



Southern Stl'atl'imx
Health Society

Guidelines for Covid 19 Outbreak, Prevention & Control

Southern Stl'atl'imx Health Society

Guidelines for COVID-19

Outbreak Prevention, Control and Management

June 2020



Guidelines for Covid 19 Outbreak, Prevention & Control

Introduction

This guideline has been created to prepare for and respond to a pandemic COVID-19 outbreak in an appropriate and timely manner. Early recognition and swift action is critical for effective management of COVID-19 outbreaks in work site settings because of the physical lay-out and shared communal areas at SSHS office and the increased risk of spread when individuals work in close proximity.

As the COVID-19 pandemic is an evolving situation, this document and the guidance within are subject to change and will be updated as appropriate.

Education

COVID-19 overview

In January 2020, a novel (new) coronavirus (COVID-19) was identified as the cause of an outbreak of pneumonia originating in Wuhan, China. On March 11, 2020, the World Health Organization (WHO) classified COVID-19 as a pandemic.

The coronavirus is spread through direct contact with the secretions from an infected person; either through sneezing, coughing or by touching an object that has been contaminated. When a person is infected with COVID-19, they may have little or no symptoms, and the symptoms they do show can be easily confused with a cold or seasonal flu. Individuals with underlying medical conditions such as heart disease; hypertension; diabetes; chronic respiratory disease, and cancer are at risk of developing more serious complications

The estimated incubation period (the time between catching the virus and symptom onset) is 5-6 days on average, ranging from 1 to 14 days.

It is not certain how long the virus that causes COVID-19 survives on surfaces. However, according to the Centers of Disease Control and Prevention the virus may remain viable for hours to days on surfaces made from a variety of materials.

Currently, there is no vaccine available to protect against the COVID-19.

See Appendix A

*Know the Facts: About Coronavirus Disease (COVID-19) (Public Health Agency of Canada)



Guidelines for Covid 19 Outbreak, Prevention & Control

Self-Screening of symptoms and exposure

Self screening of SSHS employees for COVID-19 symptoms and exposure will assist in determining prevalence while limiting the potential spread of the virus to others in the community, and to decrease the potential for increased burden of illness resulting from the pandemic.

Procedures

All SSHS employees need to self-screen daily for symptoms and exposure of the COVID-19 virus using the attached self-screening tool below. If they meet any of the exposure criteria or symptoms, then they must follow the instructions as outlined. The individual cannot report to work.

Self-screening of symptoms and exposure tool

1. Self-screening of symptoms related to COVID-19 should be done daily while working in the community, see table below.
2. SSHS employees exhibiting any symptoms related to COVID-19 (as described in table) should not present themselves to work and report immediately to the Clinical Nurse manager.
3. SSHS employees exhibiting symptoms should immediately place themselves in self-isolation.
4. The Clinical Nurse manager, after discussion with the affected SSHS employee, will contact VCH MHO to discuss appropriate self-isolation management.
5. SSHS employees who become aware, while in the community, of potential close contact* with a person with presumed COVID-19 without wearing PPE, should self-isolate themselves and advise the Clinical Nurse manager. The next steps will depend upon the test results of the contact.

* A close contact is defined as a person who provided care for the client, including healthcare workers, family members or other caregivers, or who had other similar close physical contact or who lived with or otherwise had close prolonged contact with a probable or confirmed case while the case was ill

Symptoms

Do you have any of the following symptoms?

YES	NO	Fever >38°C or feeling feverish or have you had shakes or chills
YES	NO	Cough
YES	NO	Shortness of breath



Guidelines for Covid 19 Outbreak, Prevention & Control

YES	NO	Other symptoms such as fatigue, sore throat, headache, runny nose, muscle aches, decreased appetite, nasal congestion, loss of sense of smell and taste
-----	----	---

See Appendix B

*Sick or self-isolating?

*Daily Fit for Work or Essential Visitor Screening Questionnaire

To lower your risk of infection, take the following precautions:

Wash your hands with soap and water regularly and for at least 20 seconds at a time.	Use alcohol-based hand sanitizers if you are not able to wash your hands.	Avoid touching your face, specifically your eyes, nose, and mouth
Clean and disinfect frequently touched objects and surfaces.	Avoid shaking hands.	Practice 'social distancing', including maintaining at least 2 metres (or 6 feet) distance between yourself and others.
Avoid contact with people who are sick.	If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only in necessary. Follow with thoroughly washing your hands.	Stay at home if you are felling unwell; this includes not only your place of business but also public places such as stores, restaurants and bars, or other gathering places.
Get enough rest, exercise regularly, and eat a balanced diet.	Keep your stress levels in check.	Get an annual flu vaccine.

