

How do I protect myself?

Please remember to practice good hand hygiene, avoid touching your face, and use Personal Protective Equipment (PPE) when required. We need you here – our patients, clients and residents need you even more.

I'm worried about exposure at work and don't want to come in. What should I do?

It is safe to come to work. VCH is taking extra precautions to ensure the safety of our staff including enhanced cleaning practices, early identification of cases, prompt isolation, testing and monitoring, executing new infection prevention and control practices and restricting visitors to essential visits only. Public Health and Occupational Health will be notified if staff exposure is suspected and they will advise you on next steps including isolation and testing (if required).

If you still have concerns, please speak with your manager. For additional support, you can also call Employee Wellness/EFAP at 1-800-505-4929 for confidential counselling services or wellness tips. Watch for more information on anxiety and stress reduction tips for staff.

I've come in contact with a positive COVID-19 patient and now I'm symptomatic. What should I do?

1. Put on a mask.
2. If at work, finish any essential care services you are providing.
3. Tell your manager, go home and self-isolate for **10 days** minimum before returning to work
4. If your symptoms worsen and you require medical attention, please alert your exposure prior to arrival and keep a mask on during your medical visit.



Public Health and Occupational Health will follow up with staff who test positive for COVID-19 to provide further direction.

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I'm feeling unwell. Can I get tested at a satellite assessment centre?

If you develop new symptoms and meet one of the criteria outlined in the [most recent Physicians' Update](#), you can get tested at one of the satellite assessment centres. Please bring your PHN and health authority ID.

COVID-19 testing guidelines

For guidelines around who should be tested, please visit our [COVID-19 website page](#).

Please note: Individuals without symptoms, including healthcare personnel and other hospital/clinic staff, should not be tested regardless of whether they have had contact with a confirmed case, or are being admitted to hospital. Individuals with mild respiratory symptoms should not be tested unless they are residents or staff of a long-term care facility, they are determined by the Medical Health Officer to be part of a cluster or outbreak investigation, or they have respiratory symptoms and require admission to hospital.



For more FAQs, please visit our intranet page at <https://my.vch.ca/covid19/faq>

Important:

Please note that the guidelines here are based on the latest recommendations from VCH Public Health as of April 3, 2020; the guidelines may change as new information becomes available.