COVID-19 Symptoms, Testing & Return to Work

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.

Mild Symptoms of COVID-19 include:
- Fever or chills
- Cough
- Loss of sense of smell or taste
- Extreme fatigue or tiredness
- Sore throat
- Loss of appetite
- Difficulty breathing
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

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.

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

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)

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

Mild Symptoms of COVID-19 include:
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

Testing is not recommended for most people.