COVID-19 Testing Guidelines

The VCH guidelines for COVID-19 testing in BC are updated based on the changing epidemiology, testing capacity, and our evolving understanding of test sensitivity in clinical settings.

At this time, it is critical to ensure timely identification of new infections and their contacts to prevent community spread of COVID-19.

As of April 23, 2020, the guidelines are:



Guidelines for Covid 19 Outbreak, Prevention & Control

1. Test all individuals with new respiratory or systemic symptoms compatible with COVID-19, however mild. Symptoms may include fever, chills, cough, shortness of breath, sore throat, odynophagia, rhinorrhea, nasal congestion, loss of sense of smell, headache, muscle aches, fatigue, or loss of appetite.

See Appendix C

*VCH Physician's Update COVID-19 Testing Guidelines April 23, 2020

Advice on Self-Isolation

We now recommend that:

People returning from travel outside of Canada stay home or self-isolate for 14 days after they return to Canada. They should monitor themselves daily for symptoms (fever, cough, muscle aches, difficulty breathing).

People who have been in close contact with someone who has been diagnosed with COVID-19 by laboratory testing should self-isolate for 14 days after their last encounter.

Individuals should monitor themselves daily for symptoms (fever, cough, muscle aches, difficulty breathing).

People who have been in close contact with someone who has been showing symptoms (fever, cough, muscle aches, difficulty breathing), should monitor themselves daily for symptoms



Guidelines for Covid 19 Outbreak, Prevention & Control

See Appendix D

- *Self-Isolation after a COVID-19 Test – May 1, 2020 (BCCDC)
- *Dos and don'ts of self-isolation – For people who may have been exposed but do not have symptoms – April 3, 2020 (BCCDC)
- *If you are a contact of a COVID-19 case, you need to self-monitor for symptoms and self-isolate for 14 day (BCCDC)
- *COVID-19 – How to Care for a Person with COVID-19 at home – Advice for Caregivers (Public Health Agency of Canada)
- *Returning Travellers: Welcome Back to British Columbia (Public Health Agency of Canada)
- *How to self-isolate after travel when you live with other family members April 4, 2020 (BCCDC)
- *Mandatory Isolation – Returning Travellers (Public Health Agency of Canada)
- *BC Health Care Worker Return to Work Decision Tree (BCCDC)
- *How to self-isolate after a COVID-19 test (BCCDC)

COVID-19 Return to Work

Return to Work Notifications:

- A worker (including contractors and temporary workers) must immediately notify the Health Director or their Manager over the telephone (prior to returning to the workplace) if:
 - household member returning from international travel
 - showing symptoms of a respiratory infection (e.g., cough, sore throat, shortness of breath, fever);
 - having possible contact with COVID-19;
 - being tested for COVID-19; or
 - receiving a positive test result for COVID-19
- Clinical Nurse Manager follows up with workers (including contractors and temporary workers) for any of the above-mentioned conditions before they return to the workplace.



Guidelines for Covid 19 Outbreak, Prevention & Control

-Clinical Nurse Manager must call the worker who has been tested for COVID-19 to follow up on the test result.

In the case of a positive COVID-19 worker confirmation:

-Clinical Nurse Manager immediately notifies the Health Director, Senior Manager and Human Resources Manager

-Clinical Nurse Manager consults with and follows public health's recommendations for any positive COVID-19 workers

Advice for Those Who Have Respiratory Symptoms

For anyone who develops fever, cough, muscle aches, difficulty breathing, and can be managed at home (i.e., doesn't need to go to the hospital), self-isolate for at least 14 days after onset of their symptoms. After 14 days, if their temperature is normal and they feel better, they can return to their routine activities. Coughing may persist for several weeks, so a cough alone does not mean they need to continue to self-isolate for more than 14 days.

See Appendix E

*Interim Guidance on Return to Work for Health Care Workers with Symptoms of COVID-19 – April 28, 2020 (BCCDC)

Staff with Exposure to COVID-19

1. The virus can take up to 14 days to make someone sick after they have been exposed, therefore if staff have been exposed to COVID-19 they should self-isolate for 14 days and self-monitor for symptoms.

