Viral respiratory illness checklist for health-care workers

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.

Follow these general safety measures:

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.

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.

2023.10.18