

**Prince George Native Friendship Centre
Youth & Community Services Department
Communicable Disease Prevention Plan**



Worksite Location:

1600 3rd Ave, Youth Services offices only

171 George Street

657 Douglas Street

1245 20th Avenue, Victoria Towers

April 8, 2022

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“in the power of Friendship, be safe, be kind..”

1. Background

The province of British Columbia has announced the beginning of its Restart Plan of April 8, 2022. As per the Provincial Health Officer and in compliance with Worksafe BC, employers are no longer required to maintain COVID-19 Safety Plans. Employers are required to have Communicable Disease Prevention Plans.

2. Communication

Please note that any direct concerns should be brought immediately to your supervisor's attention.

- Alex West, Friendship Home Coordinator/ FUBU
- Kim James, Reconnect Village Coordinator
- Sheila Rennie, My Way

On call coordinator outside of supervisor working hours or to Sheila Rennie, Director of Youth Community Services

This plan will be updated as required and will be posted at every department worksite and available on our webpage: www.pgnfc.com

Additionally, the PGNFC Safety Committee meets via Zoom on the first calendar Wednesday of each month and a monthly communique is issued by the PGNFC management Team in regard to organizational response to any new orders from the Provincial Health Office or Worksafe BC.

3. Know when not to come to work

- Self-Assess daily, prior to arriving at work using: COVID-19 BC Support App and Self-Assessment Tool Link: <https://bc.thrive.health/>. After assessment, should you be symptomatic, please follow the instruction as outlined.
- Daily PGNFC Health Assessments are no longer required. We are adhering to the 2 days of symptom free prior to any return to work, should employees identify COVID 19 symptoms as a reason for workplace absence.

4. Know what is required in the worksite

A. Masks are not required but **highly recommended** for indoor spaces for all people 12 and older who are not yet fully vaccinated. Proof of vaccination is not required.

B. Masks are not required but **highly recommended** in all PGNFC Youth Services Department worksites when physical distancing (2Meters) is not possible.

C. Hand hygiene (Appendix A)

Wash hands as you enter and leave worksite and during as needed.

- **Hand Hygiene:** Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before preparing food, eating; medication distribution; and after blowing your nose, coughing, or sneezing. **If soap and water are not readily available**, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- **Respiratory Etiquette:** cough or sneeze into a tissue or elbow.

D. Personal Protective Equipment (PPE) Face masks, Gloves and goggles/visors are mandated for the following times:

- Staff must know when to use: **(Appendix B, C & D)**
 - see Disinfecting/Cleaning
 - see Transportation
 - See Pre-screening/Room checks
 - See First Aid
 - See Naloxone

E. Physical Distancing

Practice Physical Distancing (2 meters) while in your worksite, this includes office, kitchen, any open spaces (Indoor/outdoor) and adjust your worksite as needed in conjunction with your supervisor (ie: removing chairs, tape prompts, adjusting entrance/exits, single occupancy in fleet and elevator). **Facial masks are recommended when physical distancing is not possible.**

- **Occupancy Limits:** PGNFC Occupancy limits are to room capacity.
- **Office Etiquette:** Please ensure that you are designating a pen for your own use and disinfecting common use items after your use (Phones, computer, photocopier, stapler, etc)

F. Prevention for Clients/Professional Visitors

- All staff/clients/professional visitors **MUST WASH HANDS** or use **HAND SANITIZER** as they enter the premise or vehicle.
- Facemasks are not required but highly recommended to all Professional Visitors and protocol around usage when physical distancing is not possible.

5. Disinfecting/cleaning

Routine disinfecting and sanitizing of worksite must occur on an enhanced cleaning schedule and as required with the mandated PPE as listed in **Section 3 C.**

- **Site Disinfection:** On going as needed but a at a minimum **once** every hour shift cleaning with disinfectant; all surfaces (Desks, Table and Chairs), doorknobs, handrails, computers, telephones, etc. Please log cleaning and submit as per directions on the Daily Log Book. All indicated PPE (Face mask, Gloves/Visor Goggles to be worn)
- **Kitchens/faucets** must be disinfected after every use and recorded in the Daily Log Book All indicated PPE (Face mask, Gloves/Visor Goggles to be worn)
- **Fleet:** Must occur prior and after every use and record on pre-trip. All indicated PPE (Face mask, Gloves/Visor Goggles to be worn)
- **Bathrooms:** must be disinfected after every use and recorded in the Daily Log Book. All indicated PPE (Face mask, Gloves/Visor Goggles to be worn)

6. Service Delivery

The following services areas are deemed essential services in the Youth Services Department:

Friendship Home: Residential Services, transport to resume for residents as required. Professional visitors allowed on site and other visitors welcome at the approval of Program Coordinator.

