

Worker is sick with any of the following:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/testing-information>

- Fever
- Chills
- Cough
- Shortness of breath
- Sore throat and painful swallowing
- Stuffy or runny nose
- Loss of sense of smell
- Headache
- Muscle aches
- Fatigue
- Loss of appetite
- Nausea/vomiting
- Diarrhea
- Dizziness, confusion
- Pink eye
- Abdominal Pain

Mild symptoms

Call: 1-844-901-8442

You will be scheduled for a testing appt the following day at Tofino General Hospital – self isolate until then

Moderate/severe symptoms

Go to Tofino General Hospital ER for physician assessment and testing, if clinically appropriate

Awaiting Test Results – Must Self Isolate while awaiting results

<http://www.bccdc.ca/resource-gallery/Documents/Guidelines%20and%20Forms/Guidelines%20and%20Manuals/Epid/CD%20Manual/Chapter%201%20-%20CDC/COVID19-self-isolation-post-testing.pdf>

- Roommates/family members/known contacts to *self monitor* for symptoms

COVID Test Positive

- *Self Isolate* for 10-14 days
<http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation.pdf>
- Employee will be contacted by Public Health for further direction

Covid Test Negative

- *Self isolate* and return to work only when symptoms have resolved
<http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation.pdf>

- People who are **contacts of a confirmed case**, meaning they have been or could have been exposed to the virus but do not have symptoms, are required to *self-isolate* for at least 14 days
- Quarantine/self isolation is required **ONLY** for persons/workers entering BC from outside Canada – *self monitoring only* (self isolation is *not* required) for those workers coming from across Canada