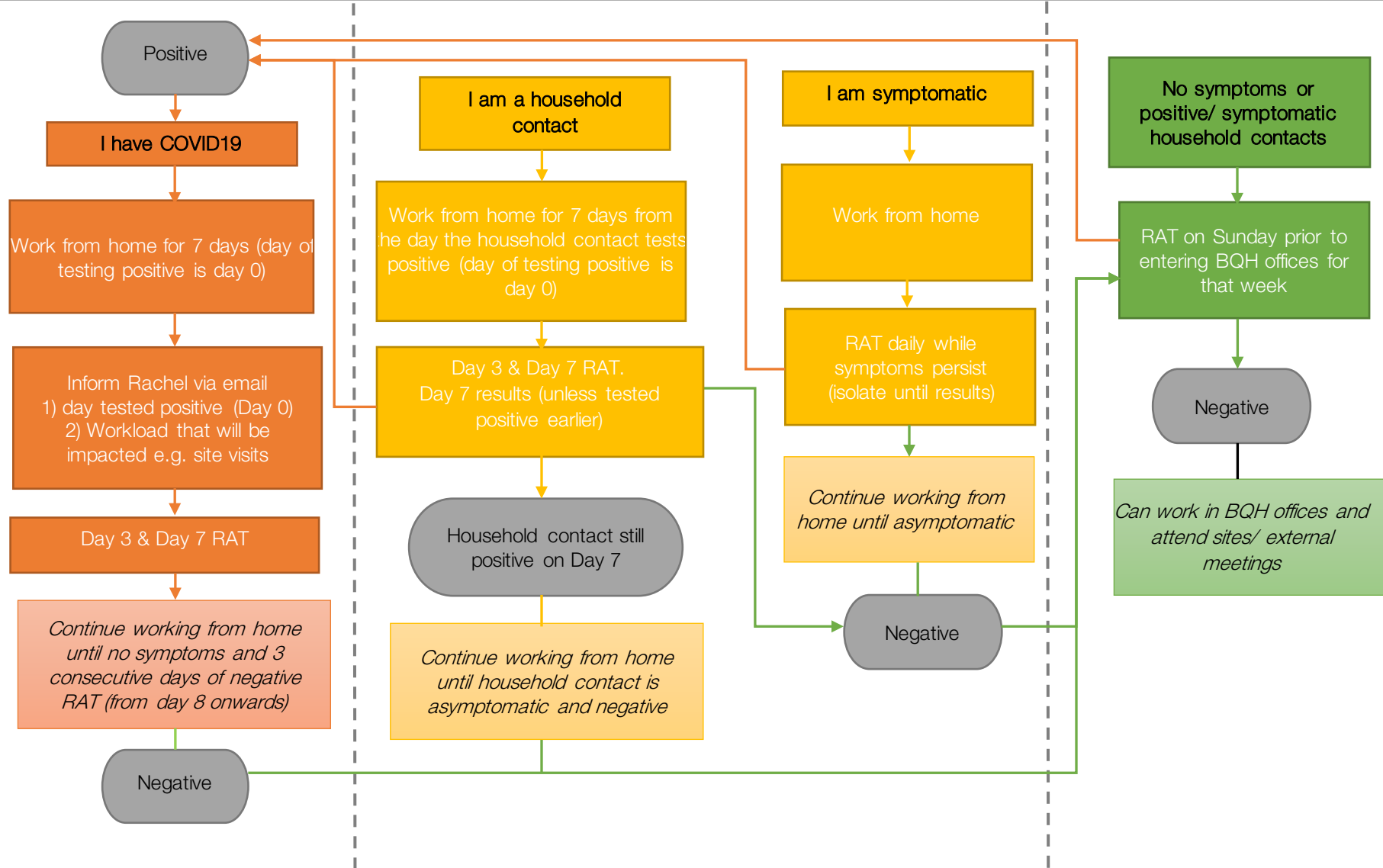






**BQH PHASE THREE**

- PCR/ RAT used for diagnosis
- Weekly RAT tests for BQH staff wishing to attend BQH offices (done Sunday of week prior)
- Symptomatic, household contacts, positive staff are to work from home until you have completed a minimum of 10 days isolation, have no symptoms, and a negative RAT test
- Close contacts have no requirement to isolate. Self-monitor for 7 days and test if symptomatic.



## / THE COVID-19 ISOLATION CLOCK

Isolation Clock	How the COVID-19 Clock Works
<p><b>Day 0</b></p> <ul style="list-style-type: none"> <li>• COVID positive case must isolate for 7 days</li> <li>• Household contacts must also isolate for 7 days</li> <li>• Everyone must take a RAT on day 3 and day 7</li> </ul> <p><b>Anyone who tests positive does not need to be tested again.</b></p>	<p><b>Day 0 – A person in your household has symptoms or they test positive for COVID-19</b></p>  <p>Original COVID case and your household go into isolation together for 7 days.</p>
<p><b>Day 3</b></p> <ul style="list-style-type: none"> <li>• All household contacts take a day 3 RAT test</li> <li>• Anyone who tests positive becomes a positive case and their 7 day isolation clock will restart from Day 0</li> <li>• Anyone who tests negative will continue to isolate for another 4 days</li> </ul>	<p><b>Day 3 – A second person in your household tests positive for COVID-19</b></p>  <p>New COVID-19 positive case goes back to Day 0 and restarts their own 7 day isolation clock.</p> <p>Original COVID-19 positive case and the rest of the household continue the original isolation clock.</p>
<p><b>Day 7</b></p> <ul style="list-style-type: none"> <li>• All household contacts take a RAT</li> <li>• If all tests are negative and no one has symptoms. Household contacts can be released from isolation</li> <li>• Three consecutive negative results are required before returning to the office</li> </ul>	<p><b>Day 7 – Everyone in your household except new COVID-19 positive people get tested</b></p>  <p>All tests are negative, and you have no symptoms. Everyone on the original isolation clock is released from isolation</p>
<p><b>Ongoing Isolation</b></p> <ul style="list-style-type: none"> <li>• Ongoing isolation for household contacts who test positive after the original case</li> <li>• All household contacts must be negative and symptom free for 24 hours before returning to the office, even if out of isolation</li> </ul> <p><b>Isolation clock is different from the original COVID-19 case</b></p>	<p><b>Ongoing isolation for anyone who tests positive after the original covid case</b></p>  <p>Second COVID-19 positive case (and any further positive cases) remain in isolation and continue with their own isolation clock</p> <p>The rest of the household should continue to watch for symptoms and get tested if they feel sick</p>