FUBU Youth In Care Network: Youth Networking & on-site support at the Towers, Friendship Home and Reconnect. Drop-in activity located at 1600 Third Ave set to structured programming. Program Activities resuming with hand sanitizing available.

My Way Interdependent Living Program: Youth Networking; program transport & on-site support at Victoria Towers, Reconnect and Friendship Home. Planned outreach to clients in community. Program activities resuming with hand sanitizing available.

Reconnect Youth Village: Residential Services, program transport & outreach for Youth to resume. Planned outreach/Street time to clients in community. . and programming activities resuming with hand sanitizing available.

- Any meeting or information is encouraged to be completed/gathered by phone or approved media platform.
- Any in person meeting requests including client contacts must have a plan for physical distancing.
- Staff will work with their supervisors to find creative plans to continue to provide service, i.e. delivery of groceries/goods, screening and meeting 1-1 with appropriate physical distancing, etc. for continuity of service.
- COVID-19 Symptomatic clients in residential services will only be provided with rides when they wear a surgical mask and gloves and only to their home destination or to a medical appointment. Staff must wear full PPE (Surgical mask, goggles, gloves)
- Transportation using a taxi will only occur when we are unable to transport due to health protocols listed in this document not being able to be followed or we are not able to facilitate due to availability.
- Staff meetings may be by teleconference, Zoom or in person with a pre-approved physical distance plan.
- All practicum placements and volunteers will resume with each being approved by the Director and must fully follow this plan.
- We are prioritizing the use of technology to provide continuity of services when appropriate.

7. Volunteers/Practicums

PGNFC recognizes the valuable partnership between community programs and the need for hands on practical experience.

Any Volunteer/Practicum student on site in PGNFC programs will:

- In addition to having completed a Criminal Record Check with the local RCMP detachment, be given an orientation to the Communicable Disease Prevention Plan by the coordinator or their designate, once completed both will sign the attached document.
-

- Volunteer/Practicum student MUST self-assess prior to entering the work site. If they are unwell, they are to follow the call-in procedure as outlined with their faculty advisors
- Volunteer/Practicum student MUST wash hands upon entering the program
- Follow the guidelines as set out in this document, specifically but not limited to the use of PPE.
- Report any safety concerns directly to program coordinator or designate immediately.
- Follow the guidelines as set forth from their academic institution, if practicum student.

8. PGNFC Youth Services Department Communicable Disease Prevention Plan for Indoor Activities/Out doors

- Venue must have pre-approval of direct Supervisor
- Staff are not required but its highly recommended to wear masks when physical distance is not possible.
- A table must be set- up with a check in station that must include:
 - Sign in sheet with participant contact information
 - Face Masks, Visors and hand sanitizer must be available
 - Pens for single contact and disinfectant to sanitize
 - Level 1 First Aid Kit
 - Garbage bin
- A minimum of 2 staff are required for a group number 10. A minimum of 4 staff are required for a group number of 20.
- All staff will have their own hand sanitizer and will pack individual Face Masks for distribution if anyone choses to wear.
- Physical distance of at least 2 meters between each participant (staff included) should be maintained.
- Ensure that activities are scheduled at appropriate intervals to allow for time to clean, sanitize, and ventilate the space/equipment between activities.
- All garbage will be collected and disposed of by staff with the following PPE:
 - Face Masks
 - Goggles or visor
 - Disposable gloves
- All equipment (pens/chairs/etc.) will be sanitized prior to be placed in PGNFC fleet or worksite.

9. Transportation in Fleet

- Transporting will resume to seat capacity in the fleet.
- Hand sanitizing prior to use is required.

- Disinfecting/sanitizing of fleet must occur after every use and documented.
- Pre-screened Clients before entry to the fleet.
- Staff are required to **wear a face mask** to transport with client.
- All occupants **must wear a face mask**.

10. Food Services

- All staff involved in food preparation must maintain highest standards of food safety, as per certified Food Safe practise.
- Gloves should be worn during food preparation and serving.
- Masks are not required but highly recommended.
- Any food preparation by youth, must be supervised by staff.

