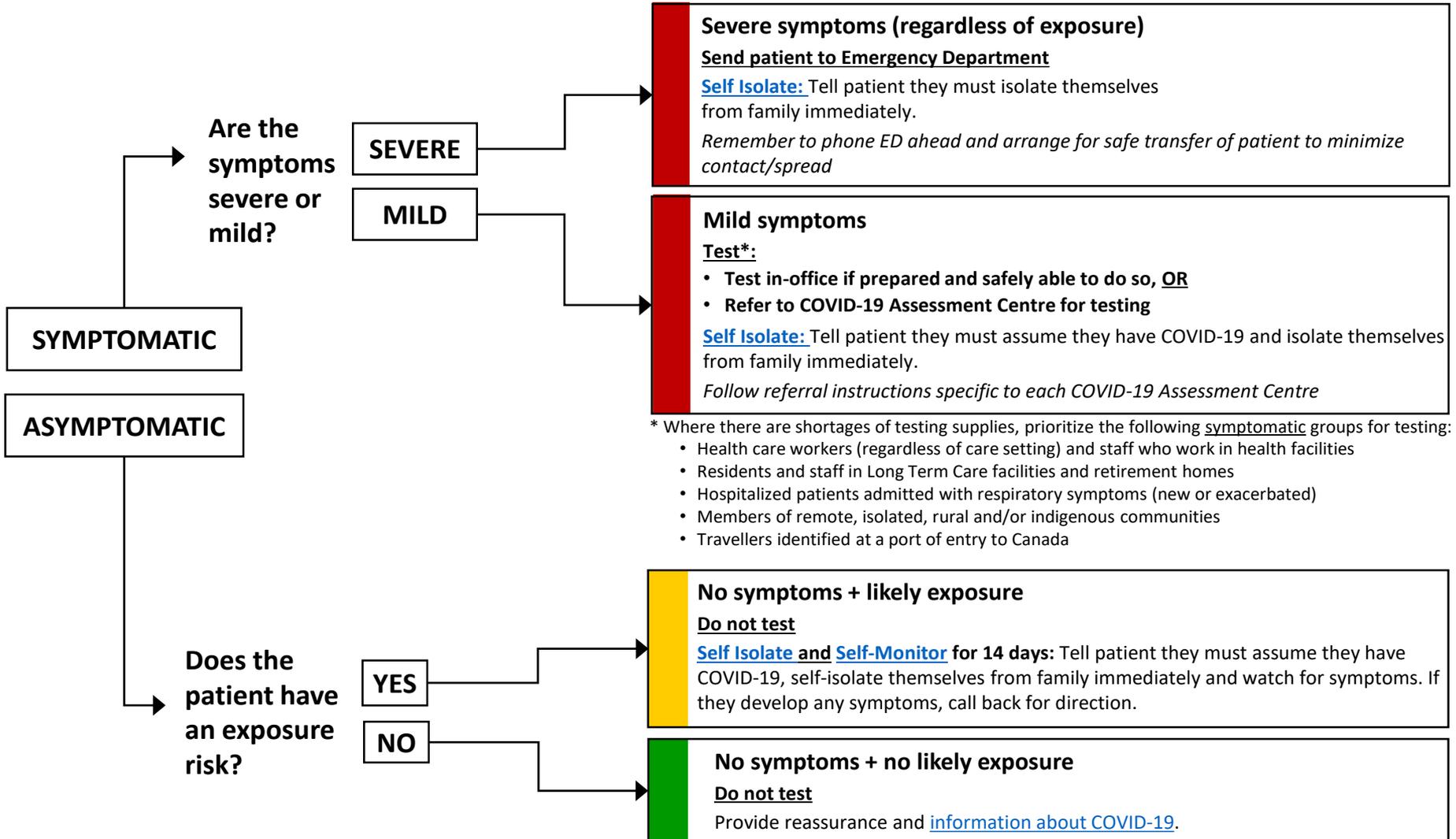


# COVID-19 Patient Assessment Tool for Physicians

This tool summarizes provincial guidance. Local approaches may differ. Check with your local Public Health Unit.

Testing for COVID-19 should be based on clinical assessment and not case definition.



## COVID-19 Patient Assessment Tool for Physicians

### When to discharge someone from isolation and consider ‘resolved’

Note: absence of cough is not required for those known to have chronic cough or who are experiencing reactive airways post-infection. Once a case is discharged from isolation, their case status should be updated to ‘resolved’.

#### For individuals at home

##### Both confirmed cases and symptomatic-but-not tested

- 14 days following symptom onset

#### For hospitalized patients

- Isolate in hospital until 2 negative tests, obtained at least 24 hours apart
- If discharged home within 14 days of symptom onset, follow advice for individuals at home

#### For health care workers

##### Both confirmed cases and symptomatic-but-not tested

- To return to work: 2 negative tests are required, obtained at least 24 hours apart.
- If critical for operations, health care workers may return to work following symptom resolution and pending 2 negative test results at least 24 hours apart only if wearing appropriate PPE, until the receipt of both negative tests.

## 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.*