



## MEMORANDUM

**TO:** Department Heads, Program Directors, Program Administrators, Residents, RDoS and PGME Staff

**SUBJECT:** COVID-19 Updates: Exposure/Testing, Return to Work, COVID-19 Reporting, International Travel, Proof of Vaccination

**FROM:** Dr. Anurag Saxena, Associate Dean, PGME

**DATE:** April 20, 2022

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Even though some COVID-19 restrictions are being lifted, the pandemic is not over. The PGME office will continue to provide the College of Medicine community with the most recent SHA and University of Saskatchewan updates regarding COVID-19 whenever possible.

### **EXPOSURE:**

If a resident is exposed to COVID-19, develops any symptoms compatible with COVID-19, or tests positive on a rapid antigen test they are to **call 811 (or OH&S 1-833-233-4403)**. All Health Care Workers (HCWs) should arrange for immediate PCR testing if they have any symptoms compatible with COVID-19.

The [SHA Exposure to COVID-19 Package](#) for health care workers is available online.

As a HCW you are eligible to receive an **Abbott ID NOW** Point of Care PCR test through the HCW Front of Line Program for any of the following:

- Experiencing COVID-19 symptoms
- Have a positive self-test
- Identified as a close contact and require a PCR test

To request a POC PCR test, follow these steps:

- Download and fill out the [Consent Form](#) located in the [HCW Front of the Line communications toolkit](#).
- Send your completed consent form to the closest participating COVID-19 Test and Assessment Centre outlined on form. Residents are strongly encouraged to use their **SHA email ID** for all communication with OH&S.
- You will receive an appointment time for your POC PCR test from the COVID-19 Test and Assessment Centre you contacted

To learn more about the HCW Front of the Line Program, visit [Abbott ID NOW](#) on the Saskatchewan Health Authority website.

### **RETURN TO WORK:**

For the most up to date information about **COVID-19 Return To Work (RTW)** for HCWs, please refer to the [Return to work guide for HCWs and/or the chart on page 3 of this document](#).

## **REPORTING:**

Residents must follow the standard reporting procedures if they are sick.

- The resident must email their Program Administrator (PA) or Program Director (PD) to notify the program that they are waiting advice from 811 regarding requirements for testing and self-isolation.
- The resident must work with their PAA closely to ensure that they are following the established procedures for time away from residency training and plan for return to work.
- The program must provide the resident's name to the PGME office.

## **INTERNATIONAL TRAVEL:**

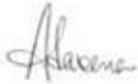
The University of Saskatchewan is gradually resuming international travel. See [USASK Travel Requirements](#) for details and instructions.

- Residents travelling to a country outside of Canada where there are no current [travel advisories](#) in place are asked to submit a [travel request](#) to Connection Point for approval.
- Residents travelling to an area outside of Canada where a [travel advisory](#) indicates that Canadians should **avoid all non-essential travel** or **avoid all travel** must continue to use the PGME International Travel Request Form. See your Program Administrator for details.

**PROOF OF VACCINATION:** Incoming elective residents are no longer required to provide proof of vaccination prior to starting an elective at the University of Saskatchewan. Being fully vaccinated is still recommended as a safe and effective way to limit the transmission of the COVID-19 virus. A list of vaccination clinics can be found [here](#).

The PGME office is here to assist you throughout this process. If you have any questions or concerns, please reach out to Ms. Gayathri Manoharan [gayathri.manoharan@usask.ca](mailto:gayathri.manoharan@usask.ca).

Sincerely,



Anurag Saxena MD, M.Ed., MBA, FRCPC  
Associate Dean, Postgraduate Medical Education

## Return to Work Determination Chart

**RAT** – Rapid antigen test

**PCR** – Polymerase chain reaction test (may include point of care [POC] or laboratory processes PCR tests)

HCW Scenario	COVID Related Symptoms	Exclusion from Work	SHA Testing Recommendations & Monitoring for RTW Guidance	Cleared to RTW
Positive Test (RAT or PCR)	NO	YES	Day 6 RAT is negative	Day 6
			Day 6 RAT is positive, continue to test daily until negative or day 10	Day of negative test or Day 11
	YES	YES	<b>If asymptomatic for 24 hours AND</b> Day 6 RAT is negative	Day 6
			Day 6 RAT is positive, continue to test daily until negative or day 10	Day of negative test or Day 11
Negative Test (RAT or PCR)	NO	NO	<ul style="list-style-type: none"> <li>Self-monitor for symptoms</li> <li>Complete RAT twice a week</li> </ul>	Continue to work
	YES	YES	<b>If asymptomatic for 24 hours AND</b> PCR is negative, continue to retest daily until day 10	Immediately
			Day 6 RAT is negative, continue to retest daily until day 10	Day 6
			Day 6 RAT is positive, continue to test daily until negative or day 10	Day of negative test or Day 11
No testing completed	YES	YES	<b>If asymptomatic for 24 hours AND</b> PCR is negative, continue to retest daily until day 10	Immediately
			Day 6 RAT is negative, continue to retest daily until day 10	Day 6
			Day 6 RAT is positive, continue to test daily until negative or day 10	Day of negative test or Day 11
Recovered Confirmed Positive HCW (post 90 days)	NO	NO	<ul style="list-style-type: none"> <li>Self-monitor for symptoms</li> <li>Complete RAT twice a week</li> </ul>	Continue to work
	YES	YES	<b>If asymptomatic for 24 hours AND</b> RAT is negative, continue to test daily until day 10	Immediately
			RAT is positive, continue to test daily until negative or day 10	Day of negative test or Day 11
Positive Case in household	NO	NO	<ul style="list-style-type: none"> <li>Self-monitor for symptoms</li> <li>Complete RAT testing daily for 10 days</li> <li>Unvaccinated people are at extremely high risk of infection and recommended they consider staying home from work for 5 days</li> </ul>	Continue to work
Have been in contact with a Positive Case NOT in my household	NO	NO	<ul style="list-style-type: none"> <li>Self-monitor for symptoms</li> <li>Complete RAT at least every 3 days</li> </ul>	Continue to work
Federal Direction to isolate	N/A	YES	<ul style="list-style-type: none"> <li>Follow SHA RTW Guidance</li> </ul>	Once completed your isolation