This checklist is to help health-care workers (HCWs) check themselves for viral respiratory illness (VRI) risks before each shift and summarizes steps to take if a HCW develops signs and symptoms of VRI.

## Viral respiratory illness checklist for health-care workers

**Before work:**
- Perform hand hygiene;
- Minimize the number of personal items you bring to work to only essential items needed for the day;
- Have dedicated uniform/clothes and shoes that you only wear at work;
- Wear clean work clothes/uniform and shoes to work each day.

**After work:**
- Perform hand hygiene;
- Clean and disinfect personal items and frequently touched surfaces in vehicles used for work;
- Change clothes at work or go directly home;
- Put used work clothes/uniform in the laundry and perform hand hygiene. Wash clothes before you wear them again.

**At all times:**
- Monitor yourself for signs and symptoms of VRIs. See next section below for more information.
- Follow any additional health and safety measures as directed by your health authority or organization.

## Follow these general safety measures:

**Check yourself for symptoms of VRI before work:**

- Self-monitor for symptoms regardless of vaccination and/or recent infection status.
- Conduct a self-check for VRI symptoms prior to each work day including fever or chills, new or worsening cough, sore throat, shortness of breath, vomiting or diarrhea.
- Stay home if you are feeling sick or experiencing signs and symptoms of VRI.

## If you develop signs and symptoms of VRI:

**While at home, you should:**
- Stay home and self-isolate;
- Inform your supervisor, as required;
- If symptoms worsen, seek medical care.

**While at work, you should:**
- Perform hand hygiene right away;
- Put on a medical mask;
- Inform your supervisor, as required;
- Avoid further contact with patients/clients/visitors/other HCWs and transfer any essential duties;
- Go directly home as soon as it is safe to do so.

See the provincial return to work and exposures guidance for VRIs and follow any additional advice from your health authority and/or public health.