# Testing Guidance for Businesses

# Context

Testing can be considered as one tool for preventing COVID-19 being spread in the workplace and protecting employees. It is also important to have measures in place to support people during times of COVID-19 illness.

# Recommended Testing

Symptomatic testing

All people with COVID-19-compatible symptoms should test for COVID-19.

Current testing guidance for the general population is to conduct a self-test RAT immediately if COVID-19 compatible symptoms develop - and if the result is positive, recommended to isolate at home for at least five days from the day your symptoms started or when you tested positive, whichever came first.

If an individual tests negative but is still symptomatic, a RAT should be repeated 24 and 48 hours after the initial test. If the symptoms persist or worsen, the healthcare provider should be contacted.

Household contacts

For all household contacts of known positive cases, it is recommended that they complete a daily self-test RAT for five days from the day when the first case in the household tested positive or developed symptoms (whichever is earliest).

They should be vigilant for symptoms, especially until day ten, and like symptomatic people, do a RAT if they develop symptoms.

**Asymptomatic testing is generally not recommended.**

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## Infection Prevention Control (IPC) and managing sickness

The most important protective measures against COVID-19 and other respiratory pathogens in the workplace is to ensure that:

* employees are supported to stay home when they have respiratory symptoms
* mask wearing is encouraged for those working in close contact with others who may spread the virus
* vaccination status is up to date
* hygiene practices are promoted; and
* there is good ventilation in the workplace.