

CORONAVIRUS – COVID-19

Coronaviruses are a family of viruses; some cause respiratory illness in people, ranging from mild (common cold) to severe (pneumonia). COVID-19 is a novel coronavirus that had not been previously detected in humans and is the cause of the current respiratory outbreak. At this time, COVID-19 does not appear to be as severe as other coronaviruses, such as SARS. Many patients have reported only mild symptoms but there is evidence of person-to-person spread.

There is an increased risk of more severe outcomes for Canadians:

- aged 65 and over
- with compromised immune systems
- with underlying medical conditions (heart or lung disease, diabetes)

In order to mitigate the impacts of COVID-19, **everyone has a role to play**. It takes more than governments and action from the health sector to protect the health and safety of Canadians. Each of us can help our country be prepared in the event of an emergency by understanding how coronavirus spreads and how to prevent illness.

Coronaviruses, much like flu viruses, are called “enveloped,” which means they have a shell made of lipids or fats. Thus, any surfactant, such as regular soap or a household product that breaks up fat, will be effective against the new virus.

How coronavirus spreads

Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:

- respiratory droplets generated when you cough or sneeze
- close, prolonged personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands

Current evidence suggests person-to-person spread is efficient when there is close contact.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

The “incubation period” means the time between catching the virus and beginning to have symptoms of the disease. Most estimates of the incubation period for COVID-19 range from 1-14 days, most commonly around five days. These estimates will be updated as more data become available.

It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment). WHO continues to monitor existing evidence around nCoV and will update when such evidence is available.

For mailed packages, Coronaviruses generally do not survive on surfaces after being contaminated. The risk of spread from products shipped over a period of days or weeks at room temperature is **very low**.

Symptoms of COVID-19

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.

Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known infectious period for this disease. We are currently investigating if the virus can be transmitted to others if someone is not showing symptoms. While experts believe that it is possible, it is considered to be rare.

Symptoms have included:

- fever (above 38)
- cough
- difficulty breathing
- pneumonia in both lungs

The severity can range from mild to severe, and in some cases, infection can lead to death. Current information suggests most people don't experience severe illness or need to be hospitalized.

According to the Centers for Disease Control and Prevention [CDC], these are the common symptoms for the cold, flu, and Coronavirus:

The Cold:

Sneezing	Cough
Stuffy Nose	Sore Throat

The Flu:

Fever	Aches
Chills	Fatigue

Sneezing
Headache

Cough

The Coronavirus:

Fever

Cough

Shortness of Breath

There are many overlaps. But the most significant difference is the respiratory aspect of shortness of breath.

What to do if you think you might have come in contact with COVID-19

The Province of Nova Scotia, under the authority of the Health Protection Act, is requiring anyone who has travelled outside Canada to self-isolate for 14 days upon return, even if you are symptom-free.

If you develop a fever, with a temperature 38°C or higher, or a cough, you should call 811 for assessment.

Nova Scotia Health Authority has established COVID-19 assessment centres (Yarmouth Regional Hospital is one as well as Valley Regional Hospital). If you need in-person assessment, 811 will refer you to a centre. Don't go to a COVID-19 assessment centre unless 811 referred you. (Please see attached document).

If you've been directed to self-isolate, you can get information from Nova Scotia Health Authority Public Health by contacting the nearest office.

If you self-isolate or feel unwell

- Avoid close contact with people with chronic conditions, compromised immune systems and older adults.
- Don't have visitors to your home.
- Avoid situations like social gatherings, work, school, daycare, or visiting other people who are in a health care facility or long-term care residence.
- Limit taking public transit, taxis and ride sharing.
- Wash your hands often with soap and warm water, for at least 20 seconds. Use hand sanitizer if soap and water are not available.
- Cover your mouth and nose with your arm when coughing or sneezing.

The Government of Canada has additional resources about how to self isolate and how to care for someone with COVID-19.

Protecting yourself from coronavirus

There are currently no vaccines available to protect you against the novel coronavirus. Nova Scotians are encouraged to think about what they can do to stay healthy and prevent the spread of any respiratory illness, including COVID-19.

Practice Good Hand Hygiene

- wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food, after touching pets, after handling waste or dirty laundry, whenever hands look dirty, after shaking hands
 - use alcohol-based hand sanitizer if soap and water are not available
- when coughing or sneezing:
 - cough or sneeze into a tissue or the bend of your arm, not your hand
 - dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards
- avoid touching your eyes, nose, or mouth with unwashed hands
- clean the following high-touch surfaces frequently with regular household cleaners or diluted bleach (1 part bleach to 9 parts water):
 - toys
 - toilets
 - phones
 - electronics
 - door handles
 - bedside tables
 - television remotes

Washing with soap and water is preferred – rubbing hands together removes visible dirt and germs. Use disposable paper towels (preferred) for drying hands, or a reusable towel that is laundered often.

