

COVID-19 FAQs for Metro North staff

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 and your requirements 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 \(www.qld.gov.au\)](http://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 do not need to do a test to return to work.

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
- ends 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.

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, and if they do not have contact or interaction for more than four hours.

Management of return to work of staff who are close contacts is considered in line with their ability to move to a separate residence from a confirmed case.

a. Staff members who can separate households from a confirmed case

Somebody in my household has tested positive for COVID-19, but I moved out of the house when I found out. What should I do?

- As a Metro North Health employee, you may be able to perform work during your quarantine period in if certain conditions are met and this is approved by your employer. Please discuss this initially with your line manager.

To return to work, a staff member who is a close contact of a COVID-19 positive person:

- must have separated from the residence where the COVID-19 positive person is for at least 48 hours prior to returning to work
- have a negative RAT two days after separating from the residence.
- Be asymptomatic for COVID-19 symptoms
- Provide consent to their line manager to return to work
- Abide by any COVID-19 safe plans required by the work unit.
- Follow quarantine requirements below.

Until their quarantine period ends, the staff member must also:

- remain asymptomatic – this is checked by the Work Unit or Hospital Manager prior to the staff member commencing work each day
- have a Rapid Antigen Test (RAT) prior to the commencement of each work shift from day of return to work until 7 days since the date of the diagnosed case.
- For 14 days post exposure:
 - wear a P2/N95 respirator in clinical areas in accordance with the PPE escalation level; and
 - wear surgical mask in non-clinical areas (e.g. staff only spaces) and travel to and from work.
- 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 for symptoms.

b. Staff members who cannot separate households from a confirmed case

Somebody who lives in my household has tested positive for COVID-19 and I am still living in the household with them. What should I do?

- You are a close contact. You should notify your line manager, go straight home and quarantine.
- You are required to quarantine for seven days. Quarantine requirements for Close Contacts can be found [here](#)
- You should carefully monitor your health and get tested if you have any symptoms of COVID-19 however mild.
- You are required to have a Rapid Antigen Test (RAT) or PCR test:
 - if you develop symptoms
 - on day 6 if you remain asymptomatic.

There is no need to be tested any more frequently.

You can return to work on Day 8 following the COVID-19 positive test if:

- You remain asymptomatic
AND
- You have a negative RAT or PCR on Day 6

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 on day 8. 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 test kits from?

RAT test kit packs for staff and their immediate family can be obtained from:

- Staff Wellness Centre, Brighton Health Campus
Cnr Nineteenth Ave & Hornibrook Highway, Brighton
Monday to Friday 9am - 2pm
- RBWH Education Centre (outside Pulse Café)
Monday to Friday 9am - 4.15pm

If you meet the close contact criteria, you will need to show your ID and complete registration.

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

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

Can I get a RAT test from the staff clinic if I am not a close contact?

No. RAT tests are currently only able to be issued to staff who require a test to meet close contact criteria and need a test to return to work.

Polymerase Chain reaction (PCR test)

Where can I get a PCR test done?

Metro North Staff only testing centres:

- **RBWH Education Centre**, Monday to Friday, 9am to 4.15pm
- **TPCH located in Outpatients B** (former Children's Outpatients Department), Monday to Friday, 7am to 2pm
- **Caboolture Hospital staff carpark**, Monday to Sunday, 7.30am to 5pm

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.