10. Pre-Screening Clients

- Client Screening Non-Residential (Appendix E)– Prior to meeting with any clients or driving with clients, you must enquire about current symptoms, and recent travel.
- Client screening Residential (Appendix F) - upon intake or entry ask if clients have any symptoms, the main symptoms feel like the flu or a really bad cold: Fever, Cough, Shortness of breath/difficulty breathing, please document this on Intake Forms.

If or when a client gets ill/ reports being ill while in program:

- Request Client to wear mask and physically isolate within resource
- Staff must wear full PPE (Surgical mask, goggles, gloves)
- Connect with their regular health practitioner or HealthLink BC 811 or 1-844-645-7811 Northern Health COVID-19 Line for further instruction.
- Staff must report directly to your supervisor or Contact PGNFC After-Hours on call for support/direction.

11. Staff practices to care for youth with suspected COVID 19 (Residential Only)

- Staff to use Personal Protective Equipment (face mask, eye goggles and gloves) during direct care of client with suspected COVID-19.
- Ask client to use Personal Protective Equipment (face mask, eye goggles and gloves)
- Any person that may have symptoms of COVID-19 should have a surgical mask placed on them, self-isolate and do the following:

- 1) Call 811, BC Nurses Line 1-844-645-7811 Northern Health COVID-19 Line for further instruction, explain the circumstances and seek advice.
- 2) Monitor client, and seek emergency services if deemed necessary for their health.
- 3) Staff must report directly to your supervisor or Contact PGNFC After-Hours on call for support/direction.

12. First Aid

- Physical distancing is **MANDATORY**, we ask that First Aiders do not break physical distancing to administer first aid to either colleagues, community members and clients.
- Options as a First Aider are:
 - to provide someone with the supplies to self-administer first aid and to walk them through the process verbally while at the same time physical distancing, or
 - to call 911 for more serious injuries/illnesses, wear full PPE (N95 Mask, goggles, gloves) in preparation for further direction from 911 operator.

13. Naloxone (as per policy June 1, 2020)

Rationale:

Naloxone/Narcan is indicated for the reversal of opioid overdose induced by natural or synthetic opioids in the setting of respiratory depression or unresponsiveness. Opioids include: morphine, codeine, heroin, oxycodone, methadone and fentanyl.

Operators of licensed community care facilities that provide care to persons who are at risk of an opioid drug overdose must obtain and maintain a supply of Naloxone for emergency use in the event that a person in care suffers from a drug overdose.

Section 70 (1) of the Residential Care Regulation, which requires that "...only medications that have been prescribed or ordered by a medical practitioner or nurse practitioner are administered to persons in care" ***must not be interpreted as a barrier*** to administering Naloxone to a person who is suffering from an opioid overdose. Naloxone may be provided under a Standing Order in collaboration with an operator's Medication Safety and Advisory Committee and facility physician, as Naloxone is no longer a prescription medication in a non-hospital setting.

PGNFC must report any administration of Naloxone as a reportable incident under the category of Poisoning which is defined as "... the ingestion of a poison or toxic substance by a person in care".

PGNFC will ensure that all staff completes required training in the administration of Naloxone from the designated clinical pharmacist on the Rexall Team, and that their staff also receives provide first aid appropriate to the situation. PGNFC must also ensure that trained staff are available at all times to administer Naloxone to persons in care when persons in care are on the premises of the licensed facility or away from the premises and remain under the care of facility staff.

This policy has been updated and is compliance with BC Centre for Disease Control on responding to opioid overdoses during COVID -19; <http://www.bccdc.ca/our-services/programs/harm-reduction>

PGNFC Youth Services Opioid Overdose Intervention Protocol

Naloxone kits on site include:

- 3 x 0.4mg ampules or vials of naloxone,
- syringes,
- gloves,
- N95 Mask,
- Eye protection,
- alcohol swabs,
- cotton swabs; and,
- a breathing mask for client.

Naloxone kits will be stored:

- With first aid kit.
- Replacement kits will be ordered from Rexall Reids by directive of the Licensed Manager.

INDICATORS OF AN OPIOID OVERDOSE

- Person cannot stay awake.
-

- Can't talk or walk.
- Slow or no pulse.
- Slow or no breathing, gurgling.
- Skin looks pale or blue, feels cold.
- Lips or nails are blue.
- Pupils are pinned or eyes roll back.
- Body is limp.
- No response to noise or knuckles being rubbed hard on breast bone.

