

OMICRON COVID-19 GUIDANCE AT A GLANCE

FOR FRONTLINE STAFF IN LONG TERM CARE & RETIREMENT HOMES & CONGREGATE LIVING SETTINGS

FOR STAFF:

I AM A STAFF PERSON WITH SYMPTOMS, WHAT DO I DO?

- Self-isolate and complete the COVID-19 self assessment at <https://covid-19.ontario.ca/self-assessment/> for further instruction.
- Book a PCR test.
- Report your symptoms to your employer.
- You should not attend work for 10 days from symptom onset. If there is a critical staff shortage, you may be eligible to attend work under work-self isolation.

I AM A STAFF PERSON WHO HAD A COVID-19 EXPOSURE IN MY HOUSEHOLD OR THE COMMUNITY, WHAT DO I DO?

- Self-isolate and complete the COVID-19 self assessment at <https://covid-19.ontario.ca/self-assessment/> for further instruction.
 - ✧ If your exposure was in your household, you will need to self-isolate for the same amount of time as the positive/symptomatic person.
 - ✧ If your exposure was in the community and you are fully vaccinated, you will need to self-monitor for 10 days, but do not need to self-isolate.
 - ✧ If your exposure was in the community and you are NOT fully vaccinated, you will need to self-isolate for 10 days from your last exposure.
 - ✧ If you were exposed but have tested positive for COVID-19 since December 20, 2021, you are not required to self-isolate, and can attend work in the highest-risk setting, as long as you are asymptomatic.
- Book a PCR test.
- Report your exposure to your employer.
- You should not attend work for 10 days from last exposure. If there is a critical staff shortage, you may be eligible to attend work under work-self isolation.

I AM A STAFF PERSON WHO HAS TESTED POSITIVE FOR COVID-19. WHAT DO I DO?

- Self-isolate (if not doing so already).
 - ✧ If you are fully vaccinated, you will need to self-isolate for at least 5 days.
 - ✧ If you are not fully vaccinated or immunocompromised, you will need to self-isolate for 10 days.
- Your local public health unit will call or send you a text message to follow-up with you.
- Report your positive test result to your employer.
- You should not attend work for 10 days from symptom onset or date of test (whichever came earlier). If there is a critical staff shortage, you may be eligible to attend work under work-self isolation.



FOR RESIDENTS:

WHAT DO I DO IF A RESIDENT(S) IS SYMPTOMATIC?

- Symptomatic resident(s) and all resident close contacts (roommates, tablemates, etc.) should be isolated to their rooms.
- Arrange for symptomatic resident(s) and resident close contacts to be tested using PCR test:
 - ✧ Residents with respiratory symptoms should be tested for COVID 19 AND respiratory viruses.
 - ✧ Asymptomatic resident close contacts should be tested for COVID 19 ONLY.
- If results for the symptomatic resident(s) are negative:
 - ✧ Self-isolation may be discontinued once the symptomatic resident is afebrile and 24 hours symptom-resolving (return to baseline) or 48 hours for GI symptoms.
 - ✧ All asymptomatic resident close contacts can discontinue isolation (as long as they also received negative results).
 - ✧ Symptomatic resident close contacts must continue self-isolating until 24 hours symptom-free or 48 hours for GI symptoms.

WHAT IF A RESIDENT IS A CLOSE CONTACT OF A COVID-19 CASE (E.G., A FAMILY CAREGIVER TESTED POSITIVE WITHIN 48 HOURS AFTER BEING WITH RESIDENT?)

- Isolate the resident who had close contact and their roommate (if applicable).
- Test the resident and their roommate(s) for COVID-19.
- Inform the Haldimand Norfolk Health Unit.

WHAT IF WE HAVE A RESIDENT TEST POSITIVE FOR COVID-19?

- The resident must be isolated and placed on Droplet and Contact Precautions.
- All resident close contacts (roommates, tablemates, etc.) must self-isolate to their rooms.
- Initiate outbreak management response.
- Notify the Haldimand-Norfolk Health Unit of all confirmed COVID-19 cases as soon as possible.

WHAT DOES IT MEAN IF OUR HOME/FACILITY IS AN OUTBREAK?

- The Haldimand Norfolk Health Unit is responsible for investigating, declaring, and managing the outbreak and coordinating the outbreak response.
- Outbreak management will include assessing the risk, enhanced monitoring for symptoms in resident, enhanced cleaning and disinfection practice, following Droplet and Contact Precautions in the outbreak area, modifying dining and social activities, limits to admissions, transfers and visitors, etc.

Contact the Haldimand Norfolk Health Unit (HNHU)

Monday - Friday 8:30 a.m. - 4:30 p.m. at 519.426.6170 ext. 9999 or on weekends and after hours at 1.877.298.5888

Current as of March 2, 2022