If soap and water aren't available (and your hands aren't visibly dirty), use an alcohol-based hand sanitizer with at least 60% alcohol. Use enough to cover the fronts and backs of both hands and between all fingers. Rub hands together until they feel dry.

Wearing masks

If you are a healthy individual, the use of a mask is not recommended for preventing the spread of COVID-19.

Wearing a mask when you are not ill may give a false sense of security. There is a potential risk of infection with improper mask use and disposal. They also need to be changed frequently.

Advice for individuals and families

Government is requiring individuals, employers and organizations to limit social gatherings to no more than 150 people.

Nova Scotians should think about extra measures they can take to help reduce the spread of COVID-19. Consider things like:

- avoiding close contact with other people – stay about 2 metres (6 feet) apart
- avoiding crowds and gatherings (like parties, weddings, sports events and other group activities)
- shopping and taking public transportation in off-peak hours
- greeting one another with a wave instead of a handshake, hug, or kiss
- staying home if you're sick, especially if you have a fever or a new cough
- Use cough and sneeze etiquette (Cover coughs and sneezes with a tissue. Dispose used tissues in the garbage and wash your hands, or use an alcohol-based hand rub immediately after. If you don't have a tissue, cough and sneeze into your elbow, not your hand.)
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean high-touch surfaces and objects often
- Limit sharing of equipment (for example, pens, phones) with co-workers and clients.
- Viruses can live on surfaces for several days. Frequent cleaning and disinfecting of high-touch surfaces and objects can reduce germs and prevent infection. You should clean at least once a day, or more if needed.
- Clean and disinfect items like doorknobs, light switches, railings, toilets and tabletops daily. Wash with soapy water first. Then disinfect using household cleaning products, following the directions on the label, or a solution of 1 part bleach to 9 parts water.
- Disinfect phones, remote controls, computers and other handheld devices with 70% alcohol or wipes.
- Wash or launder clothing, sheets and towels on a regular basis.
- Dispose of garbage on a regular basis. Wash hands after.
- Make a plan
- Being prepared is good advice any time.

All Nova Scotians should have an emergency kit and basic supplies that you/your family may need for up to 72 hours. Don't panic buy or stockpile.

- Make sure your prescriptions are filled.
- Think about what you'll do if you or member of your family becomes sick and needs care.
- Talk to your employer about working from home if you need to self-isolate or care for a family member who is ill.
- Communicate with family and friends. Let them know you're making a plan. Share yours with them. Check in on each other and run essential errand should one of you become ill.
- If you become ill, stay home until you are no longer showing symptoms.

Mental well-being

A new virus like COVID-19 can create fear and anxiety. The best ways to address concerns and support each other include:

- listen and provide reassurance – it's normal to have questions
- get information from reliable sources (see references)
- address questions and correct misinformation
- watch for discrimination or bullying related to COVID-19
- maintain normal routines and programming as much as possible
- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

For help with mental health concerns, call 811 or the Mental Health Crisis Line toll-free at 1-888-429-8167.

Travel advice

The Government of Canada has issued an official travel advisory asking Canadians to avoid non-essential travel outside Canada until further notice.

The Province of Nova Scotia, under the authority of the Health Protection Act, is requiring anyone who has travelled outside Canada to self-isolate for 14 days upon return, even if you are symptom-free.

Anyone who travels outside Canada may come in contact with the novel coronavirus. Travellers are reminded to follow health precautions like washing their hands often, avoiding contact with persons who are sick, and practicing proper cough and sneeze etiquette.

- If you or a family member chooses to travel outside Canada with these restrictions in place, please consider if: the Government of Canada has issued a travel health notice for the country or region you plan to visit
- you or a family member have a compromised immune system
- you have, or can get, appropriate travel insurance in case you become sick while away

The Public Health Agency of Canada is recommending that Canadians avoid all cruise ship travel due to COVID-19 because the virus can spread quickly on ships due to the close contact between passengers.

These are the most important ways that you can protect yourself and your family from respiratory illness, including COVID-19.

For up-to-dated information and resources, visit www.novascotia.ca/coronavirus.

