

Staff Screening & Testing



The Ministry of Health mandates all Long-term Care and Assisted Living sites implement guidance for COVID-19 as outlined in [“Infection Prevention and Control for Novel Coronavirus \(COVID-19\): Interim Guidance for Long-term Care and Seniors Assisted Living”](#). In compliance with the guideline and provided evidence suggests symptoms can be mild, with many outbreaks in Long-term Care attributable to virus transmission via staff, all staff working in Long-term Care & Assisted Living must:

(1) Self-Assess

- **Staff Must ACTIVELY Self-Assess twice daily, including prior to coming to work**

Use the following checklist or *BC Self-Assessment Tool* (<https://bc.thrive.health/>)

Are you experiencing any of the following symptoms?

Fever	<input type="checkbox"/> Yes <input type="checkbox"/> No
New or worsening cough** <i>is not related to seasonal allergies or known pre-existing condition</i>	<input type="checkbox"/> Yes <input type="checkbox"/> No
Stuffy or runny nose	<input type="checkbox"/> Yes <input type="checkbox"/> No
Sore throat or painful swallowing	<input type="checkbox"/> Yes <input type="checkbox"/> No
Difficulty breathing	<input type="checkbox"/> Yes <input type="checkbox"/> No
Diarrhea	<input type="checkbox"/> Yes <input type="checkbox"/> No
Nausea and/or vomiting	<input type="checkbox"/> Yes <input type="checkbox"/> No
Fatigue	<input type="checkbox"/> Yes <input type="checkbox"/> No
Muscle aches	<input type="checkbox"/> Yes <input type="checkbox"/> No
Loss of appetite	<input type="checkbox"/> Yes <input type="checkbox"/> No
Chills	<input type="checkbox"/> Yes <input type="checkbox"/> No
Headache	<input type="checkbox"/> Yes <input type="checkbox"/> No
Loss of sense of smell or taste	<input type="checkbox"/> Yes <input type="checkbox"/> No
Conjunctivitis (pink eye)	<input type="checkbox"/> Yes <input type="checkbox"/> No
Dizziness, confusion	<input type="checkbox"/> Yes <input type="checkbox"/> No
Abdominal Pain	<input type="checkbox"/> Yes <input type="checkbox"/> No
Skin rashes or discoloration of fingers or toes	<input type="checkbox"/> Yes <input type="checkbox"/> No

(2) Temperature Tracking

- **Staff must take their temperature twice daily AND record twice daily**
 - Ideally, this would be daily, but must be at the least on working days
 - If you do not have a thermometer at home and cannot obtain one, you can have your temperature taken at work, at the greeter station when you arrive and then again, at least 4 hours later
 - It is your responsibility to track your temperature and keep this log, until the COVID-19 pandemic is declared over or otherwise directed
 - Consider using a paper calendar or your smart phone to track your temperature readings twice daily
 - Avoid fever reducing medications (acetaminophen, ibuprofen or any combination medications) unless medically directed

(3) Self-Isolation & Testing

- If you have any of the above symptoms, however, mild and/or a temperature (>37.8°C), you are required to:
 - Call in Sick to work. **DO NOT COME TO WORK**
 - Call the Island Health COVID-19 Testing (**1-844-901-8442**) for further assessment and testing for COVID-19. When calling, identify yourself as a health care worker.
 - Self-Isolate, you need to follow the recommendations outlined by BC CDC in [“Dos and don'ts of self-isolation”](#) (see page 2) AND notify your manager.





Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Dos and don'ts of self-isolation

For people who may have been exposed but do not have symptoms

May 22, 2020

If you have come into contact with an infected person, you are required to self-isolate. This does not necessarily mean that you have COVID-19, but you are at risk for developing the disease and passing the infection on to others.

As of March 25, 2020 it is mandatory Under the [Quarantine Act](#) that anyone arriving in British Columbia from outside of Canada to [self-isolate](#) and monitor for symptoms for 14 days upon their arrival and [complete/register a self isolation plan](#).

There are some [individuals who are exempt from this order to provide essential services](#), but they still require a self-isolation plan and need to self-monitor for symptoms.

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| <ul style="list-style-type: none">✔ Do stay home for 14 days<ul style="list-style-type: none">▪ Work from home▪ Use food delivery services or online shopping✔ Do keep in contact with friends<ul style="list-style-type: none">▪ Use technology, such as video calls, to keep in touch with friends and family▪ Host virtual meetings, hangouts, family dinners or playdates for your kids✔ Do get creative to prevent boredom in kids<ul style="list-style-type: none">▪ Get creative by drawing, painting or running back yard obstacle courses and games✔ Do monitor your symptoms<ul style="list-style-type: none">▪ If you develop symptoms, you should get tested for COVID-19 at a collection centre▪ If you are unsure or have questions, you can use the COVID-19 Self-Assessment tool by visiting bc.thrive.health or call 8-1-1 for advice.▪ If you are having trouble breathing, call 9-1-1▪ If travelling by ambulance, notify the dispatcher that you may have COVID-19 | <ul style="list-style-type: none">✔ Do protect others<ul style="list-style-type: none">▪ Wash your hands frequently (hand hygiene)▪ Cough into your sleeve (respiratory etiquette)▪ Keep 2 metres away from others (physical distancing)▪ Greet with a wave instead of a handshake, a kiss or a hug✔ Do continue to exercise<ul style="list-style-type: none">▪ Exercise at home▪ Go outside for some fresh air, a run, bike ride, rollerblade, snowshoe, walk the dog or get the mail – ensuring you stay 2 metres away from others✔ Do clean all high-touch surfaces<ul style="list-style-type: none">▪ High-touch surfaces: toilets, bedside tables and door handles should be cleaned daily using a store bought disinfectant. If not available use diluted bleach solution, one part bleach to 50 parts water (e.g. mix 10ml bleach with 500ml water), and allow the surface to remain wet for 1 minute▪ If they can withstand the use of liquids for disinfection, high-touch electronics such as phones, computers and other devices should be disinfected with 70% alcohol |
| <ul style="list-style-type: none">✘ Do not go to school, work or other public areas<ul style="list-style-type: none">▪ (e.g. malls, fitness centre, place of worship)✘ Do not have visitors<ul style="list-style-type: none">▪ Except for individuals providing care or delivering food/supplies, and in that case, maintain a distance of 2 metres | <ul style="list-style-type: none">✘ Do not use public transportation✘ Do not share personal items with others<ul style="list-style-type: none">▪ Including toothbrushes, towels, linens, thermometers, cigarettes, unwashed utensils, and electronic devices (such as phones and computers) |
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