

IPAC COVID-19 FREQUENTLY ASKED QUESTIONS FOR PRECAUTIONS & TESTING OF STAFF

Please note the direction that you may receive initially from Ottawa Public Health, may be different from what we provide since there are different regulations for health care workers.

Our processes have been developed in partnership with Ottawa Public Health Inspectors who are working with LTC homes.

Question	Answer
I am experiencing COVID-19 related symptoms* (respiratory or gastro or atypical) for which there is no known cause or no diagnosis by a family doctor	You are expected to go immediately to an Assessment Centre and get tested and self-isolate while waiting for your results. Please do not present to the Perley Rideau to be tested. Please inform the IPAC Employee Health Consultant via email (nbutt@prvhc.com). If you have a scheduled shift, please inform the staffing office you will be off pending results of a COVID-19 test.
I was in close contact* with someone who tested positive for COVID-19 *close contact: exposure to a person in your home, other indoor places when physical distancing is difficult to maintain or even outdoors when being close together for longer periods of time	You are expected to go to an Assessment Centre and get tested and self isolate while waiting for your results. Please inform the IPAC Employee Health Consultant and if you have a scheduled shift, notify the staffing office you will be off pending results of a COVID-19 test. If you are unsure, please contact the IPAC Employee Health Consultant for further discussion.
A member of my household is showing symptoms related to COVID-19 do they need to be tested?	<ul style="list-style-type: none"> - Testing is recommended for the household member if they have any one of the following new or worsening primary symptoms (fever and/or chills; cough; shortness of breath; decrease or loss of smell or taste). - Testing is recommended for the household member if they have any two of the following new or worsening secondary symptoms (sore throat; stuffy or runny nose; headache that is new and persistent; nausea, vomiting and/or diarrhea; fatigue, lethargy, muscle aches or malaise). - If the household member has only one of the secondary symptoms they should stay home for 24 hours from when the symptom started. - If the household member is a child, the staff member must remain home during the 24-hour period while monitoring a single secondary symptom or while waiting for test results - If the household member is an adult, the asymptomatic staff may present to work during the 24-hour period while monitoring a single secondary symptom. - If the symptom is improving, the household member may return to school/work when they feel well and a negative COVID-19 test is not required. - If symptoms worsen and/or the symptomatic household member is being tested, staff must isolate awaiting test results.

Question	Answer
A member of my household was in contact with a COVID-19 positive person. The member of my household is asymptomatic, but has been advised to be tested.	If the household member is asymptomatic, testing is not recommended at this time for the staff person and you are safe to come in to work.
I am returning from a hospital admission	You will need to provide a Negative COVID-19 test result within 72 hours prior to return to work.
I am returning from a trip to the Emergency Room (ER)	No COVID-19 swab is needed BUT if a swab was taken in the ER, you must wait for a Negative COVID-19 test result prior to return to work.
I am returning from an International travel	Please self isolate for 14 days. Please inform the IPAC Employee Health Consultant and your manager/supervisor via email. If you have a scheduled shift, please inform the staffing office you will be off for 14 days. On day 14 you are expected to go to an Assessment Centre and get tested. A negative result is required prior to your return to work.
Someone in my household is returning from an International travel	Anyone returning from an International travel must self isolate for 14 days. If arrangements can be made for that at home (you have a separate bedroom and bathroom) and you are not in close contact with the household member during the quarantine period, you are safe to come to work. Please discuss the situation with your Manager/supervisor.
Do I need to get tested for COVID-19 if I am not scheduled to work on the clinic days?	Yes, if you are not scheduled to work on the clinic days you are expected to go for testing off-site and email your test results to Nadia Butt (IPAC-Employee Health Consultant). The twice a month COVID-19 swabbing is mandatory and not voluntary.
Where can I get my COVID-19 test results?	The results can be accessed from the Ontario Health website using the following link: https://covid19results.ehealthontario.ca:4443/agree

References

- Dr. Brent Moloughney, D. M. (October 6, 2020). *COVID-19: Updates on Case Isolation Duration Memo*. Ottawa: Ottawa Public Health.
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