RESPONDING TO AN OPIOID OVERDOSE

A. UNRESPONSIVE

- Stimulate with noise (shout, use their name)
- Immediately put on PPE (personal protective equipment):
 - Wash hands or sanitize with hand sanitizer
 - Place N95 Mask on, ensure that it is securely behind ears to ensure fit
 - Place Protective Eye Wear on face
 - Place Gloves on
- Anyone not responding to the overdose should leave the room or immediate area to ensure physical distancing (2 meters)
- Touch (sternal rub), remember to tell the person what you are doing before you touch them.

B. CALL 911

- Put person in the recovery position if you have to leave them alone.
- Give address and directions to where in the building you are, if possible send someone to meet paramedics at door.

C. NALOXONE ADMINISTRATION

- Swirl ampule/vial first.
- Snap top off ampule/vial; draw up 1 ml of the naloxone.
- Inject into large muscle (thigh, upper arm, or buttock).
- Inject at 90°, push plunger until you hear a click (needle will retract).
- **Note the time** of administration.

D. CLEAR AIRWAY & VENTILATE

- Clear airway (removing anything from their mouth), tilt head, lift chin
- Put the pocket mask over the individual's nose/mouth. The mask with a "one-way valve and large impermeable area (should) protect the responder from respiratory secretions"
- Give 2 chest compressions
- Evaluate.

E. EVALUATE & GIVE Additional DOSE IF NEEDED

- **After 3-5 minutes**, if still unresponsive, give an additional dose of naloxone or follow instruction of 911 operator;
- Ambulance transport to hospital, if able to accompany or follow in fleet. We must establish communication with client and/or hospital for progress and updates, which must be shared with coordinator or on-call coordinator for further direction.

F. AFTERCARE

- Important the order that PPE be removed.
 - Gloves are removed first.
 - Hands Washed – 20 seconds including wrists
 - Goggles/face shield/mask removed
 - Goggles placed in a Ziploc bag for disinfecting
 - Hands washed.
 - All single use PPE (Gloves and masks, must be discarded in its own garbage bag for immediate disposal)
 - Area needs to be disinfected, put on clean gloves and clean surgical mask. Disinfect. Remove PPE (personal protective equipment) in order outlined above, and placed in its own bag for immediate disposal.
- Naloxone wears off in 20-90 minutes.
- Person may not remember overdosing (explain what happened).
- Monitor the person for at least 2 hours and do NOT allow them to take more opioids (could overdose again).

G. REPORTING

- Contact Supervisor or if after hours, connect with on-call Coordinator to update regarding situation and follow any directives given by On-Call Manager.
- Report to MCFD After Hours and guardian if applicable.
- Complete Serious Incident Report.
- Document in youth's daily tracking.

- Follow-up with debriefing with Supervisor.

H. REFILL

- Seek approval from Licensed Manager to refill.
14. Refills to be ordered and received from Rexall Reid's (1699 Victoria Street, Prince George) to refill naloxone kit. Information Links

Health Link BC: <https://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19>

BC Centre for Disease Control: <http://covid-19.bccdc.ca/>

Health Canada: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

Government of BC:

- BC's Restart Plan: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/bc-restart-plan>
- COVID-19 Orders, Notices & Guidance: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>
- Managing COVID-19 Stress, Anxiety & Depression: <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/managing-covid-stress>

Other:

- Canadian Mental Health Association Stay Well in Uncertain Times: <https://cmha.bc.ca/covid-19/>

Appendix A Hand Hygiene



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Hand Hygiene

**SOAP OR ALCOHOL-BASED
HAND RUB: Which is best?**



**Either will clean your hands:
use soap and water if hands
are visibly soiled.**



Remove hand and wrist jewellery.

HOW TO HAND WASH



Wet hands with warm (not hot or cold) running water



Apply liquid or foam soap



Lather soap covering all surfaces of hands for 20-30 seconds



Rinse thoroughly under running water



Pat hands dry thoroughly with paper towel



Use paper towel to turn off the tap

HOW TO USE HAND RUB



Ensure hands are visibly clean (if soiled, follow hand washing steps)



Apply about a coin-sized amount to your hands



Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)



Ministry of Health



BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.



Appendix B Donning PPE



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



The 5 steps to Don (put on) Personal protective equipment (PPE)

1 Hand hygiene



Clean all surfaces of hands and wrists

2 Gown



Cover torso and wrap around back
~~fasten~~ in back of neck and waist

3 Surgical/procedure mask



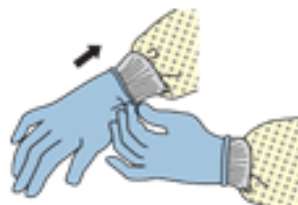
Secure ties at middle of head and neck,
fit nose band to your nose and pull ~~bottom~~
~~down~~ to completely cover chin

4 Eye protection



Place goggles or face shield over
face and eyes and adjust to fit

5 Gloves



Extend to cover wrist of gown



Ministry of
Health



BC Centre for Disease Control

If you have fever, a new cough, or are
having difficulty breathing, call 8-1-1.



