

COVID-19 PROTOCOL – PERSONAL HEALTH CHECK

Your health and safety is our priority.

This COVID-19 Checklist is for Metro Vancouver staff to assess their Personal Health daily as related to symptoms of COVID-19. It is based on the Symptoms Self-Assessment tool developed by the BC Ministry of Health (MoH) and the BC Centre for Disease Control (BC CDC).

The following questions will help determine whether you may need further assessment or testing for COVID-19. The full self-assessment tool is available online at: <https://covid19.thrive.health/>

Are you experiencing any of the following?	ACTION
<ul style="list-style-type: none"> ✓ Severe difficulty breathing (e.g. struggling to breathe or speaking in single words) ✓ Severe chest pain ✓ Having a very hard time waking up ✓ Feeling confused ✓ Losing consciousness 	<p>CALL 9-1-1 immediately, or go directly to your nearest emergency department.</p>
<ul style="list-style-type: none"> ✓ Mild to moderate shortness of breath ✓ Inability to lie down because of difficulty breathing ✓ Chronic health conditions that you are having difficulty managing because of difficulty breathing 	<p>Consult your family doctor or nurse practitioner. You can call 8-1-1 anytime to talk to a nurse at HealthLink BC and get advice about what to do next. If it becomes harder to breathe, or you feel much worse, seek urgent medical care at an urgent care clinic or emergency department.</p>
<ul style="list-style-type: none"> ✓ Fever ✓ Chills ✓ Cough ✓ Headache ✓ Muscle aches ✓ Fatigue ✓ Diarrhea, nausea, vomiting <i>(after onset of the above)</i> ✓ Sore throat ✓ Shortness of breath ✓ Painful swallowing ✓ Stuffy or runny nose ✓ Loss of sense of smell ✓ Loss of appetite 	<p><u>Self-isolate</u> for 10 days and notify your Supervisor. You can call 8-1-1 or your family doctor if you have questions or to get advice about what to do next. BC CDC recommends testing for anyone with cold, flu or COVID-19-like symptoms, even mild ones. You can now be assessed for COVID-19 testing by a healthcare provider or at a local collection centre.</p>

Note: If you are unsure whether your symptoms are related to allergies or an infection, then self-isolation is recommended.

If you have **travelled outside of Canada**, you will need to self-monitor for symptoms and possibly [self-isolate](#) for 14 days upon your arrival and complete/register a self-isolation plan. Contact your Supervisor immediately.

For the most up to date information visit the [BC CDC's COVID-19 website](#), the [BC Government's COVID-19 Provincial Support and Information website](#), or call the Province's COVID-19 information line: **1-888-COVID19**.