2. If they do not develop symptoms during the 14 days, they can return to work.

Advice on Cleaning and Disinfecting

Cleaning and disinfecting objects and surfaces that are frequently touched (e.g., high touch surfaces such as doorknobs, faucet handles, computer keyboards, etc.) will help to prevent the transmission of viruses from person to person through contaminated hands. These surfaces should be cleaned and disinfected at least two times per day. If household or commercial disinfection products are not readily available, hard surfaces can be cleaned of visible dirt and then disinfected using a mixture of 1-part bleach and 9-parts water.



Guidelines for Covid 19 Outbreak, Prevention & Control

If a client is suspected or confirmed for COVID-19 and has moved through your setting, clean the entire space area, including all high touch surfaces. Store bought disinfectant or ready-to-use wipes can be used. Always follow the manufacturer's instructions.

Wash items according to manufacturer's instructions. If possible, wash with detergent at the warmest water settings possible for the items and dry completely.

You do not need to close your facility if an individual with suspected or confirmed COVID-19 has been in your setting, however proper cleaning and disinfection of the rooms and surfaces within the office contacted by the symptomatic person is required.

See Appendix F

*Cleaning and Disinfectants for Public Settings (BCCDC)

General Precautions

1. Stay at home if you are sick to avoid spreading illness to others.
2. Practice cough etiquette.

Cough into your elbow or cover your mouth and nose with a disposable tissue when you sneeze. Immediately dispose of all used tissues in an appropriate waste bin and wash your hands right away.

3. Maintain a physical distance of two metres from others at all times.
4. Do not touch your eyes, nose or mouth with unwashed hands.
5. Do not share food, drinks, utensils, cigarettes, vaping devices, joints or bongs.

See Appendix G

*Coronavirus Prevention (BCCDC)

*Help Reduce the Spread of COVID-19 (Public Health Agency of Canada)

*Cover your Cough (VCH)

Physical Distancing

Physical distancing is a strategy to limit the spread of COVID-19, the disease caused by the coronavirus. This is a conscious effort to reduce contact between people to slow down the spread



Guidelines for Covid 19 Outbreak, Prevention & Control

of the virus. Even if you are symptom free and not part of an at-risk group, you still need to change your lifestyle starting today to avoid contracting and spread of the virus.

The goal is to do everything possible to limit our in-person interaction, while finding new and more protective ways to operate the physical infrastructure so the work still flows.

See Appendix H

*Physical Distancing in Progress Poster (BCCDC)

*Physical distancing Protect yourself, your loved ones and your community from COVID-19 March 23, 2020 (BCCDC)

Hand washing protocols

Performing good hand hygiene is one of the most effective ways of reducing the spread of infection. People (staff and clients) should wash their hands with plain soap and warm water for at least 20 seconds or use hand sanitizer with at least 60% alcohol content:

1. When they arrive on site and before they leave
2. Before and after preparing, handling, serving or eating food
3. After personal body functions (e.g., using the toilet, sneezing, coughing)
4. Before and after using a mask
5. After disposing of garbage or dirty laundry
6. Whenever hands look dirty
7. Before and after they work with a client

See Appendix I

*How to handwash (VCH)

*How to hand rub (VCH)

PPE guidance

The type of PPE required depends on the type of health service offered and/or the location where the service is offered.



Guidelines for Covid 19 Outbreak, Prevention & Control

Health Services:

Services that do not require direct physical contact with clients (delivery of medications, managed alcohol disbursement, provision of harm reduction supplies, overdose prevention services)

- 1.surgical masks (for clients with symptoms)
- 2.hand sanitizers
- 3.disinfecting wipes

Services requiring direct physical contact with patients who are symptomatic (respiratory symptoms)/suspected/known COVID+ (e.g. Primary Care in reach, Mental Health in reach, Complex Mental Health support)

- 1.surgical or procedural mask
- 2.eye protection (i.e., eye goggles or face shield)
- 3.gloves (must be changed between patients/clients)
- 4.gown
- 5.surgical masks (for clients with respiratory symptoms)
- 6.hand sanitizers
- 7.disinfecting wipes

