

OSMH COVID-19 Quick Reference Guide



Masking - As of September 15, 2023

Masking is now mandatory for health care workers (staff/physicians), patients, volunteers, visitors/essential care partners, vendors/contractors in ALL Clinical Areas. If you're working on an outbreak unit N95 must be maintained at all times.

- While providing direct care or when in direct patient contact (inpatient and outpatient areas). This applies to all visitors/Essential Care Partners and HCWs.
- In ambulatory waiting rooms (e.g. ER, outpatient clinics, diagnostic imaging)
- In outpatient clinics including ER, Dialysis, Oncology
- At all Nursing/Team Station



Rapid Tests

RAT kits are available to all OSMH staff, doctors and volunteers:

- Main Occupational Health and Safety office M825C or Main HR office M931 during business hours (Monday – Friday 0800 – 1600h).
- From After Hours Administrators for those working during weekend and overnight hours.



What to do if you're unwell

OSMH moved to a symptom-based clearance approach in May of 2023. **If you have symptoms of COVID-19 listed below, assume that you may have the virus and may be contagious, you are required to stay home.**

Any one or more of:

- fever or chills
- cough
- shortness of breath
- decreased or loss of taste or smell

Any two or more of:

- runny nose or nasal congestion
- headache
- extreme fatigue
- sore throat
- muscle aches or joint pain
- gastrointestinal symptoms (vomiting/diarrhea)



Return to Work Guidelines

1. Please do not report to work if you meet either of the above criteria.
2. All Clinical Staff must still follow their specific departmental procedures, including:
 - Completing the KICS form AND;
 - Calling their manager to report their absence AND if applicable;
 - Calling their unit/charge nurse to report their absence.
3. Stay home and SELF-ISOLATE until all of the following apply:
 - Your symptoms have been improving for at least 24 hours (or 48 hours if you had nausea, vomiting and/or diarrhea)
 - You are fever free for 24 hours without analgesics (i.e. Advil, Tylenol)
 - You have not developed additional symptoms
4. Upon return to work, Work Self-Isolate for 10 days from the onset of your symptoms.
5. Follow the Work Self-Isolation guidelines. This is located on the intranet under COVID Resources.



Sick Pay Policy

All payment for communicable related illnesses, including COVID related absences will follow the Hospitals regular Sick Pay Policy in alignment with the Hospitals of Ontario Disability Plan (HOODIP). If applicable, the option to work from home may be available if feeling well based on Occupational Health guidelines for Return to Work AND in consultation with your manager.