

COVID-19 FAQs for Metro North staff

Please note: Printed versions of this document may not have up to date information

Where can I find the most up to date information about COVID-19?

The most up to date information about COVID-19 can be found on the Queensland Government COVID-19 website [here](#).

COVID-19 positive staff

I have been diagnosed with COVID-19. What do I do now?

- You should return home and immediately isolate yourself from others.
- You should notify your line manager.
- If you undertook a RAT test which indicated your COVID-19 positive result, you need to report it to Queensland Health at www.qld.gov.au/rat-positive. (positive PCR results are forwarded by Pathology providers to Queensland Health separately – no action required to report this result to Queensland Health).
- You should advise your household members that you have COVID-19. Your household members are regarded as close contacts and should also quarantine, monitor for symptoms, and take a RAT if they have symptoms.
- You will need to isolate for a minimum of seven days.
- If you are experiencing mild symptoms, go to [I have COVID-19 | Health and wellbeing | Queensland Government \(www.qld.gov.au\)](#) and follow the advice provided. If you are well or only have mild symptoms, you will be cared for at home. For health advice, please call your GP. If you don't have a GP, you can call 13 HEALTH ([134 325](tel:134325)).
- You should only call Triple Zero (000) or go to the hospital if you have severe symptoms. Most people who get COVID-19 will have only mild symptoms and will be able to recover at home.

Do I need to have any more tests?

No. You do not need to have any other tests. A positive RAT does not need to be confirmed by a PCR.

You can return to work without a test, once your symptoms have cleared, on Day 8.

When can I return to work?

Release from isolation details can be found [here](#).

The isolation period for confirmed cases of COVID-19:

- starts from the date they took the test that returned a positive result
- finishes at the end of:
 - seven days (since the date they took the test that returned a positive result) and they have not had symptoms for the last 48 hours (or if the only remaining symptom is a very mild dry cough which is persistent but not getting worse)

OR

- 10 days (since the date they took the test that returned a positive result) if on Day 7 of isolation they had fever and acute respiratory symptoms.

I have had COVID-19 and meet criteria to return to work but someone else in my household has now tested positive? Do I have to quarantine as a close contact again?

No. You can be released from isolation according to your own criteria as listed above. You are not a close contact as you have already had COVID-19 and recovered from that infection.

Please pay careful attention to hand hygiene as you leave the household.

If you have a different or new exposure to COVID-19, these rules may not apply.

Close contacts

What is a Close Contact?

A close contact is a **household member** or a **household-like contact** of a diagnosed person.

- A **household member** is a person who ordinarily resides at the same premises or place of accommodation as the diagnosed person, and who is residing at the premises or place of accommodation at the time the diagnosed person receives their positive COVID-19 test result. You do not have to be related to the diagnosed person to be considered a household member.
- A **household-like contact** is a person who has spent more than four hours with the diagnosed person in a house or other place of accommodation, care facility or similar.
- Note: a person is not a household-like contact if they are in a separate part of the house, accommodation or care facility that has a separate point of entry and no shared common areas.

Management of return to work of staff who are close contacts

A staff member who is a close contact can conditionally return to work during their quarantine period as a **critically essential worker**, outlined [Isolation for Diagnosed Cases of COVID-19 and Management of Close Contacts Direction](#). So long as the staff member:

- Consents to return to work
- The staff member fits the critically essential worker as defined in [Part 3](#).
- Must be asymptomatic
- Must return a negative Covid-19 test result prior to commencing their first workday
- Should be rostered to work in a single site/area, where possible.
- Return a negative Covid-19 test every second day of while working until it has been six days since they were designated a close contact.

If you meet the criteria above and wish to return to work, please contact your line manager to discuss.

For 14 days post exposure:

- Wear a P2/N95 mask in clinical areas in accordance with PPE escalation level; and
- Wear surgical mask in not clinical areas (e.g staff office spaces) and for travel to and from work.
- Continue to be rostered to work in a single site/area, where possible.
- Do not enter shared spaces such as tearooms and do not participate in any staff gatherings in the workplace where masks are likely to be removed.
- Carefully monitor your health and get tested if you have any symptoms of Covid-19 however mild.

When travelling to and from work by private transport the most direct route is to be taken without stopping except for refuelling (contactless as much as possible).

A risk assessment must also be undertaken by the facility prior to the staff member's return. A record of dates/locations the staff member works, and any positive RAT results the staff member return as part of their surveillance testing, must also be kept by the facility.

If staff elect to complete their quarantine at home and not return to work, then they need to quarantine for seven days post initially being designated as a close contact and return a negative RAT on day six and continue to be asymptomatic before returning to work after being released from quarantine. Staff returning to work must then also abide by the below condition for the seven days post being released from quarantine.

- Wear a P2/N95 mask in clinical areas in accordance with PPE escalation level; and
- Wear surgical mask in not clinical areas (e.g staff office spaces) and for travel to and from work.
- Continue to be rostered to work in a single site/area, where possible.
- Do not enter shared spaces such as tearooms and do not participate in any staff gatherings in the workplace where masks are likely to be removed.
- Carefully monitor your health and get tested if you have any symptoms of Covid-19 however mild.

A second person in my household has now tested positive. What should I do?

- Your close contact period starts again if someone else tests positive.
- You should start counting seven days from the day of the latest positive test in your household.

What do I have to do when I return to work?

For 14 days post exposure you must:

- wear a P2/N95 respirator in clinical areas
- wear a surgical mask in non-clinical areas (e.g., staff only spaces)
- wear a surgical mask travelling to and from work
- not enter shared spaces such as tearooms and do not participate in any staff gatherings in the workplace where masks are likely to be removed
- carefully monitor your health and get tested if you have any symptoms of COVID-19 however mild.

My COVID-19 positive household member is still symptomatic on Day 7, can I return to work?

Yes, if you are asymptomatic and have a negative Day 6 test you can still return to work.

You should continue to carefully monitor your health and get tested if you have any symptoms of COVID-19, however mild.

Rapid Antigen Testing (RAT) Kits

Where can I get RAT kits from?

RAT kit packs for eligible staff and their immediate family can be obtained from facility HEOC's or your line managers.

You will need to meet the close contact criteria and will need to show your ID and complete registration.

If you are unable to attend these sites, please discuss with your line manager.

Polymerase Chain reaction (PCR test)

Where can I get a PCR test done?

- Redcliffe fever clinic
- TPCH building 26 community centre.

For the latest opening hours and locations please visit the [Metro North extranet](#).

A full list of alternate COVID-19 testing services open to the public is updated daily and can be found [here](#)

Where can I find further information?

Information for staff who are **close contacts** can be found [here](#).

Information about **critically essential worker pathway** can be found [here](#).

Information for staff who have been diagnosed with COVID-19 can be found [here](#).

Health advice can be obtained from your GP or 13 HEALTH ([134 325](#)).

Staff can call the HR hotline on 07 3646 5500 between 8am and 5pm seven days. The hotline offers clinical advice on returning to work and HR advice about leave entitlements for staff who are COVID positive or a close contact.