Interactions that require physical contact with clients

- 1.surgical mask
- 2.eye protection (i.e., eye goggles or face shield)
- 3.gloves (must be changed between patients/clients)
- 4.gown
- 5.surgical masks (for clients with respiratory symptoms)
- 6.hand sanitizers
- 7.disinfecting wipes



Guidelines for Covid 19 Outbreak, Prevention & Control

See Appendix J

- *Personal Protective Equipment – Donning and Doffing (VCH)
- *How to use a mask (Work Safe BC)
- *Advice on the use of masks in the context of COVID-19 (WHO, June 5/2020)
- *COVID-19 health and safety – Selecting and using masks (Work Safe BC)

The Role of Masks to Prevent COVID-19

1. Masks can be used by sick people to prevent spreading the virus to other people. A mask can help keep a person's droplets in.
2. When a person is not sick themselves, wearing a mask is not very effective at preventing the person from getting infected.
3. Masks may give a person a false sense of security and are likely to increase the number of times a person will touch their own face (e.g., to adjust the mask).
4. Any mask, no matter how efficient at filtration or how good the seal, will have minimal effect if it is not used together with other preventive measures, such as frequent hand washing and physical distancing.
5. Wearing a surgical mask and eye protection (i.e. glasses or goggles), may reduce your exposure risk if you are in prolonged close contact (i.e. face to face contact at a distance closer than 2 meters and for more than 15 mins) with someone who is sick with COVID-19. If a surgical mask is not available, a homemade mask (like a bandana) may offer some protection.
6. COVID-19 is spread through droplets, which is why physical distancing, hand hygiene, respiratory etiquette and disinfecting protocols are the most effective means of reducing the spread of the virus. Gloves, gowns, and N95 respirators are therefore not required in for routine interactions.
7. Due to the COVID-19 pandemic, (PPE) such as masks are in extremely high demand, both globally and here in British Columbia (BC). Consequently, stock and availability may be low.

See Appendix K

- *Medical Client Transport and Hygiene during COVID-19 Pandemic



See Appendix L

*Environmental Cleaning and Disinfectants for Physicians' Offices (BCCDC)

Entering Homes or Other Workplaces

- 1.If essential work in homes or other workplaces can be delayed, it should be.
- 2.Where it is not possible to delay work, clients should be contacted prior to the worker's arrival to enquire if anyone on the premises is unwell, so the client can self-isolate during the visit, where possible.
- 3.A daily log should be kept of all the homes and workplace settings the worker has visited while working.
- 4.Work duties should be performed at least 2 metres or 6 feet away from other people, whenever possible.
- 5.To minimize contact with surfaces in the home, have clients open doors and turn on lights before the worker enters to work.
- 6.If the worker touches surfaces in the home, they should perform hand hygiene immediately after finishing the work.
7. Workers should clean and disinfect all items/tools that were used in the home or workplace, and then perform hand hygiene.

Delivering Goods

- 1.Equip delivery personnel with alcohol-based hand sanitizer, tissues, and disinfectant wipes to clean frequently touched surfaces (e.g., car door handles, steering wheel) and provide them with instructions on their appropriate use and disposal.
- 2.Delivery personnel should use alcohol-based hand sanitizer between deliveries.
- 3.Wherever possible, deliveries should be contactless, with items being left at the door of the customer.



Guidelines for Covid 19 Outbreak, Prevention & Control

See Appendix M

*COVID-19: Public Health Guidance K-12 School Settings (BCCDC)

*Education (K-12) Protocols for returning to operation (Work Safe BC, June 9, 2020)

Childcare Settings

See Appendix N

*COVID-19: Public Health Guidance for Childcare Settings – May 19, 2020 (BCCDC)

*Questions and Answers on COVID-19 and Childcare Settings (BCCDC)

In – Person counselling

See Appendix O

*In – Person counselling: Protocols for returning to operation (Work Safe BC, June 9, 2020)

Offices

See Appendix P

*Protocols for returning to operation (Work Safe BC, June 9, 2020)

Vehicle Cleaning Checklist

See Appendix Q

*COVID-19 Pandemic Vehicle Cleaning Checklist



Southern St'atl'imx
Health Society

Guidelines for Covid 19 Outbreak, Prevention & Control

Daily Sign In & Sign out Sheet

****See Appendix R***

Pemberton Medical Clinic Telehealth Appointment Steps

****See Appendix S***