



PATIENT IDENTIFICATION

NAME: \_\_\_\_\_

PHN: \_\_\_\_\_

DOB: \_\_\_\_\_

**COVID-19 Pandemic – Acute Care  
Infection Prevention and Control  
COVID-19 Close Contact Instructions**

DATE: \_\_\_\_\_

Time: \_\_\_\_\_

TO: SITE: \_\_\_\_\_

Unit: \_\_\_\_\_

FROM: \_\_\_\_\_ (Infection Control Practitioner)

RE: **Acute Care COVID-19 Close Contact** Instructions

---PLACE IN PATIENT CHART---

The patient identified above had **close contact** with a positive COVID-19 case. For this patient:

- Place on **Droplet/Contact Plus precautions** for COVID-19 (private room recommended). They must stay in their room unless medically necessary.

**AND**

- Monitor daily** for signs and symptoms of COVID-19 noted below, including at least twice daily temperature checks until \_\_\_\_\_ (Date).

<p><b>Fever of 38°C or greater</b> (≥ 37.6°C for hemodialysis patients OR ≥ 37.8°C for individuals residing in Continuing Care or Personal Care Home)</p>	<p><b>New or worsening respiratory symptoms NOT ATTRIBUTABLE</b> to seasonal or environmental allergies i.e. cough, shortness of breath or difficulty breathing, sore throat, runny nose</p>	<p><b>New onset atypical symptoms</b> including chills, aches and pains, headache, loss of sense of smell or taste, diarrhea, nausea/vomiting, loss of appetite (difficulty feeding for children), fatigue or weakness; for elderly/frail: acute functional decline (including falls), acute confusion. Patients at extremes of age can have unusual presentations.</p>
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**AND**

- Give the "[Self-Isolation Information Sheet](#)" (see attached) and notify family as per local process.

**IMPORTANT:**

- If the patient remains asymptomatic until the date noted above, the patient precautions may be altered at the discretion of their physician's clinical judgement.
- If the patient develops symptoms of COVID-19 as above, ensure the patient remains on **Droplet/Contact Plus precautions**, **test for COVID-19**, and **notify your Infection Control Practitioner**.
- If the patient is transferred to another unit/facility (including Long Term Care), notify them to place the patient on **Droplet/Contact Plus precautions** and to monitor the patient **daily** for signs and symptoms of COVID-19 (including twice daily temperature checks) until the date noted above as per their physician's clinical judgement.
- If the patient is discharged from Acute Care before the date noted above, they **must** self-isolate and be referred to Public Health to continue daily monitoring for the remaining time.

Respectfully,

Infection Prevention and Control

# Self-Isolation Information Sheet

## What is self-isolation?

Self-isolation is an important way of preventing COVID-19 from spreading in Saskatchewan. It means staying at home and avoiding situations where there is a potential to spread the infection to others. If you have a pressing necessity and need to leave home, please wear a mask while you are out.

## How long do I have to self-isolate for COVID-19?

Self-isolation is required for 14 days after returning from travel outside of Canada or from your last contact with a person who has tested positive for COVID-19. If you have symptoms, self-isolation is required to prevent you from possibly spreading COVID-19 to others.

If you develop symptoms while on isolation (fever, cough, sore throat, difficulty breathing and generally feeling unwell), call HealthLine 811 and you will be advised if testing should be completed.

If your results are positive for COVID-19, your self-isolation period will extend until you are considered recovered by the public health nurse who will be checking in regularly with you. If your results are negative for COVID-19, your isolation will continue for the remainder of your 14 day period and until 48 hours after your symptoms have significantly improved (including no longer having a fever).

If you experience difficulty breathing, shortness of breath, chest pain or high fever, immediately call HealthLine 811 for assessment and direction.

## How do I avoid contact with others?

- DO NOT go to work or school.
- DO NOT go to public areas, including places of worship, stores, shopping malls and restaurants.
- LIMIT visitors to your home.
- CANCEL or reschedule non-urgent appointments; let them know you are on self-isolation.
- DO NOT take buses, taxis or ride-sharing where you would be in contact with others.
- ASK family/friends to drop off food or USE delivery/pick-up services for errands such as grocery shopping.

## How do I avoid contact with others in my home?

Household members should stay in another home or place of residence if possible, especially if they have a compromised immune system or chronic health conditions. If you are sharing your home, stay and sleep in a room with good airflow that is away from others. Use a separate bathroom if you can.

## How do I prepare home for self-isolation?

Ensure the home is supplied with basic needs including food, medications (such as prescriptions), personal hygiene products, etc. to support a stay at home of up to 14 days. It is recommended that your sleeping area is separate from other members of the household.

If you live alone or your household is self-isolating, ensure you have someone who is able to check in on you and can provide an additional support or supplies you will require. Request that person to take all needed precautions to avoid infection.