Appendix C Doffing PPE



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



9 Steps to Doff (Take Off) Personal Protective Equipment (PPE) For Droplet and Contact Precautions

1 Gloves



The outside of gloves are contaminated. Grasp palm area of one gloved hand and peel off first glove. Slide fingers of hand under other glove at wrist and peel off. Discard in regular waste bin.

2 Perform Hand Hygiene



Clean all surfaces of hands and wrists.

3 Gown



Unfasten ties, pull gown away from neck and shoulders, touching ONLY the inside of the gown. Turn gown inside out and roll into a bundle. Place in soiled laundry hamper (if reusable) or in regular waste bin (if disposable).

4 Perform Hand Hygiene



Clean all surfaces of hands and wrists.

If you are NOT 2 meters away from the patient, exit room now, perform hand hygiene, and finish the remaining steps.

5 Goggles or Face Shield



Do NOT touch the front of the eye wear. Place in receptacle for reprocessing (if reusable) or in regular waste bin (if disposable).

6 Perform Hand Hygiene



Clean all surfaces of hands and wrists.

7 Surgical or Procedure Mask



Grasp ties or elastics at back and pull away WITHOUT touching the front. Place in receptacle for reprocessing (if reusable) or in regular waste bin.

8 Perform Hand Hygiene



Clean all surfaces of hands and wrists.

9 Exit Room



Exit room and perform hand hygiene.



Ministry of Health



BC Centre for Disease Control

IPC v20



Appendix D PGNFC PPE Poster

PGNFC PPE (PERSONAL PROTECTIVE EQUIPMENT)

3 PLY MEDICAL MASK

To be used by staff/client when symptomatic
As per resource protocol.



N95 Mask

To be used by STAFF ONLY, for the
Administration of Nalaoxone ONLY



Appendix E PGNFC Screening Form Non Residents



PGNFC Youth COVID- 19 Screening Form Non-residential

Program:

Name: _____ Client ☐ Visitor ☐

Staff: _____ Date: _____

At PGNFC we take the safety of our clients, our staff and our communities very seriously. Please helps us provide the safest possible services to you by completing this screening with us.

1. Are you experiencing any of the following:

- ☐ Severe difficulty breathing (struggling to breathe or speaking in single words)
- ☐ Severe chest pain
- ☐ Having a very hard time waking up
- ☐ Feeling confused
- ☐ Losing consciousness

If yes to any of the above, no need to screen further. These symptoms require immediate attention. Please call 811 for further instruction regarding health concerns.

Professional Visitor/Client excluded from services until cleared medically.

2. Are you experiencing any of the following:

- ☐ Mild to moderate shortness of breath at rest
- ☐ Inability to lie down because of difficulty breathing
- ☐ Chronic health conditions that you are having difficulty managing because of difficulty breathing.

If yes to any of the above, no need to screen further. Please call 811 to speak with HealthLink BC. A nurse at HealthLink BC will need to speak to you about your symptoms in more detail.

Professional Visitor/Client excluded from services until cleared medically.

3. Are you experiencing any of the following:

- ☐ Fever
- ☐ Cough
- ☐ Sneezing
- ☐ Sore throat

If yes to any of the above, no need to screen further. As a precaution the Ministry of Health is asking anyone with symptoms (fever, cough, sneezing, sore throat, or difficulty breathing) to stay home for 5 days and be 2 day symptom free.

Professional Visitor excluded from services until cleared medically

Client to be provided with Personal Protective Equipment and then contact your supervisor for direction and support.

4. Have you travelled to any country outside Canada, including the US, within the last 14 days:
- ☐ Yes
 - ☐ No

If yes, no need to screen further. Please self-isolate. You do not need testing for COVID-19.

Client excluded from services until 5 day isolation is completed and they are symptom free.

5. Do you provide care or have close (less than 2 metres) contact with a person with COVID-19 (probable or confirmed) while they were ill (cough, fever, sneezing or sore throat):
- ☐ Yes
 - ☐ No

If yes, no need to screen further. Since you don't have any symptoms, you do not need to be tested for COVID-19. However if it's less than 14 days since your expose, you should self- monitor for any symptoms. If symptoms develop you should self-isolate and reassess.

