

HAVE I BEEN EXPOSED?



>38°C

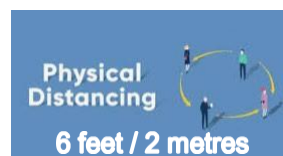


DIFFICULTY BREATHING

Short of breath at rest
Low oxygen saturation

EXPOSURE SETTING	RISK LEVEL	WHAT SHOULD I DO
Household contact has been swabbed. <ul style="list-style-type: none"> Anyone living in the same household and was not self-isolating and infectious 	HIGH RISK	Self-monitor. Continue to work following workplace PPE guidelines. This includes maintaining physical distance with co-workers and following Public Health guidelines.
Household contact (see above) is positive for COVID-19 and did not self-isolate.	HIGH RISK	Stay home and self-isolate. Public Health will provide guidance. Clearance is 14 days from date of last known exposure.
Transient interaction (eg. Walking by a case or being briefly in the same room) or unknown but possible transient interaction due to the occurrence of local community transmission.	LOW RISK	Self-monitor. Continue to work following workplace PPE guidelines. This includes maintaining physical distance and following Public Health guidelines.
Hospitalized patient in your care has been swabbed and/or is positive for COVID-19.	LOW RISK	Self-monitor. All patient encounters require use of eye protection and mask which provide protection. Any breach in this practice must be reported.

High Risk Exposure: Provided direct care for the case, or had similar close physical contact **without** consistent and appropriate use of recommended personal protective equipment **OR** lived with or otherwise had close, prolonged contact with a case up to 48 hours prior to symptom onset or while the case was symptomatic and **not** isolating **OR** had direct contact with infectious body fluids of a case **without** the appropriate use of recommended personal protective equipment.



All Staff:

If you have a personal concern regarding your symptoms visit: <https://covid-19.ontario.ca/self-assessment/>

SELF-MONITOR: Watch for symptoms of fever, cough, or difficulty breathing. Check your temperature 2 times a day. Refer to the Public Health hand out: <http://intranet.lwha.ca/wp-content/uploads/2020/03/COVID-19-Self-Monitor-Fact-Sheet.pdf>
You must be symptom free for 24 hours to return to work.

SELF-ISOLATE: STAY HOME for 14 days. Monitor for symptoms, avoid all contact with others (even in your home). Avoid sharing household items. Clean your home daily or more often, especially frequently touched items such as toilets, sink taps, handles, doorknobs and light switches. Use your own washroom if possible. Check your temperature twice per day. You must contact Pauline before returning to work, ensuring you are symptom free.
Refer to the Public Health hand out: <http://intranet.lwha.ca/wp-content/uploads/2020/03/COVID-19-How-to-Self-Isolate.pdf>

Management of Cases and Contacts of COVID-19 in Ontario

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/contact_mngmt/management_cases_contacts.pdf

August 24, 2020