Appendix 3: Assessing wellness

**Personal Health Flowchart**

**Feeling unwell?**

- **No**
  - **Are you a vulnerable person?**
    - **Yes**
      - Notify manager and follow MoH guidelines for vulnerable people
    - **No**
      - **Do you have history of travel to areas with travel restrictions?**
        - **Yes**
          - **Have you had close contact with a person with symptoms (suspected or confirmed)?**
            - **Yes**
              - **Have you had indirect contact with a person with symptoms (suspected or confirmed)?**
                - **Yes**
                  - Call Healthline 0800 358 5453 and notify your manager
                - **No**
                  - Advised to self isolate?
                    - **Yes**
                      - **Not COVID-19?**
                        - **Yes**
                          - Keep on the side of caution and stay home.
                          - Notify your employer and do not return to work until you are completely well and advised to do so by your manager.
                        - **No**
                          - Advised to self isolate?
                            - **Yes**
                              - Isolation for 14 days
                            - **No**
                              - Self isolation not required?
                                - **Yes**
                                  - Return to work
                                - **No**
                                  - Advised to self isolate?
                                    - **Yes**
                                      - Isolation for 14 days
                                    - **No**
                                      - Return to work
  - **No**
    - **Do you have any of these symptoms?**
      - Fever (over 38°C)
      - Dry cough
      - Shortness of breath
      - **Yes**
        - Call Healthline 0800 358 5453 and notify your manager
      - **No**
        - Advised to self isolate?
          - **Yes**
            - **Not COVID-19?**
              - **Yes**
                - Keep on the side of caution and stay home.
                - Notify your employer and do not return to work until you are completely well and advised to do so by your manager.
              - **No**
                - Advised to self isolate?
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                    - Isolation for 14 days
                  - **No**
                    - Self isolation not required?
                      - **Yes**
                        - Return to work
                      - **No**
                        - Advised to self isolate?
                          - **Yes**
                            - Isolation for 14 days
                          - **No**
                            - Return to work

- **Yes**
  - **Are you a vulnerable person?**
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      - Notify manager and follow MoH guidelines for vulnerable people
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                        - Return to work
                      - **No**
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                            - Isolation for 14 days
                          - **No**
                            - Return to work