Remind client to self-monitor for symptoms and reassess if symptoms begin.

6. Do you have close (Less than 2 metres) contact with a person who travelled outside of Canada in the last 14 days who has become ill (cough, fever, sneezing or sore throat):
- ☐ Yes
 - ☐ No

If yes, no need to screen further. Since you don't have any symptoms, you do not need to be tested for COVID-19. However if it's less than 14 days since your expose, you should self-monitor for any symptoms. If symptoms develop you should self-isolate and reassess.

Remind client to self-monitor for symptoms and reassess if symptoms begin.

If no to all the above:

Since you do not have any symptoms of COVID-19, you do not need to be tested for COVID-19. You should continue to self-monitor. If you develop any symptoms (fever, cough, sneezing, sore throat, or difficulty breathing) or become aware of any potential exposures to cases of COVID-19, take this self-assessment again. Available online at: <https://covid19.thrive.health/>

To protect yourself, while out in public, wash your hands frequently and maintain a distance of about 2 metres from others.

Appendix F PGNFC Screening Form Residential



PGNFC Youth Services COVID- 19 Residential Screening Form

Program:

Name: _____

Client ☐

Staff: _____

Date: _____

At PGNFC we take the safety of our clients, our staff and our communities very seriously. Please help us provide the safest possible services to you by completing this screening with us.

7. Are you experiencing any of the following:

- ☐ Severe difficulty breathing (struggling to breathe or speaking in single words)
- ☐ Severe chest pain
- ☐ Having a very hard time waking up
- ☐ Feeling confused
- ☐ Losing consciousness

For a residential client contact 811 HealthLink BC and ensure client safety, then contact your supervisor immediately for direction and support.

8. Are you experiencing any of the following:

- ☐ Mild to moderate shortness of breath at rest
- ☐ Inability to lie down because of difficulty breathing
- ☐ Chronic health conditions that you are having difficulty managing because of difficulty breathing.

For a residential client contact 811 HealthLink BC and follow all directions, then your supervisor immediately for direction and support.

9. Are you experiencing any of the following:

- ☐ Fever
- ☐ Cough
- ☐ Sneezing
- ☐ Sore throat
- ☐ Difficulty breathing

If yes to any of the above, no need to screen further. As a precaution the Ministry of Health is asking anyone with symptoms (fever, cough, sneezing, sore throat, or difficulty breathing) to stay home for 5 days or until your symptoms have subsided with no fever.

For a residential client, ask the client to isolate in their room, provide them with Personal Protective Equipment and then contact your supervisor for direction and support.

10. Have you travelled to any country outside Canada, including the US, within the last 14 days:

- ☐ Yes
- ☐ No

If yes, no need to screen further. Please self-isolate. You do not need testing for COVID-19.

For a residential client, ask the client to isolate in their room, provide them with Personal Protective Equipment and then contact your supervisor for direction and support

11. Do you provide care or have close (less than 2 meters) contact with a person with COVID-19 (probable or confirmed) while they were ill (cough, fever, sneezing or sore throat):

- ☐ Yes
- ☐ No

If yes, no need to screen further. Since you don't have any symptoms, you do not need to be tested for COVID-19. However, if it's less than 14 days since your expose, you should self-monitor for any symptoms. If symptoms develop you should self-isolate and reassess.

For a residential client, remind client to self-monitor for symptoms and reassess if symptoms begin.

12. Do you have close (less than 2 meters) contact with a person who travelled outside of Canada in the last 14 days who has become ill (cough, fever, sneezing or sore throat):

- ☐ Yes
- ☐ No

If yes, no need to screen further. Since you don't have any symptoms, you do not need to be tested for COVID-19. However, if it's less than 14 days since your expose, you should self-monitor for any symptoms. If symptoms develop you should self-isolate and reassess.

For a residential client, remind client to self-monitor for symptoms and reassess if symptoms begin.

If no to all the above:

Since you do not have any symptoms of COVID-19, you do not need to be tested for COVID-19. You should continue to self-monitor. If you develop any symptoms (fever, cough, sneezing, sore throat, or difficulty breathing) or become aware of any potential exposures to cases of COVID-19, take this self-assessment again. Available online at: <https://covid19.thrive.health/>

To protect yourself, while out in public, wash your hands frequently and maintain a distance of about 2 meters from others.