

COVID-19 Screening

This screening tool is intended for those who are seeking medical advice regarding COVID-19.

If a patient calls a physician's office and is symptomatic or has had suspected contact with the virus, complete the screening algorithm, beginning with the COVID-19 Screening Questions below with the patient. If the patient is severely ill and requires emergency medical attention, they should call 911. Please advise them to notify 911 of their potential exposure to COVID-19.

Patients can also complete the self-assessment screening tool online: <https://covidassessment.nlchi.nl.ca/>

Following screening, if it is determined the patient should self-isolate and be referred to public health for COVID-19 testing, priority-testing appointments will be provided to individuals working in essential services. If the patient works in the following areas, advise them to inform the public health official (voicemail if necessary) they are an essential worker. Essential workers include:

- Individuals working in healthcare (hospital, long term care, personal care home, home support, paramedicine, first responders), coast guard, RNC, RCMP, fire, correctional facility, transport of essential goods, grocery stores.
- Individuals that work in or attend a daycare, emergency shelters, transition house or other housing programs serving vulnerable populations.

It is important to note this is not an exhaustive list. Professional judgment should be used in determining if a caller should be considered an essential worker.

COVID-19 Screening Question

Do you have **ONE** of the following symptoms:

Fever (including chills/sweats);

Cough (new or worsening);

Shortness of breath or difficulty breathing;

Runny, stuffy or congested nose (not related to seasonal allergies or other known causes/conditions);

Sore throat or difficulty swallowing;

Headache;

acute loss of sense of smell or taste;

Unusual fatigue, lack of energy;

New onset of muscle aches;

Loss of appetite;

Vomiting or diarrhea for more than 24 hours;

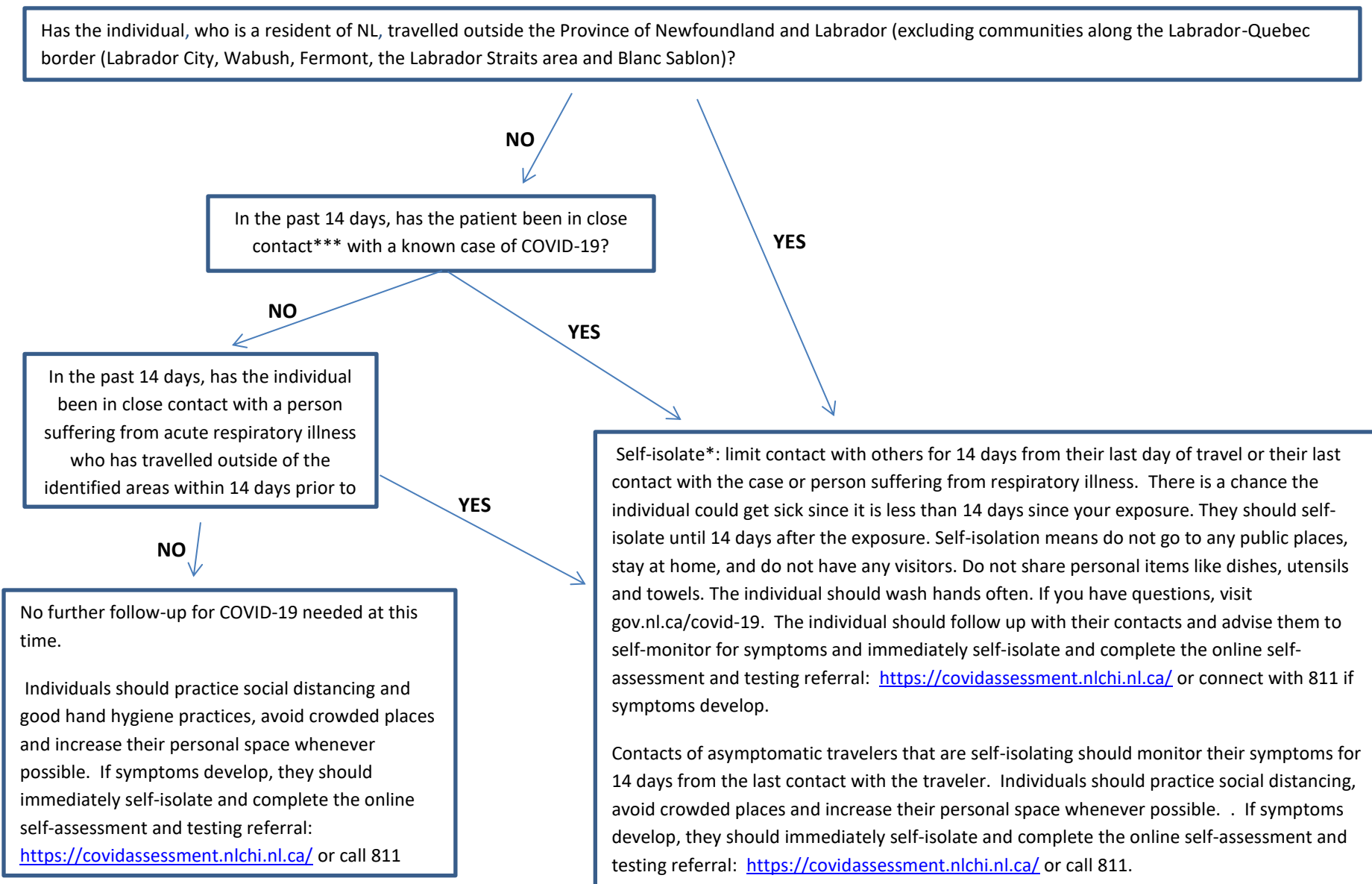
OR a child displaying small red or purple spots on hands and/or feet*?

