

ALWAYS FOLLOW INFECTION PREVENTION AND CONTROL MEASURES IN YOUR WORKPLACE; MAINTAIN PHYSICAL DISTANCE TO THE EXTENT POSSIBLE; USE A MASK WHERE INDICATED AND WEAR THE APPROPRIATE PPE IN ALL CLINICAL SETTINGS.

For detailed guidelines & resources, please visit:

<http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care/infection-control>

****ALWAYS FOLLOW ADVICE GIVEN DIRECTLY TO YOU BY PUBLIC HEALTH****

Please get tested if you have symptoms consistent with COVID-19. Visit the links below for lists of symptoms that warrant testing.

For K-12 children:

http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance-k-12-schools.pdf#page=23

For adults:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

What to do in the following scenarios

1. My child has very mild symptoms. I am holding them home from school (per the current recommendations).

You can go to work.

2. My child has symptoms and has tested negative. My child has had no known contact and none of us were told by Public Health to self-isolate.

You can go to work.

3. My child has symptoms that merited testing and we are awaiting results. My child has had no known contact and none of us were told by Public Health to self-isolate.

You can go to work.



4. My child is fine, but has been sent home because of an exposure at school.

You can go to work. Expect that Public Health may be in touch with you.

5. A co-worker is self-isolating due to a family member testing positive.

You can go to work. Contacts of contacts generally do not have to self-isolate. (Many other exposure situations related to co-workers are addressed elsewhere; POSH and Public Health will contact you if you are identified as possibly having been exposed.)

6. My child has symptoms and was told by Public Health to self-isolate due to a close contact.

While contacts of contacts generally do not need to self-isolate, the symptomatic person here has been exposed to COVID-19 **and** presents close household exposure to you. So, it is best to refrain from work while waiting for Public Health to advise on when you and your child can return.

7. My child has tested positive.

You can expect to be self-isolating for up to 14-24 days, depending on when symptoms started and how well the family is self-isolating — as directed by Public Health.



8. I have compatible symptoms.

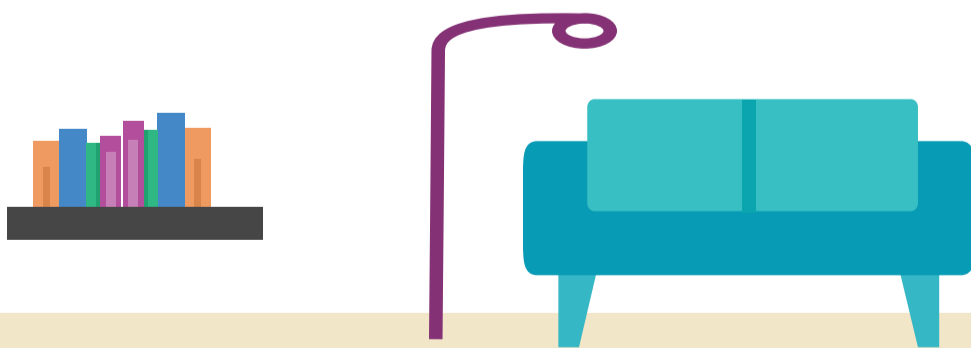
You should not come to work; go get tested and stay at home until you have a negative test. You can return to work after that if you feel well, unless you have infectious symptoms (see Scenario 10).

9. I have tested positive.

You should stay off work until approved to return by Public Health.

10. I have tested negative, but have ongoing symptoms that include fever, diarrhea or significant respiratory symptoms.

While it is a matter of clinical judgement, we ask you to please not come to work until these symptoms have resolved. Even if you do not have COVID-19, it is best to avoid spreading potentially infectious diseases of any kind at work.



We recognize that every situation has its own nuances. If ever in doubt, please contact POSH.

For information on Quarantine Income Replacement - visit Doctors of BC Insurance & Benefits During COVID-19

<https://www.doctorsofbc.ca/your-benefits/insurance/insurance-benefits-during-covid-19>



Email posh.covid@ubc.ca questions, concerns, possible exposures, etc. POSH operates 8 a.m. to 8 p.m., Monday to Saturday