References

Centers for Disease Control and Prevention
Nova Scotia Government
Public Health Agency of Canada
World Health Organization

The following is a poster that was copied and pasted to provide you with information for yourself and your families, but that you can also share with clients and their caregivers/families. If you have any questions, please call your supervisor.

COVID-19: When to call 811

COVID-19: What Should I Do If....

We are experiencing higher than normal call volumes. It will take longer than usual to respond to your call. We are working hard to respond to all calls as quickly as possible. Thank you for your patience.

To help you better understand if you need to talk to 811, here is a simple questionnaire.

If you answer Yes to any of the questions under Section A and Yes to Question B, call 811:

Section A

Within the past 14 days:

- I have travelled outside of Canada
- I have been in close contact (within 2 meters) with a person with a confirmed case of COVID-19
- I have been in close contact with a person with a fever greater than 38 C or who has a cough and has travelled outside of Canada within the past 14 days

Section B

- I have a fever greater than 38 C or a new cough

If you answer Yes to any of the questions in Section A but No to the question in Section B:

- and you have traveled to Italy, Iran, or Hubei Province in China, self-isolate for 14 days from the date you returned to Canada and self-monitor your health. If you develop a fever greater than 38 C or a cough, call 811.
 - or you have traveled outside of Canada in the past 14 days or have been in close contact with a person who has a confirmed case of COVID-19 or a person you suspect may have COVID-19, self-monitor your health. If you develop a fever greater than 38 C or a cough with 14 days of your return to Canada, call 811.
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Section C:

You have traveled anywhere outside of Canada and you are a member of one of the following groups:

- Civil Servant;
- Public Sector Employee (provincial government);
- Health Care Worker (e.g. Doctor, Nurse, Physiotherapist or any other health care provider);
- Teacher;
- Student of Public School; or
- Children who attend regulated day care centres

If you have answered Yes that you are a member of any one of these groups, you are required to stay at home and self-isolate for 14 days after your return to the country.

If you answered No to all the questions in this questionnaire and

- you are looking for general information on COVID-19, please visit novascotia.ca/coronavirus or canada.ca/coronavirus or call the toll free line at 1-833-784-4397.
- you are looking for information on future travel, how to self-isolate or other information, please visit canada.ca/coronavirus or call the toll free line at 1-833-784-4397.

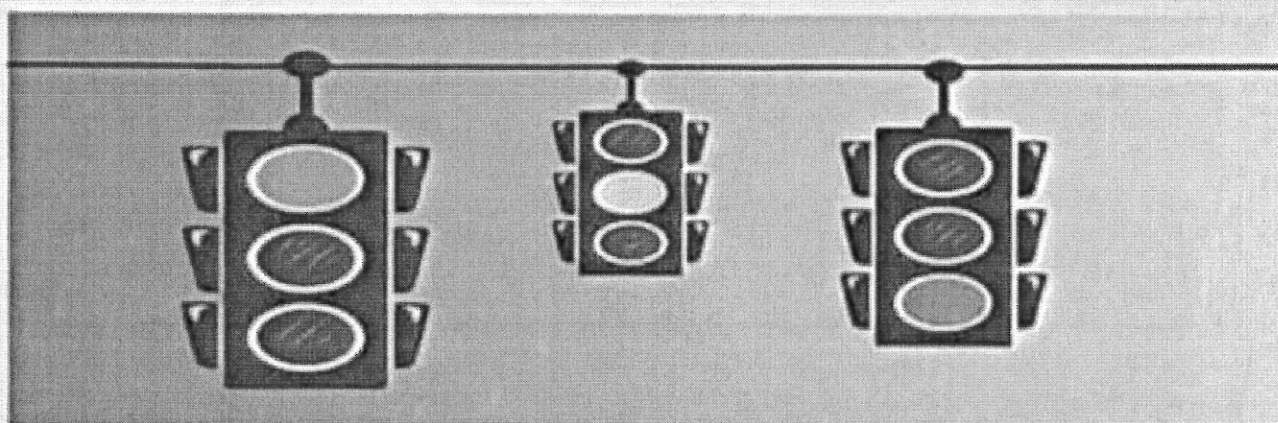
Table 1: Recommended individual public health measures

	Asymptomatic, not at high risk of complications, without COVID-19 or any exposure risk	Asymptomatic, at high risk of complications ¹ without any exposure risk	Asymptomatic high risk of exposure (e.g. close, unprotected contact)	Asymptomatic medium risk of exposure (e.g. protected contact, traveller from affected area)	Symptomatic, suspected of having or know to have COVID-19 ⁱⁱ
Hand Hygiene	✓	✓	✓	✓	✓
Respiratory Etiquette	✓	✓	✓	✓	✓
Use of face masks					✓ + any caregiver(s)
Cleaning	✓	✓	✓	✓	✓
Self-Monitoring			✓	✓	for worsening ✓
Social distancing					
Isolation					✓
Voluntary home quarantine (self-isolation)			✓		
Protective self-separation		✓			
Voluntary avoidance of crowded places				✓	
Mandatory quarantine			Depending on circumstances		

SOCIAL DISTANCING:

What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.



