

COVID-19 Symptoms, Testing & Return to Work

Staff members experiencing Symptoms are to stay home and seek guidance

(Call 8-1-1, use the [Self Assessment tool](#), or contact your health care provider)

Mild Symptoms of COVID-19 include:

Fever or chills	Sore throat	Loss of appetite	Headache
Cough	Difficulty breathing	Body aches	Nausea or vomiting
Loss of sense of smell or taste		Diarrhea	
Extreme fatigue or tiredness			

Go to an emergency department or call 911 if you:

- find it hard to breathe
- have chest pain
- can't drink anything
- feel very sick or confused

If You Have MILD SYMPTOMS Or Tested Negative but Have Symptoms **STAY HOME**

For most people, [testing is not recommended](#).

Mild symptoms are symptoms that can be [managed at home](#).

If You Have TESTED POSITIVE (or as directed by 8-1-1 or Health Care Provider)

STAY HOME

1. Contact TRIUMF EHS through COVID-19-ehs@triumf.ca
2. [EH&S will follow up to determine need for Contact Tracing or Disinfection of Work Areas](#)
3. [Manage your own symptoms](#) (see link)

Since You Are Fully Vaccinated

You can end isolation and return to work when all three of these conditions are met:

1. Wait at least **5 days** since symptoms started, or from test date, if you did not have symptoms.
2. Fever has resolved without the use of fever-reducing medication.
3. Symptoms have improved.

Return to Work

When your symptoms have improved, you may Return to Work.

Contact EHS or HR if there are any questions

Return to Work

Contact Ian Doyle, at Human Resources idoyle@triumf.ca