a place of mind
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COVID-19 Guidelines for Family Practice Residents:
When to leave work, when to swab, when to return

Proviso: *There may be variations of guidelines between Health Authorities. A Health Authority's directive can supersede the Family Practice Program's should it advise more conservative measures.*

Scenario 1: If you are unwell with respiratory symptoms and have no known Covid-19 exposure:

A. Moderate to severe symptoms (cough +/- dyspnea) and temperature over 37.5 degrees celsius po.

 Action:
 - Leave work
 - Try to obtain Covid-19 NP swab
 - Self-isolate
 - Return to work when asymptomatic for at least 48 hours, a minimum of 5 days from first onset of symptoms

B. Mild symptoms (sore throat, nasal congestion, no cough or dyspnea) and temperature less than 37.5 degrees Celsius po.

 Action:
 - Leave work
 - Self isolate until asymptomatic for 48 hours then return.

Scenario 2: If you have household contacts who are on travel related quarantine:

 Action: Contact your local MHO

Scenario 3: If you have had contact with a known Covid-19 positive patient:

 Action:
 - Self-monitor for symptoms.
 - Follow masking and PPE guidelines for your acute care facility. If working in the community wear a surgical mask until asymptomatic for ten days.
 - If any fever or respiratory symptoms develop, regardless of severity, try to obtain NP swab.
 - IF symptoms develop follow instructions as per *Scenario 1 above*

Scenario 4: If you are found to be Covid-19 positive:

 Action:
 - Leave work
 - Contact MHO if not in contact already

- Return to work after 10 days or 48 hours of being asymptomatic (whichever is longest)
- Repeat swab not necessary before returning to work
- Contact WorkSafe BC

Sources:

- BCCDC, Covid-19 Care: http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care
- Fraser Health Medical Officer Updates : March 24, 2020
- https://www.fraserhealth.ca/employees/medical-health-officer-updates#.Xnurr9NKhQI