AVOID	Use Caution	Safe to DO
<ul style="list-style-type: none">Group GatheringsSleep OversPlaydatesConcertsTheatre OutingsAthletic EventsCrowded Retail StoresMallsWorkouts in GymsVisitors in your HouseNon-essential workers in your houseMass Transit Systems	<ul style="list-style-type: none">Visit a local RestaurantVisit Grocery StoreGet Take OutPick up MedicationsPlay Tennis in a ParkVisiting the LibraryChurch ServicesTraveling	<ul style="list-style-type: none">Take a WalkGo for a HikeYard WorkPlay in your YardClean out a ClosetRead a Good BookListen to MusicCook a MealFamily Game NightGo for a DriveGroup Video ChatsStream a favorite showCheck on a FriendCheck on Elderly Neighbor

How to fit and remove a surgical mask

Fitting a surgical mask

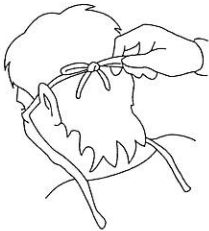


- Position mask over mouth and nose



- Fasten ties or tapes above and below ears at back of head

Removing and disposing of mask



- With clean hands, untie or break ties at back of head



- Remove mask by only handling at the ties, then discard in appropriate waste



- Wash hands

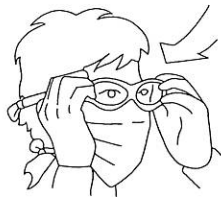
When worn by a sick person, surgical masks limit the spread of droplets produced through talking, coughing or sneezing



Australian Government
Department of Health and Ageing

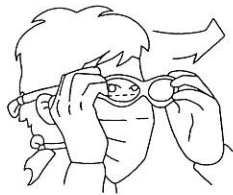
How to fit and remove protective eyewear

Fitting goggles or face shield



- Position mask or face shield over face and eyes
- Adjust fit if necessary

Removing and disposing of goggles



- With clean hands, remove eyewear by handling sides or back only
- Discard or reprocess and store appropriately
- Wash hands

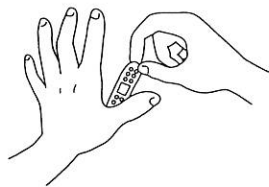
Some goggles and protective eyewear can be cleaned and disinfected for re-use. Refer to manufacturer's instructions.



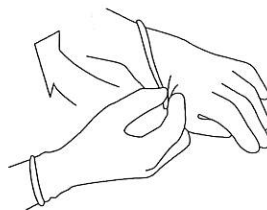
Australian Government
Department of Health and Ageing

How to fit and remove protective gloves

Fitting gloves

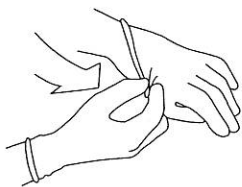


- Remove jewellery, cover abrasions, then wash and dry hands



- Fit gloves, adjusting at the cuffs

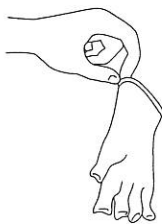
Removing and disposing of gloves



- Remove by gripping at cuffs



- Immediately dispose of gloves in appropriate waste



- Wash hands

Replace gloves after contact with a person or infected area, or if the gloves become contaminated or damaged.

Wearing of gloves in some situations may be a practical measure to reduce the spread of infection, especially in health care environments or as a part of a cleaning regime.



Australian Government

Department of Health and Ageing

BE PREPARED (COVID-19)

PLAN AHEAD



There are simple, practical things you can do to prepare in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

Make a plan that includes:

- ▶ **Essential supplies** (a few weeks' worth) on hand so you will not need to leave your home if you become ill.
 - Avoid panic buying. Add a few extra items to your cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.
 - Renew and refill your prescription medications.
- ▶ **Alternative arrangements** in case you become ill or if you need to care for a sick family member. For example:
 - Have backup childcare in case you or your usual care provider become ill.
 - If you care for dependents, have a backup caregiver in place.
 - Talk to your employer about working from home if possible.
- ▶ **Reducing your exposure** to crowded places if COVID-19 becomes common in your community. For example:
 - Shop and use public transit during off-peak hours
 - Exercise outdoors instead of in an indoor fitness club

COMMUNICATE



- ▶ Share your plan with your family, friends and neighbours.
- ▶ Set up a buddy system to check in on each other by phone, email or text during times of need.

