

# Viral Respiratory Illness (VRI)

## STAFF Reporting Process and Return to Work Restrictions

**All Island Health Staff will:**

- Self monitor for symptoms
- Follow routine and enhanced [Infection Prevention & Control precautions](#)

**Employee develops mild symptoms:**

- Sniffles/slight runny nose
- Nasal Congestion
- Lingering dry cough
- Scratchy throat
- Headache

**No work restrictions**

**Employee develops acute symptoms:**

- Fever or chills
- Cough
- Difficulty breathing
- Extreme fatigue or tiredness
- Body aches
- Nausea or vomiting
- Diarrhea

**Employee to be off work**

Employee remains symptom free

**No work restrictions**

In the event of workplace exposure or outbreak\*:

- Notify Staffing office of absence
- Suspected VRI: contact your [OH&S Employee Health Nurse- Site Assignments](#)
- Suspected COVID: contact the Provincial Workplace Health Call Centre ([PWHCC](#))

**Employee may return to work:**

- 5 days after the onset of symptoms, or once acute symptoms have resolved, whichever is sooner.

Must have **no fever** for at least 24 hours without the use of fever reducing medication.

\*Employees who work in multiple departments within one shift, should start work on a non-outbreak unit and finish their shift on the **Outbreak** unit.

Additional Resources: PDF's on Immunization & Disease Exposure Intranet page [OH&S Employee Health Nurse- Site Assignments](#)