COVID-19 Patient Assessment Tool for Physicians

Asymptomatic

Are the symptoms severe or mild?

- SEVERE
- MILD

Symptomatic

Does the patient have an exposure risk?

- YES
- NO

No symptoms + no likely exposure
Do not test
Provide reassurance and information about COVID-19.

No symptoms + likely exposure

- NO

Severe symptoms (regardless of exposure)
Send patient to Emergency Department
Self Isolate: Tell patient they must isolate themselves from family immediately. Remember to phone ED ahead and arrange for safe transfer of patient to minimize contact/spread

Mild symptoms
Test*:
- Test in-office if prepared and safely able to do so, OR
- Refer to COVID-19 Assessment Centre for testing
Self Isolate: Tell patient they must assume they have COVID-19 and isolate themselves from family immediately. Follow referral instructions specific to each COVID-19 Assessment Centre

No symptoms + likely exposure
Do not test
Self Isolate and Self-Monitor for 14 days: Tell patient they must assume they have COVID-19, self-isolate themselves from family immediately and watch for symptoms. If they develop any symptoms, call back for direction.

* Where there are shortages of testing supplies, prioritize the following symptomatic groups for testing:
- Health care workers (regardless of care setting) and staff who work in health facilities
- Residents and staff in Long Term Care facilities and retirement homes
- Hospitalized patients admitted with respiratory symptoms (new or exacerbated)
- Members of remote, isolated, rural and/or indigenous communities
- Travellers identified at a port of entry to Canada

OMA Ontario Medical Association | COVID-19 Patient Assessment Tool | V3 26-March-20
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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.