Monash Health

Employee Fact Sheet Series
COVID-19 Guidance Summary – Last updated 11 November 2022

This factsheet provides an overview of current COVID-19 precautions at Monash Health.

Advice and information evolve quickly, so please ensure you are referring to the latest version of this document, available at coronavirus.monashhealth.org

COVID-19 testing: employees, patients and parents/guardians/carers

The table below outlines the most appropriate testing method and frequency for different groups.

Group	Test	When/Frequency
Patients		
Emergency Department	Rapid Antigen	Symptomatic admissions
	PCR	Symptomatic presentations
All Overnight Admissions	Rapid Antigen	Symptomatic admissions
	PCR	All admissions
Dialysis, day infusions and day cases	Rapid Antigen	Symptomatic presentations
Close contacts in hospital	PCR	D0 and D6
	PCR	If symptomatic
Symptomatic on ward	PCR	If symptomatic
Pre-operative elective admissions	PCR	Pre-op screening 48 hours prior. Don't isolate. If symptomatic they have PCR results checked pre being admitted to hospital If no symptoms • Day case no PCR • Overnight PCR on arrival
Pre-operative emergency admissions	Rapid Antigen	Symptomatic presentations
	PCR	All admissions
Parents/guardians/carers		
All parents/guardians/carers that will be present throughout an overnight or longer admission	RAT	If symptomatic
Employees		
Asymptomatic close contacts returning to work	Rapid Antigen. If RAT is positive, get a PCR to confirm.	Before commencing shift for five days following notification as a close contact.

Returned from overseas	N/A	No testing required on return from overseas.
Post COVID-19 infection	N/A	No asymptomatic testing for 4 weeks after clearance, unless HCW has symptoms.
Symptomatic staff	See 'Updated advice for symptomatic staff' below	When symptomatic.

Please note: PCR tests may return positive results for weeks after the acute infection when the person is no longer infectious. Therefore, PCR tests should not be used on asymptomatic people for at least 4 weeks after they are cleared from COVID-19.

Where to get tested

Asymptomatic testing
Onsite testing is no-longer available. Please see www.coronavirus.vic.gov.au for details of testing locations.

Symptomatic testing - Priority Pathology for Employee COVID PCR testing
Priority PCR results (pathology only, not on-site queuing) will be available for **symptomatic** Monash Health employees, provided by Sandringham Ambulatory Care Centre (SACC).

Where: 9 Carroll Lane, Dandenong (off Cheltenham Road)

When: 9am – 5pm, Monday to Sunday

What to do:
- Drive through only
- Show your Monash Health Employee ID card for priority pathology service only (via Monash Health pathology)
- If driving, you will be asked to turn on your car hazard lights

Please note: While Monash Health is providing pathology support, this site is operated by Sandringham Ambulatory Care Centre. Please be kind and patient with staff.

Testing is also available here:
- Glen Eira walk in – 89-91 Murrumbeena Rd Murrumbeena, 9am – 5pm, Monday to Sunday
- Frankston Walk In Bruce Park Hall, 1/9N Bondi Ave, Frankston, 9am – 4pm, Monday to Sunday
- Dromana Walk-In Testing: 11/143 Point Nepean Road, Dromana, 9am – 5pm, Monday to Sunday

Where can I get a RAT or PCR test?
To find the nearest COVID-19 testing clinic near you, please use the Victorian Government's online clinic finder at www.coronavirus.vic.gov.au/get-a-covid-19-test.

What to do if you are a close contact

You are a close contact if you have spent more than four hours with someone who has COVID-19 inside a house, accommodation or care facility without appropriate PPE in place.

Healthcare workers who are close contacts and have no symptoms can attend work provided you:

- Notify your manager and complete the [Monash Health Close Contact Form](#)
- Undertake daily RAT testing for five days
- Wear an N95 while on-site and have breaks alone

Healthcare workers who are close contacts and have symptoms may return to work if you meet the following criteria:

- You have received a negative PCR test
- Your symptoms are improving
- You have not experienced a fever in the past 24 hours

You must:

- Notify your manager and complete the [Monash Health Close Contact Form](#)
- Undertake daily RAT testing for five days
- Wear an N95 while on-site and have breaks alone.

If your PCR test returns a negative result, but your symptoms are not improving or worsening, do not attend work. Please take another PCR test.

After you complete the [Monash Health Close Contact Form](#), our hotline team will be in touch with further instructions.

What to do if you are symptomatic

If you have tested negative for COVID-19 and your symptoms are improving or completely recovered, you may be able to return to work.

You may return to work if you meet the following criteria:

- You have received a negative PCR test
- Your symptoms are improving, or you are feeling better (no muscle aches and pains, no headache, improving cough, etc.)
- You have not experienced a fever in the past 24 hours

You must wear an N95 while on-site and have breaks alone until your symptoms are resolved.

If your PCR test returns a negative result, but your symptoms are not improving or worsening, do not attend work. Please take another PCR test.

What to do if you test positive for COVID-19

Your first priority is your health and wellbeing. COVID-19 can be a serious illness. If your symptoms are severe or worsen, contact your GP or call the Department of Health hotline on 1800 675 398.

Reporting a positive test result

If you test positive for COVID-19 please let your manager know and complete our online COVID-19 Positive Notification Form. If you received a positive result using a RAT, you should notify the Department of Health using their COVID-19 Positive Rapid Antigen Test Self-Reporting Form.