STAY INFORMED



- ▶ Learn about the symptoms of COVID-19, how it spreads and how to prevent illness.
- ▶ Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
- ▶ If the news media is making you feel anxious, take a break from it.



SHOPPING LIST

FOOD

- dried pasta and rice
- pasta sauces
- canned soups, vegetables and beans
- pet food

HYGIENE

- toilet paper
- feminine hygiene products
- diapers
- facial tissue
- soap
- alcohol-based hand sanitizer

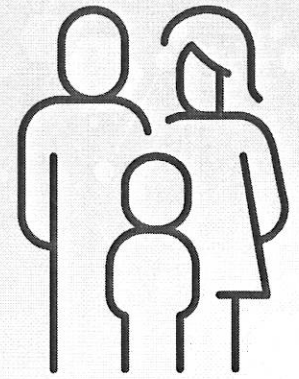
HEALTH CARE

- thermometer
- fever-reducing medications (acetaminophen or ibuprofen for adults and children)

CLEANING

- paper towels
- plastic garbage bags
- dish soap
- laundry detergent
- household bleach
- household cleaning products

CORONAVIRUS DISEASE (COVID-19) HOW TO CARE FOR A PERSON WITH COVID-19 AT HOME: ADVICE FOR CAREGIVERS



If you are caring for a person who has been diagnosed with COVID-19, follow this advice to protect yourself and others in the home, as well as those in your community.

Limit contact

- ▶ Only one healthy person should provide care.
- ▶ Do not share personal items with the ill person, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- ▶ Use a separate bathroom from the ill person if possible. If not possible, the ill person should put the toilet lid down before flushing.

Protect yourself

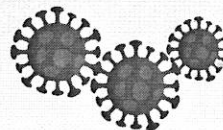
- ▶ If possible, people who are at higher risk of serious illness from COVID-19 should not care for someone with COVID-19. These people include elderly persons, those with chronic medical conditions (e.g., heart disease, diabetes) or compromised immune systems
- ▶ If you need to be within 2 metres of the ill person, wear a mask, disposable gloves and **eye protection**.
- ▶ Wear disposable gloves when touching the ill person, their environment and soiled items or surfaces.
- ▶ Do not re-use masks or gloves.
- ▶ Clean your hands often for at least 20 seconds, especially after contact with the ill person and after removing gloves, masks and eye protection.
- ▶ Dry your hands with disposable paper towels. If not available, use a reusable towel and replace it when it becomes wet.
- ▶ You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- ▶ Avoid touching your eyes, nose and mouth with unwashed hands.

Keep your environment clean

- ▶ Place used masks, gloves and other contaminated items in a lined container, secure the contents and dispose of them with other household waste.
- ▶ Place possibly contaminated laundry into a container with a plastic liner and do not shake. Wash with regular laundry soap and hot water (60-90°C), and dry well. Clothing and linens belonging to the ill person can be washed with other laundry.
- ▶ At least once daily, use household disinfectants or diluted bleach (one part bleach and 9 parts water) to clean and disinfect surfaces that people touch often (e.g., toilets, laundry containers, bedside tables, doorknobs, phones and television remotes). Clean touch screens with 70% alcohol wipes.

Monitor yourself for symptoms

- ▶ If you have always used the recommended precautions, then monitor yourself for symptoms for 14 days following your last contact with the ill person.
- ▶ If you have had direct contact with body fluids of the ill person (e.g. were coughed or sneezed on when you weren't wearing a mask), contact your local **Public Health Authority** for further instructions.
- ▶ If you develop symptoms, isolate yourself as quickly as possible and contact your local **Public Health Authority** for further instructions.