If **NO**, proceed to screening algorithm 1

If **YES**, proceed screening algorithm 2

*small red or purple spots on hands and/or feet in children is an indication for COVID-19 testing. Children should still be screened using question 2. If the child has no other symptoms with the exception of small red or purple spots on hands and/or feet, they should be referred to the appropriate RHA to arrange testing but can attend school. If the child has two or more of the symptoms listed in question 2 in addition to small red or purple spots, follow the guidelines outlined in screening algorithm 2.

Screening Algorithm 1 - No symptoms



Screening Algorithm 2 - Has symptoms

Has the individual, who is a resident of NL, travelled outside the Province of Newfoundland and Labrador (excluding communities along the Labrador-Quebec border (Labrador City, Wabush, Fermont, the Labrador Straits area and Blanc Sablon)?

NO

YES

In the past 14 days, has the individual been in close contact*** with a known case of COVID-19?

YES

Determine if the patient requires emergency treatment (If they do not need emergency treatment, please don't send them to ED)

NO

In the past 14 days, has the individual been in close contact with a person suffering from acute respiratory illness who has travelled outside of the identified areas within 14 days prior to illness onset?

YES/Unknown

YES

NO

NO

Self-isolate and refer for testing: <https://covidassessment.nlchi.nl.ca/>

Caller can also contact Public Health:

Eastern Health: 1-800-563-3692/
1-709-752-3638

Central Health: 1-800-563-3690

Western Health: 1-833-608-1115

Labrador Grenfell Health: 1-855-268-1965

If after regular business hours, please leave instructions to leave a voice message with public health (if available) and a public health official will return the call during business hours. If the individual is considered an essential worker, they should advise public health. Do NOT go to the ED for testing. Please stay calm, stay home until Public Health official contacts you. If symptoms become worse call 811.

If COVID-19 test results are negative, the individual should self-isolate for 24 hours after symptoms resolve without the use of fever-reducing medications. If symptoms become worse, call 811.

Refer the individual to the closest emergency department (ED). Contact the ED to inform that a suspect case of COVID-19 is being sent. Advise the individual to avoid public transportation and it is necessary to wear a mask to the ED. If they do not have access to a mask, one can be obtained upon entry to the emergency department.

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If COVID-19 test results are negative, the individual should self-isolate for 14 days from their last day of travel or their last contact with the case or person suffering from respiratory illness. If symptoms become worse, call 811.

*Steps for self-isolation include:

- do not have face-to-face contact with individuals with chronic conditions, compromised immune systems and senior citizens;
- do not have visitors to your home;
- do not attend/visit social gatherings, work, school, daycare, health care facilities and seniors residences;
- do not take public transit, taxis or share rides ;
- wash hands often with soap and warm water frequently for at least 20 seconds; and
- cover mouth and nose with your arm when coughing or sneezing;
- If you have symptoms, isolate within household, for example: separate bedroom, separate bathroom if possible, limit contact with other household members, maintain 2 metres (6 feet) of distance between people as much as possible, routine cleaning of high touch surfaces, regular hand washing, respiratory etiquette (cover/contain cough and sneezes).

**self-monitoring includes: Self-monitor for symptoms for 14 days following their last contact.

- Self-isolation (see above) is not required.
- Self-isolate as quickly as possible should symptoms develop, and contact 811 or visit our website gov.nl.ca/covid-19 to complete self-assessment.
- Avoid crowded public spaces and places where rapid self-isolation upon onset of symptoms may not be feasible. Examples of crowded public spaces and places include mass gatherings, such as concerts and sporting events.

***A close contact is defined as a person who:

- provided care for the individual, including healthcare workers, family members or other caregivers, or who had other similar close physical contact without consistent and appropriate use of personal protective equipment OR
- who lived with or otherwise had close prolonged contact (within 2 meters) with the person while they were infectious OR
- had direct contact with infectious bodily fluids of the person (e.g. was coughed or sneezed on) while not wearing recommended personal protective equipment