

Red pathway

High risk contact

UPDATE (22/04/2022): Victorian public health quarantine rules for household contacts are changing. From 11:59pm Friday 22 April, household contacts won't be required to quarantine in the community provided they wear a mask indoors, avoid sensitive settings, and undertake at least five rapid antigen tests. For the latest information regarding community requirements, refer to the Department of Health site [here](#).

The information below will be updated shortly. **Until further notice, household contacts still need to furlough from work for 7 days unless obtaining an exemption.** Please complete a [staff self-assessment form](#) for further directions.

Quarantine and Testing

Your COVID-19 exposure has been assessed as high risk. You are required to:

- Furlough from work for 7 days from the date of the exposure (Day 0)
- Have a COVID-19 PCR test today (the day you are identified as a contact)
- Have a COVID-19 PCR test on Day 6

Please attend a COVID-19 Screening Clinic, preferably at an Alfred site (i.e. Alfred or Sandringham Hospital), so that we can fast-track your results. Staff can use self-screen facility located at the former Transit Lounge between Centre and South Block for this purpose. With swipe access, this is available 24 hours, 7 days a week.

The test must be a nose throat swab and PCR (the tests done at a laboratory). The test must not be collected using The Alfred/Caulfield/Sandringham self-surveillance process, and can NOT be a rapid antigen test.

If you are diagnosed with COVID-19 (by laboratory-based PCR test or rapid antigen test), you must complete the online [staff self-assessment form](#). You will then receive an email with further advice specific to you. Please note, you will not receive a phone call from Infection Prevention once you have completed the form so we ask that you regularly check your emails.

Return to Work

You can return to work on Day 8 if your Day 6 test is negative and you don't have any symptoms. When you return to work, you are advised to participate in self-surveillance COVID-19 testing (PCR or RAT) each rostered day, ending with a final nose and throat PCR test on Day 13 (or next rostered day). These tests can be performed at the staff self-surveillance rooms (for PCR test) or Rapid Antigen Test (RAT) clinic.

For staff who have household contact with a confirmed case, the following applies until day 14 or until all household cases are cleared (whichever happens last):

- Wear an N95 respirator at all times onsite (exceptions to this will be when walking from a tea room and after using the self-surveillance stations. You should then return to your work area and change to an N95 mask, as soon as practically possible).
- Do not share ward or department meal/tea rooms (where masks are removed).
- Redeploy away from high risk clinical areas (The Alfred: 7E, 3F/Respiratory, Acute Brain Injury Unit, Dialysis, Haematology-Oncology Centre) and high risk patients. This should be discussed with your manager.

Symptoms

If you develop symptoms of COVID-19, you must get tested, isolate, and complete the online [staff self-assessment form](#).

Staff red pathway exemption

To alleviate critical staffing shortages in the health system, the Victorian Department of Health has made an exemption for staff who are willing to continue to work onsite and do not have symptoms of COVID-19. This exemption advice applies only to Alfred Health staff and contractors on the red pathway – this will most commonly apply to staff who are household contacts of someone with COVID-19. For more information, staff can access Alfred Health Connect.

Advice for managers

Managers with staff who are eligible or may be eligible for the red pathway exemption are advised to consider the below:

1. Managers are not required to approve the exemption
2. If staff are non-clinical and could work from home, then they should be encouraged to do this rather than attending work on the exemption
3. Clinical staff should not care for a patient 1:1
4. Consider need to re-deploy away from immunocompromised patients
5. Be aware that if staff develop symptoms they should test, isolate and submit a new self-assessment form; if symptoms are in first week, tick for both symptoms and household contact
6. Staff are provided with RATs to use on the first 5 days after their exposure
7. In the second week after their exposure, they attend work on the 'yellow pathway' with surveillance as per usual process
8. If staff decide they no longer wish to work onsite in the first week after their exposure, they should submit a new self-assessment form stating nil exemption wanted