Isolating at home

If you are diagnosed with COVID-19 you should isolate to prevent the spread of infection. The day you received a positive result is Day 0. You can return to work on Day 7 if you are free of symptoms.

Support and guidance

If you have been diagnosed with COVID-19 and have mild to moderate symptoms or you are a close contact, the Victorian Government's Coronavirus portal is a useful resource. If you have concerns or questions, you can call the employee COVID-19 hotline on (03) 8572 5610.

Masks/PPE

Monash Health's PPE Compulsory Standards outline the level of PPE required in different situations.

- **In non-clinical areas,** masks are no longer required. This includes shared corridors, retail, café, dining areas and shared office areas.
- **In clinical areas,** caring for non-COVID/non-SCOVID and non-ED patients, surgical masks plus standard precautions are required.
- **In clinical areas,** Caring for COVID/SCOVID patients, N95 plus standard precautions are required.
- **Caring for Emergency Department patients,** N95 plus standard precautions are required.

Face-to-face meeting policy

Face-to-face meetings and training can resume if:

- No symptomatic attendees
- External (non-Monash) attendees require permission to attend clinical areas and must follow visitor guidelines including a wearing a surgical mask in clinical areas
- Hand hygiene should be available

Where these conditions cannot be met, please consider alternative meeting options such as MS Teams, Webex and phone.

Sharing food

Sharing food remains a transmission risk for COVID-19 and other infectious diseases. We ask that hand hygiene methods are followed, always opt for individually wrapped food and avoid communal bowls or plates.

Kitchen and meal time reminders

- Wash hands before and after preparing food
- BYO crockery and cutlery
- Clean surfaces and appliances after use
- Wash hands before and after eating food
- Don't share food that is in communal bowls or plates (for example, chips, platters, lolly jar etc.)

Getting a COVID-19 vaccination

Booster eligibility

A booster is now available for adults aged 30 and above. It is recommended that adults aged 50 to 64 years receive a booster of a COVID-19 vaccine. You can receive booster three months after your last dose or after being infected with COVID-19 (if the infection has occurred since your last dose).

Where to get your vaccination

Monash Immunisation

COVID-19 vaccinations continue to be available at Monash Immunisation at Monash Medical Centre.

- When: Monday – Friday 8.30am – 3.45pm
- Location: Suite i, Level 2, Main Building (inside Jessie McPherson Private Hospital)

This is a drop-in service, and no bookings are required. If you have any questions, email immunisation@monashhealth.org or call 9594 6320.

SEPHU Vaccination Bus
The SEPHU Vaccination Bus team are continuing their site visits to deliver COVID-19 vaccinations for employees, patients and the general public across various Monash Health sites. Keep an eye on the Monash Health COVID-19 website for the latest timetable. No bookings are required, simply walk-in.

GP and local pharmacy
You can also get a vaccine through your GP, local pharmacy, or use the COVID-19 Near Me to find a vaccination clinic near you. Bookings are recommended as these services are not operated by Monash Health. Call the Victorian Government Coronavirus Hotline on 1800 675 398 or book online.

Visitor restrictions

- For more detail about visitation and conditions of entry, please visit monashhealth.org.
- Resources for screening teams can be found on coronavirus.monashhealth.org

Isolation requirements for patients, day admissions and community infections

From 14 October COVID positive people will no longer be required to isolate for a period of time. Importantly, this does not cover hospitals and other sensitive settings. We will maintain symptomatic screening at front doors.

We advise **community members** to get tested if unwell, and to isolate at home for 5 days if COVID positive and rest. If COVID negative, symptoms have improved and they do not have a fever, community members can visit our sites.

Inpatients are assessed based on symptoms at presentation, reason for admission, disease severity and presence of immunosuppression – all of which may prolong shedding.

Group	Isolation period	Clearance method/comments
Patients		
Asymptomatic positive PCR*	7 days	Email covidclearance@monashhealth.org
Symptomatic positive PCR but asymptomatic for ≥72 hours	10 days	Email covidclearance@monashhealth.org
Positive PCR but ongoing symptoms in mild-moderate disease	14 days	Email covidclearance@monashhealth.org
Currently in ICU	20 days from PCR or symptom onset, whichever is longer	Email covidclearance@monashhealth.org
Immunosuppressed inpatients	At least 7 days, then 2 negative PCRs	Email covidclearance@monashhealth.org
Day admissions		
Immunosuppressed outpatients	May require 2 negative PCR after D7) to clear for hospital inpatient setting	
Community		
Positive PCR	7 days	Automatic
Positive RAT	7 days	Automatic

*All positive Rapid antigen tests as inpatients must be confirmed with a PCR

These settings will be reviewed regularly

We will review these settings regularly to ensure they remain appropriate to the level of infection risk in the community, making adjustments as required. If you have questions or concerns please escalate them through your line manager.

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Support

Our Employee Assistance Program (EAP) with Converge International is free and confidential. The EAP offers short term counselling and coaching support for all employees, immediate family members, and volunteers. The service is available 8am – 8pm, Monday to Friday, with limited availability on the weekends. You can make an appointment on 1300 687 327.

We also have a wide range of wellbeing resources available to help you. These can be found on the Health and Wellbeing page of coronavirus.monashhealth.org.