen), AND
* You are feeling better (e.g. improvement in cough, runny nose, sore throat, nausea, vomiting, diarrhea, fatigue).

Coughing may persist for several weeks, so coughing alone does not require you to continue to isolate.

If your symptoms worsen or you become short of breath, call your family physician or nurse practitioner for immediate medical attention.

(Source: [Self-isolation guidance and symptom assessment guidance BC COVID-19](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation).)