



Self-assessment checklist: Return to normal aviation duties after COVID-19

Please answer yes or no to each of the following questions.

QUESTION	YES	NO
Did your symptoms last for 7 days or more?		
Did you require hospital-based care at home, or were you admitted to hospital (this does not include home care provided by your GP)?		
Were you treated with antiviral medication?		
Were you treated with steroid medication (inhaled, oral or intravenous/IV)?		
Did you need oxygen support to breathe?		
Did you experience symptoms affecting your heart or lungs (such as shortness of breath, coughing, dizziness, palpitations and chest pain)?		
Did you experience any symptoms affecting your brain (such as dizziness, disorientation and 'brain fog')?		
Did you experience any symptoms affecting your kidney function (such as abdominal pain and nausea that was severe enough to need medication)?		
Did COVID-19 cause complications or other health issues which affected any other major organs?		
Do you have any other medical conditions that have been made worse by COVID-19?		
Have you experienced any ongoing difficulties such as an impaired sense of smell, breathlessness with exertion, or issues with your memory? (See the explanatory notes below for more information)		

If you answered NO to all of these questions, you can resume aviation duties and do not need to be reviewed by a GP or DAME.

If you answered YES to any of these questions, you will need a DAME review before you can resume aviation duties, even if you have no symptoms or have recovered from COVID-19.

EXPLANATORY NOTES

Residual symptoms

Some people experience mild fatigue, muscle aches and headache for several weeks after recovering from acute COVID-19 illness. If there is no impact on your breathing, sleep or cognitive function, and you do not require medications (other than simple painkillers like paracetamol or ibuprofen), these residual symptoms should not prevent you from returning to aviation duties, as long as you comply with public health orders relevant to your state and/or your GP or DAME medically clears you for work.

If these residual symptoms last longer than 4 weeks after you have finished your isolation period, you must be reviewed by your DAME. If this applies to you, please consider whether you are fit to continue with aviation duties until you have been reviewed.

Coughing

An occasional or very mild cough immediately following COVID-19 is not likely to be a significant health concern. However, if you continue to have a cough for more than 4 weeks – even if it is very mild – you will need a DAME review.

Sense of smell

Being able to recognise a fuel leak, smoke or fumes is important for safety. You can assess your sense of smell and ability to detect similar pungent odours using common household products like household solvents (acetone or turpentine), smoke from a safe source, or kerosene. This requires only the ability to sniff and assess from a safe distance, eg removing the top of the bottle and being able to detect reliably.

DISCLAIMER

CASA has issued this checklist and these explanatory notes to guide aviation industry members in assessing whether personnel who have contracted COVID-19 may resume normal duties. It should not be relied on as medical advice. You are encouraged to seek independent medical advice on how this issue may affect your particular circumstances.

