

COVID-19 Screening Question

Does the individual 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 **YES**, proceed to screening algorithm 1

If **NO**, proceed screening algorithm 2

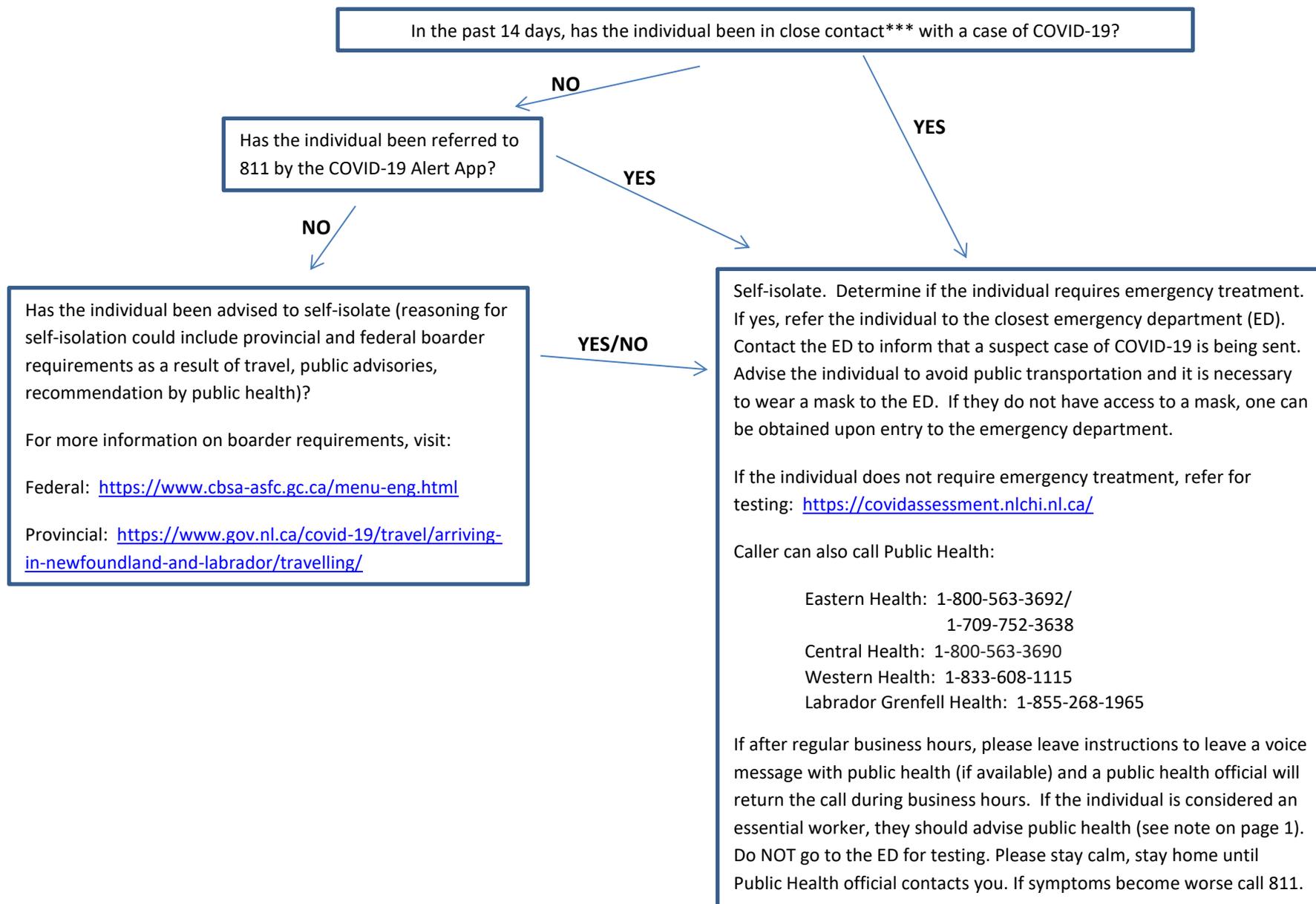
***small red or purple spots on hands and/or feet in children is an indication for COVID-19 testing. Children should still be screened using question 2. If the child has no other symptoms with the exception of small red or purple spots on hands and/or feet, they should be referred to the appropriate 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.**