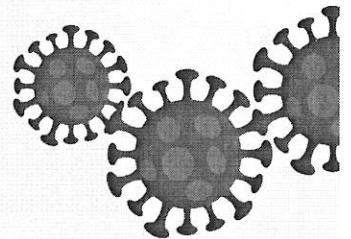
Maintain these supplies

- Surgical/procedure masks (do not re-use)
- Eye protection
- Disposable gloves (do not re-use)
- Disposable paper towels
- Tissues
- Waste container with plastic liner
- Thermometer
- Over the counter medication to reduce fever (e.g. ibuprofen or acetaminophen)
- Running water
- Hand soap
- Alcohol-based sanitizer containing at least 60% alcohol
- Dish soap
- Regular laundry soap
- Regular household cleaning products
- Bleach (5% sodium hypochlorite) and a separate container for dilution (one part bleach to nine parts water)
- Alcohol prep wipes



**WE CAN ALL DO OUR
PART IN PREVENTING
THE SPREAD OF
COVID-19. FOR MORE
INFORMATION, VISIT**

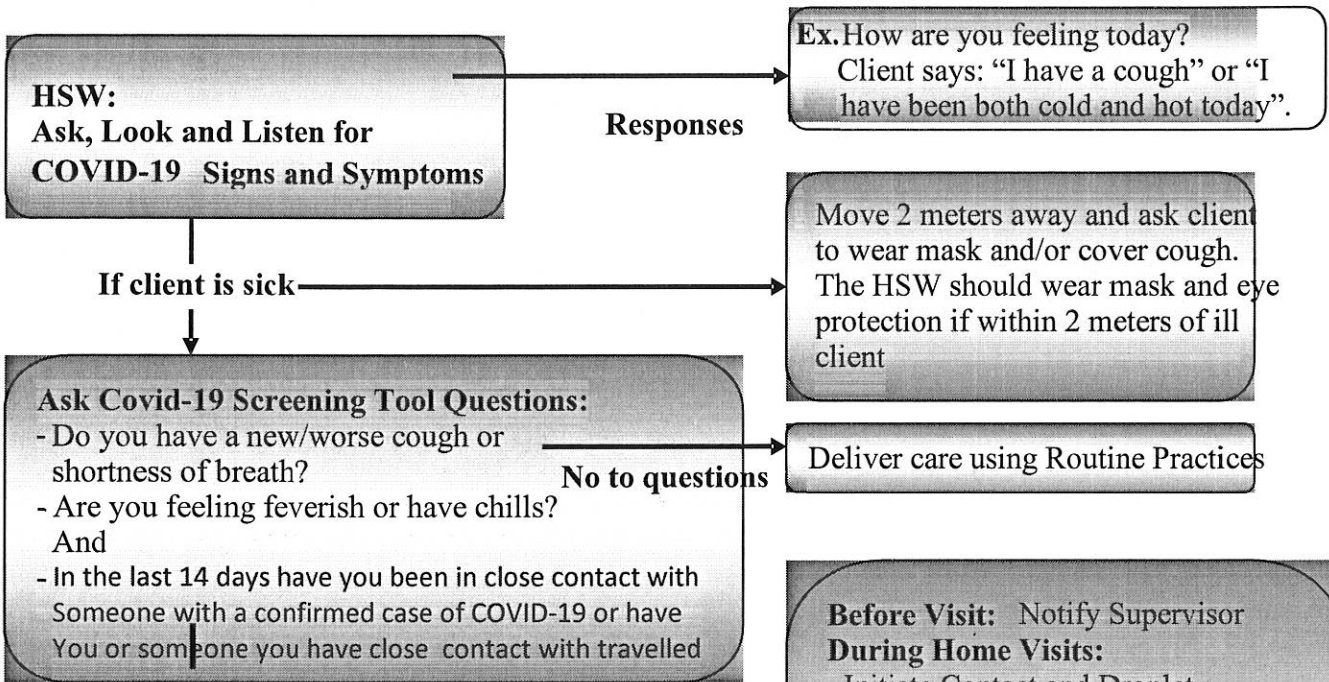
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Canada.ca/coronavirus
or contact
1-833-784-4397



