

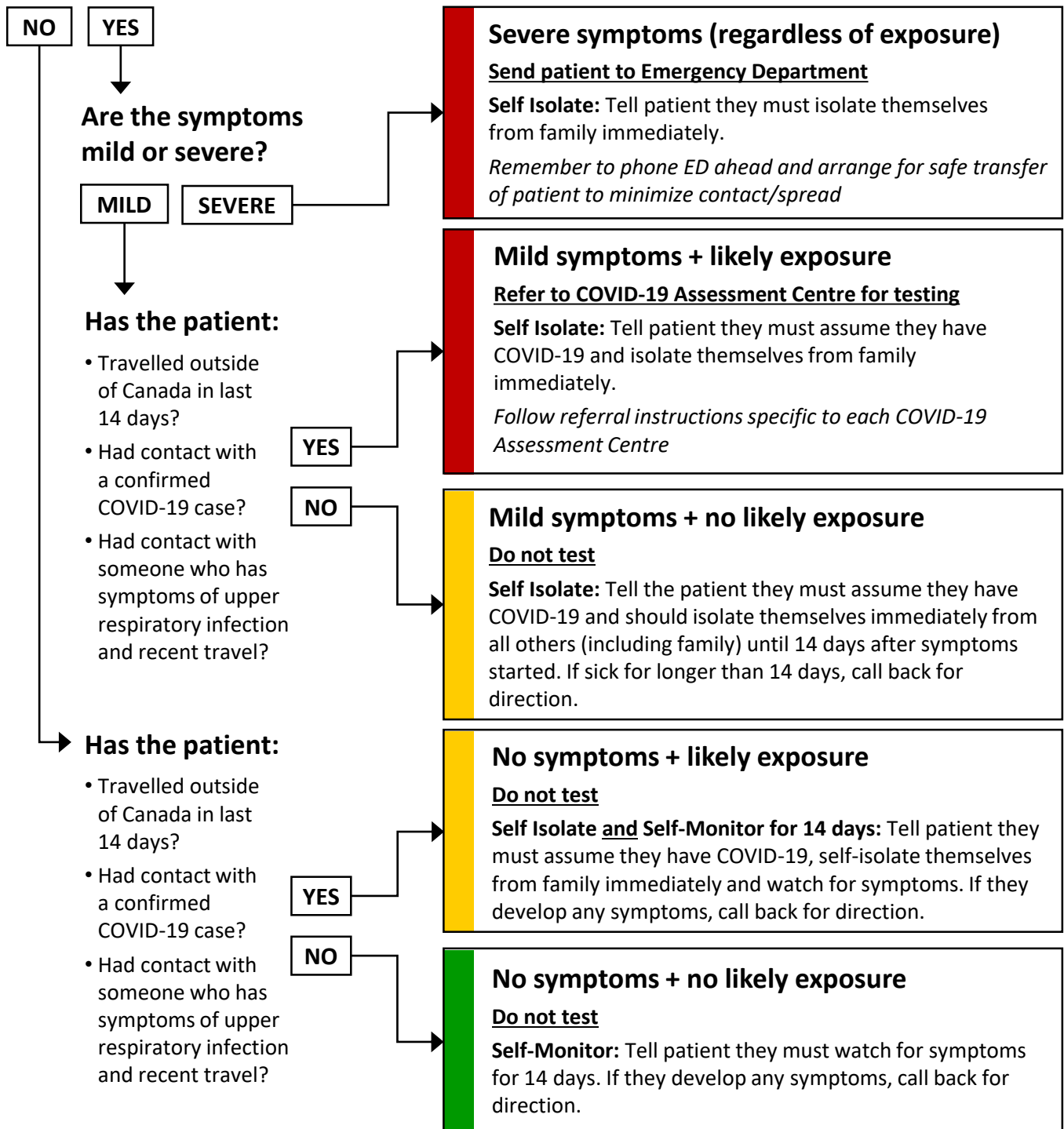
COVID-19 Patient Assessment Tool for Physicians

Does your patient have any symptoms of COVID-19?

Common: cough, fever or shortness of breath

Less common: muscle aches, fatigue, headache, sore throat, runny nose.

(Symptoms in young children may be non-specific, such as lethargy, poor feeding).



COVID-19 Patient Assessment Tool for Physicians

Terminology and directions to use with patients

Self Monitor

Continue your normal activities within the current public health recommendations and avoid public spaces where possible. Watch for symptoms (cough, fever, shortness of breath).

Why? You aren't sure if you were exposed. If you do develop symptoms, you need to self-isolate immediately.

Who? Members of the public and all health care workers, as you may be exposed unknowingly.

Example: Members of Parliament who work with Justin Trudeau should self-monitor.

Self-Isolate (if exposed)

This is also known as self-quarantine or quarantine. Stay home and away from others for the duration of the incubation period (14 days).

Why? You have been exposed to a case. You need to stay away from others to limit spread in case you develop symptoms.

Who?

- Anyone who travelled outside of Canada in last 14 days.
- Anyone exposed to a confirmed case of COVID-19.
- Anyone with close contact with a person with acute respiratory illness who has recently travelled.

Example: Justin Trudeau is self-isolating because he was exposed to his wife Sophie, who is a confirmed case.

Self-Isolate (if sick)

Stay home and away from all others until 14 days after your symptoms started. If you're sick for longer than 14 days, call back for direction.

Why? You have active symptoms. You need to stay away from others to avoid spread.

Who?

- People with mild symptoms (cough, fever or shortness of breath) who have not been tested.
- Confirmed COVID-19 cases with mild or moderate symptoms that can be managed at home.

Example: Sophie Gregoire-Trudeau is in self-isolation because she was diagnosed with COVID-19.

Cleaning your office

Office: A full disinfection of the office is needed daily and high-touch surfaces (such as doorknobs) should be wiped down at least twice per day using a hospital-grade disinfectant.

Cover less-used equipment that cannot be relocated so it is not contaminated.

Use keyboard covers or a wipeable keyboard.

Examination Room: Disinfect any surfaces in direct contact with patient and within 2 metres (6 feet) of the patient such as exam table, blood pressure cuff, stethoscope, thermometer, armrests of the chair.

A low level, hospital grade disinfectant is enough to inactivate COVID-19. Give the disinfectant enough contact time before bringing in the next patient (check the label for contact time – typically 3-5 minutes).

See also:

British Columbia CDC COVID-19 instructions for [Environmental Cleaning and Disinfectants for Physicians' Offices](#)

This includes a table with suggested frequencies for disinfection of various areas.