

Category of workers	All workers
1) COVID-19 case (positive test)	<p>Home isolation for 14 days after the onset of symptoms AND:</p> <ul style="list-style-type: none"> • absence of fever for the past 48 hours • absence of acute symptoms for the past 24 hours • PCR negative for two respiratory specimens (only for health care workers) <p>If possible after return, assign the worker to provision of care for COVID-19 cases</p>
2) Domestic or intimate contact with a confirmed case	<p>Asymptomatic: home isolation for 14 days after exposure</p> <p>Becomes symptomatic: COVID-19 test</p> <p>-> positive = apply the recommendations</p> <p>-> negative = maintain home isolation in the South until 14 days after the last exposure</p>
3) Travellers arriving from outside Canada	<p>Asymptomatic: home isolation in the South until 14 days after return (mandatory)</p> <p>Becomes symptomatic: COVID-19 test</p> <p>-> positive = apply the recommendations</p> <p>-> negative = maintain home isolation in the South until 14 days after return</p>



Category of workers	General recommendations	Critical workers (required to avoid service interruptions)
4) Workers from southern Québec	<p>Isolation in the North in a single-person unit to complete the 14-day isolation period if telework is possible</p> <p>Becomes symptomatic: COVID-19 test</p> <p>-> positive = apply the recommendations</p> <p>-> negative = maintain isolation in a single-person unit until the end of the defined period</p>	<p>Isolation in the North in a single-person unit when the individual is not at work, for 14 days</p> <p>AND</p> <p><u>Level 1</u>) Seven days of home isolation, then return to work with precautions (distance of two metres during interactions at work, use of a mask and hand hygiene, self-monitoring of respiratory symptoms and temperature taken twice a day) to complete the 14-day period of precautions</p> <p>OR</p> <p><u>Level 2</u>) If Level 1 results in a service interruption that is too acute, consider organizing a work space with a distance of two metres from colleagues when possible (also during meetings), minimize contact with the clientele, be sure to wash hands often, wear a mask, observe hand hygiene, self-monitor symptoms and take temperature twice a day, to complete the 14-day period of precautions</p> <p>OR</p> <p><u>Level 3</u>) If Level 2 results in a service interruption that is too acute and the person needs to be in contact with the clientele, wear a mask, observe hand hygiene, self-monitor symptoms and take temperature twice a day, to complete the 14-day period of precautions</p> <p>Becomes symptomatic: COVID-19 test</p> <p>-> positive = apply the recommendations</p> <p>-> negative = return to the level of isolation which permits delivery of essential services, depending on the person's state and after clinical assessment, to complete the 14-day period of precautions</p>