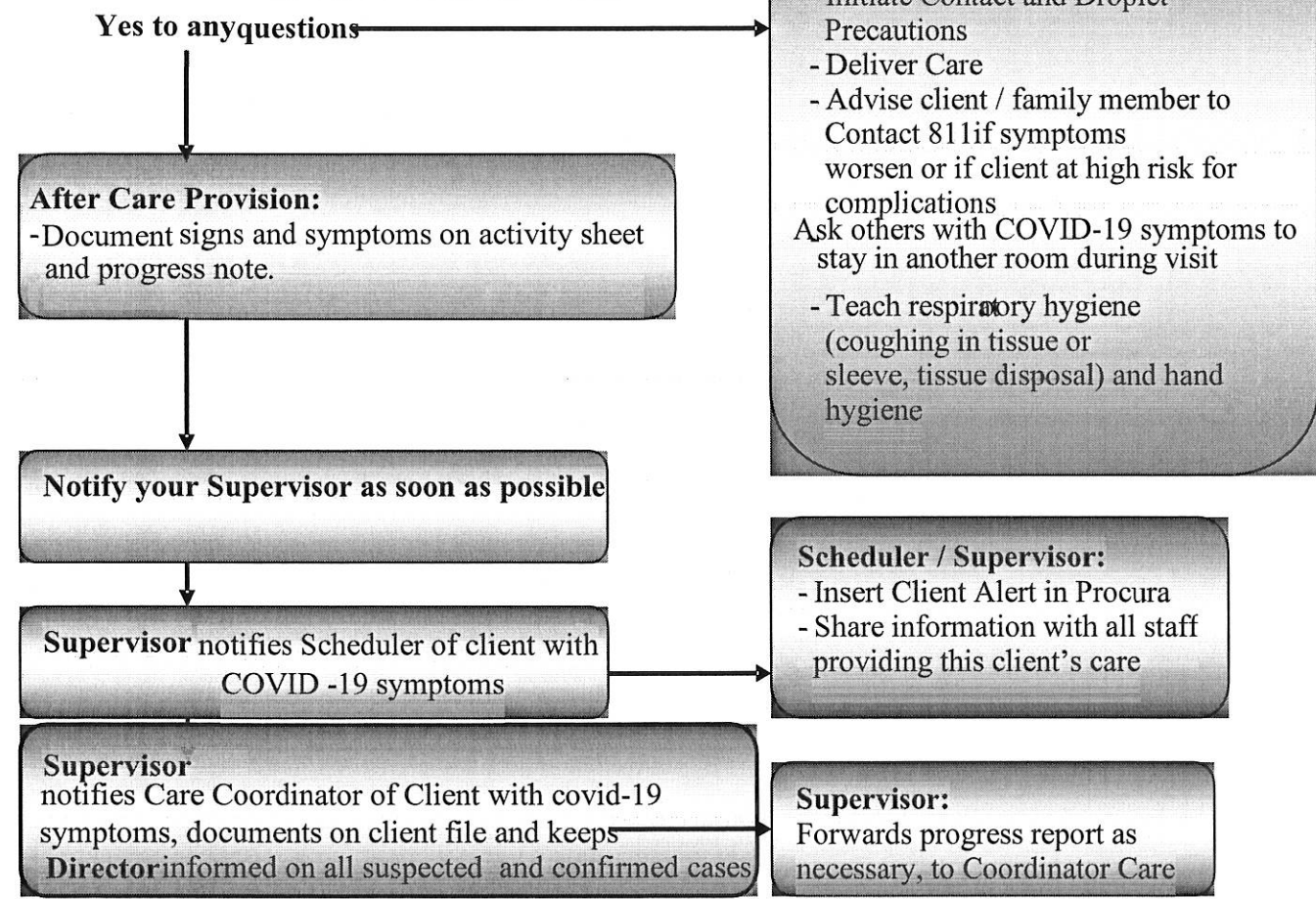
Probable Infectious Etiology

Home Support Workers

Screening



Communication



Ex. How are you feeling today?
Client says: "I have a cough" or "I have been both cold and hot today".

Move 2 meters away and ask client to wear mask and/or cover cough. The HSW should wear mask and eye protection if within 2 meters of ill client

Deliver care using Routine Practices

Before Visit: Notify Supervisor
During Home Visits:
- Initiate Contact and Droplet Precautions
- Deliver Care
- Advise client / family member to Contact 811 if symptoms worsen or if client at high risk for complications
Ask others with COVID-19 symptoms to stay in another room during visit
- Teach respiratory hygiene (coughing in tissue or sleeve, tissue disposal) and hand hygiene

Scheduler / Supervisor:
- Insert Client Alert in Procura
- Share information with all staff providing this client's care

Supervisor:
Forwards progress report as necessary, to Coordinator Care

Novel Coronavirus (COVID-19)
Screening Tool
Home Support Worker
(Revised 2020 from ILI screening tool 2015)

Home Support Workers need to be alert for signs and symptoms of COVID- 19.

With every client interaction in the home, or by telephone:

- **Ask** about the client's health (i.e. Have there been any changes to your health? **Or** How are you feeling today?).
- **Look** for client behaviors/actions (i.e. coughing, shortness of breath, shaking).
- **Listen** to what the client says (i.e. I can't catch my breath; I feel warm; I have been coughing all night; I have chills).

If the client is sick and you are in the client's home, move at least two meters (6 feet) away.

