

Draft June 28, 2023

## **COVID-19 Return to Clinical and Skills Guidelines**

Effective June 30, 2023, the COVID-19 Student Support Team will no longer be monitoring the [NursingC19@umanitoba.ca](mailto:NursingC19@umanitoba.ca) email account. Absence declaration forms must be submitted for each absence, but no specific Covid-19 documentation is required.

The latest [Shared Health Guidelines](#) (Oct. 31/22) should be followed when experiencing a respiratory illness. The COVID-19 Student support Team will still be available via the above email for students and staff to consult if they are unsure as to how to proceed.

The first step when experiencing respiratory symptoms is to do a rapid antigen test for COVID-19. Health-care workers who have not had a confirmed case of COVID-19 in the last 120 days (4 months), and who develop symptoms must test for COVID-19.

If the test is **POSITIVE**, follow these steps:

The Shared Health guidelines outlining when health care workers can to return to work after a positive test for COVID-19 (this also includes nursing students in skills and clinicals) state:

Health-care workers who have received a POSITIVE COVID-19 test result may return to work on day five (5), provided if all the following are true:

- Symptoms are mild and improving- health-care worker must feel well enough to complete their duties; and
- Any lingering symptoms will not interfere with their ability to maintain PPE standards; and
- No fever has been present for 24 hours, without use of any fever-reducing medication.

**NOTE:** Day 0 is either the date of the positive test or when 2 or more significant symptoms are present, which ever is earlier. Refer to the self-screening questionnaire on the second page here: (<https://sharedhealthmb.ca/files/covid-19-return-to-work-qrg.pdf>)

\*\* There is no need to repeat the test prior to returning. \*\*

If the test is **NEGATIVE**, follow these steps:

Health care workers can be cleared to return to if the following criteria have been met:

With a NEGATIVE COVID-19 test result (rapid antigen test) and symptoms that are mild/improving, they may return to work if all the following are true:

- Tested NEGATIVE for COVID-19; and
- Mild and improving symptoms – Health-care workers must feel well enough for work, declare themselves “fit for work”; and
- Any lingering symptoms will not interfere with ability to wear and maintain PPE standards; and
- No fever has been present for 24 hours without use of fever reducing medication.

**NOTE:** There is no requirement to repeat the rapid test unless your symptoms have worsened after the initial negative test.

### **Points to Consider regarding your Symptoms and your Decision to Return**

- ❖ You may experience a post viral cough. This should not be so frequent that it interferes with your ability to properly wear your PPE.
- ❖ If you are experiencing a congested or runny nose, you should not need to remove your mask several times during your shift to blow your nose.
- ❖ Fatigue can linger for a while. It should not interfere with your ability to manage your shift and clinical/patient responsibilities.