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

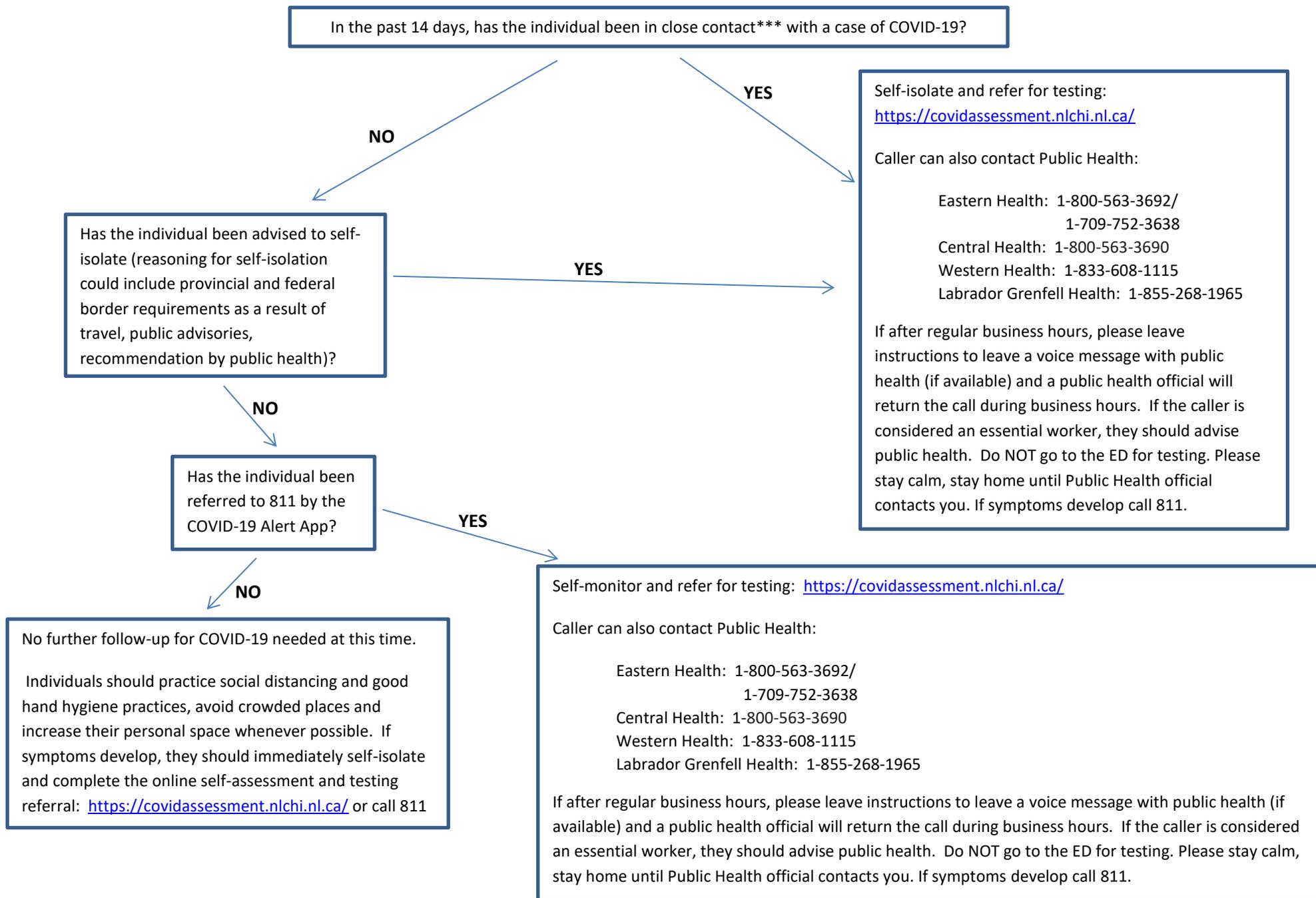
- Individuals working in healthcare (hospital, long term care, personal care home, home support, paramedicine, first responders), coast guard, RNC, RCMP, fire, correctional facility, transport of essential goods, grocery stores.
- Individuals that work in or attend a daycare, emergency shelters, transition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

Screening Algorithm 1 - **Has** symptoms



Screening Algorithm 2 - **No** symptoms



*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;
- While isolating, use a separate bedroom, separate bathroom, 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).
- For the most up-to-date information on self-isolation recommendations visit: <https://www.gov.nl.ca/covid-19/public-health-guidance/self-isolation/>

**steps for self-monitoring include:

- 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](https://www.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

Public Health Self-Isolation and Testing Recommendations

For individuals looking for exemptions to self-isolation requirements, please refer them to: exemptionrequests@gov.nl.ca

<u>Client Situation</u>	<u>Recommendations</u>
Symptomatic individual with no other risk factors	Self-isolate until 24 hours after you no longer have symptoms (without the use of fever-reducing medication) provided you have a negative COVID-19 test result. If symptoms become worse, call 811.
Symptomatic, close contact	Self-isolate for 14 days from the most recent situation listed below, even with a negative COVID-19 test result: <ul style="list-style-type: none"> • last contact with the positive case, or • last contact with a sick traveler, or • the date the COVID app indicated you were exposed If symptoms become worse, call 811.
Symptomatic with COVID-19 alert app notification	Self-isolate for 14 days from the date the COVID-19 app indicated exposure, even with a negative COVID-19 test result. If symptoms become worse, call 811.
Symptomatic Traveller (Traveller vaccination records are submitted at time of entry to province. Travellers must follow self-isolation requirements provided at that time, 811 staff cannot verify vaccination status. If a caller has specific questions on travel and vaccination status, please refer them to exemptionrequests@gov.nl.ca)	Fully or partially vaccinated: self-isolate until 24 hours after symptoms subside (without the use of fever-reducing medication) provided you have a negative COVID-19 test result. If symptoms become worse, call 811. Unvaccinated: self-isolate for 14 days from the date of entry into Newfoundland and Labrador, even with a negative COVID-19 test result:
Asymptomatic, close contact	Self-isolate for 14 days from the most recent situation listed below, even with a negative COVID-19 test result: <ul style="list-style-type: none"> • last contact with the positive case, or • last contact with a sick traveler, or If symptoms develop, call 811.
Asymptomatic with COVID-19 alert app notification	Self-monitor from the date the COVID app indicated exposure. If symptoms develop, self-isolate and call 811.
Asymptomatic Traveller (Traveller vaccination records are submitted at time of entry to province. Travellers must follow self-isolation requirements provided at that time, 811 staff cannot verify vaccination status. If a caller has specific questions on travel and vaccination status, please refer them to exemptionrequests@gov.nl.ca)	Fully vaccinated: no self-isolation required. Partially vaccinated: self-isolate until a negative COVID-19 test result is received. Travellers that are unvaccinated or do not wish to disclosure vaccine history are required to self-isolate for 14 days. After 14 days and a negative COVID-19 test result, self-isolation ends. If the traveler is self-isolating with others in the household, everyone in the household is required to self-isolate.