Ask client to cover their mouth when coughing or sneezing or wear a surgical mask if possible. If you must be within 2 meters of an ill client, put on a surgical mask and eye protection to protect you.

Ask the following questions:

1. **Do you have *new/worse* cough or shortness of breath?**
2. **Are you feeling feverish**
3. **In the past 14 days, have you travelled to an affected geographic area? NOTE: An up-to-date list is available on the Government of Canada website <https://www.canada.ca/en/public-health/services/diseases/2019-novelcoronavirus-infection/health-professionals/covid-19-affected-areas-list.htm>**
In the past 14 days, have you had *close contact* with someone with a confirmed case of COVID-19 (Novel Coronavirus)?
4. **In the past 14 days, have you been in *close contact* with a person with fever AND/OR a new onset (or worsening chronic) cough who has been to an affected geographic area within 14 days prior to their illness onset**

If the response to any of these questions is Yes, then:

- Advise the client to contact 811 symptoms worsen or if they are high risk for complications.
- Report client illness to your supervisor so others who provide care can protect themselves.
- Ask an ill family member to stay in another room when you visit.
- Use Routine Practices, Contact Precautions and Droplet Precautions, and observe your "4 Moment of Hand Hygiene"
- Document the signs and symptoms on client's daily activity sheet.
- If concerned about the change in the client's condition, notify your supervisor as soon as possible and document in a progress report.

Adapted from:

- *VON Canada - Manual Quality Care and Service Standards - Standard 1 which was adapted from PHAC 2009 Interim Guidelines for Healthcare Workers in Healthcare and Other Institutional Settings (www.chica.org/linksflu.html) and Continuing Care, District 1,- Flu Like Illness/H1N1/Febrile Respiratory Illness Screener, created by Patricia Hamilton, Supervisor of Assessments, Continuing Care DHA 1,- August 28, 2009.*
- Ontario Ministry of Health and Long Term Care, Screening Tool for Influenza-like Illness (ILI) in Health Care Settings. http://www.health.gov.on.ca/english/providers/program/emu/health_notices/screening_tool_20090519.pdf
- Primary credit for development: Pam Smith RN, Resource Coordinator, Western Region Home Support
- Nova Scotia Health Authority, Continuing care Offices for Novel Coronavirus (COVID-19), Feb 28, 2020

Novel Coronavirus (COVID-19)

Screening Tool

Home Support Administrative Staff (Revised 2020 from ILI screening tool 2015)

Home Support Administrative Staff need to be alert for signs and symptoms of COVID - 19).

When discussing service provision with clients and/or their family members:

Telephone Interactions:

- Ask about the person's health (i.e. Have there been any changes to your health? Or How are you feeling today?).
- Listen to what the person says (i.e. I can't catch my breath; I feel warm)

As the following two questions:

- 1 Do you have a fever or symptoms of a fever (over 38 degrees Celsius)
2. Do you have *new/worse* cough or shortness of breath, difficulty breathing, pneumonia in both lungs?

If 'no', no further action is required

If the response to any of these questions is Yes, then:

- Advise the person to contact 811 if symptoms worsen or if they are high risk for complications (doctor or nurse practitioner).
- Ask that any ill family members stay in another room while staff are in the home.
- Inform ill client / family member that HSW may need to wear personal protective equipment – mask, eye protection and gloves to provide care.
- Ask client or family member to call the office or inform the HSW on arrival, if he/she develops respiratory symptoms.
- Report client illness to scheduler and supervisor so others who provide care can protect themselves.
- Contact the client's care coordinator to report illness and provide documentation as necessary, according to Continuing Care's communication protocol.

Adapted from:

- VON Canada - Manual Quality Care and Service Standards - Standard 1 which was adapted from PHAC 2009 Interim Guidelines for Healthcare Workers in Healthcare and Other Institutional Settings (www.chica.org/linksflu.html and
- Continuing Care, District 1,- Flu Like Illness/H1N1/Febrile Respiratory Illness Screener, created by Patricia Hamilton, Supervisor of Assessments, Continuing Care DHA 1,- August 28, 2009.
- Ontario Ministry of Health and Long Term Care, Screening Tool for Influenza-like Illness (ILI) in Health Care Settings. http://www.health.gov.on.ca/english/providers/program/emu/health_notices/screening_tool_20090519.pdf
- Primary credit for development: Pam Smith RN, Resource Coordinator, Western Region Home Support
- Nova Scotia Health Authority, Continuing care Offices for Novel Coronavirus (COVID-19), Feb 28, 2020