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**COVID-19 update**

Summary table of self-isolation guidance & new patient instruction handouts. **New**  
Time-based clearance option added for hospitalized cases after discharge. **New**  
Cancer Agency sites require COVID-19 patients to have test of clearance for appointments/treatment. **New**  
Testing for Close Contacts of Cases if recently had symptoms. **New**

**Summary table** on **page 2** for **Self-Isolation guidance** outlines the current guidance issued by BCCDC and used by Fraser Health for suspected or confirmed COVID-19 illness. Guidance varies dependent on symptom and test status, prevalence of infection, and probability of infectiousness.

**Patient Handouts** are on the Fraser Health website. Provide these to patients at time of testing. A handout is also available for patients if it is determined that testing is not indicated.

General Public with symptoms: [Home isolation after testing for COVID-19](#)

HCW / Essential worker with symptoms: [Self-isolation instructions for healthcare and essential workers tested for COVID-19](#)

No testing needed if no signs of illness: [No signs of illness, no need for COVID-19 testing](#)

**Test of clearance for hospitalized COVID-19 patients**

**Test-based clearance** from isolation may be required for patients while in hospital: At least 10 days have passed since onset of symptoms AND symptoms related to COVID-19 have resolved (apart from lingering dry cough) AND two consecutive negative NP swabs are obtained at least 24 hours apart.

**Time-based clearance** is allowed for patients who can be safely discharged home or to long term care and are able to self-isolate until at least 10 days have passed since COVID-19 symptom resolution (apart from a dry cough).

**Test of clearance for BC Cancer patients – two consecutive negative swabs**

- BC Cancer patients who are COVID-19 positive will be informed by Public Health staff that they are cleared from isolation for Public Health purposes. However, given the possibility of exposure to others who are immunocompromised while in BC Cancer facilities, BC Cancer may recommend clearance testing in order for patients to reinitiate treatment at BC Cancer.
- BC Cancer will arrange to have clearance testing performed as needed before patients reinitiate treatment. This entails two consecutive negative swabs at least 24 apart. If these patients come to the Assessment Centers, please swab them for COVID-19.

**Testing for close contacts of COVID-19 individuals**

Patients who were recently symptomatic and have a clear epidemiological link to a known case (close contact of COVID-19), may request testing even if they are now asymptomatic. For example, a family member who had a sore throat but this is now resolved – please swab them for COVID-19.

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***The Fraser Health Medical Health Officers are available for medical consultations at  
604-587-3828 or 1-877-342-6467 (M-F, 0830-1630 hrs) or after hours at 604-527-4806.***



**PLEASE COPY FOR ALL PHYSICIANS  
IN YOUR OFFICE**

*From the Office of the  
Medical Health Officer  
June 11, 2020*

**COVID-19: Summary of self-isolation guidance & new patient instruction handouts.**

**1. Symptoms - Tested**

Patient Handouts: General Public: [Home isolation after testing for COVID-19](#)

HCW or Essential: [Self-isolation instructions for healthcare and essential workers tested for COVID-19](#)

**Test Positive**

Self-isolate for 10 days from the onset of symptoms AND until fever is gone without use of fever-reducing medications AND until symptoms resolve (apart from lingering dry cough)
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**Test Negative**

Everyone

NO recent international travel NO exposure* to COVID-19 case	Self-isolate until symptoms resolve (apart from lingering dry cough)
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General Public

Recent international travel, <b>or</b> Exposure* to COVID-19 case	Self-isolate for 10 days from when symptoms started OR 14 days from return/exposure, whichever is longer
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Healthcare (HCW) or Essential Workers

Recent international travel	Self-isolate until symptoms resolve OR 14 days from return, whichever is longer. (Public health may allow earlier return-to-work (RTW) for HCW)
Exposure* to COVID-19 case	Self-isolate. Public health will give instructions on return to work.

**2. No symptoms – Not tested**

Patient handout: [No signs of illness, no need for COVID-19 testing](#)

General Public:

Recent international travel, <b>or</b> Exposure* to COVID-19 case	Self-isolate for 14 days from return/exposure. Self-monitor for symptoms. If become symptomatic, get tested.
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HCW or Essential workers

Recent international travel	Self-isolate for 14 days from return except may continue to work with <a href="#">appropriate workplace infection control precautions</a> . Self-monitor for symptoms. If become symptomatic, get tested. (Public Health may allow earlier RTW for HCW)
Exposure* to COVID-19 case	Self-isolate. Public health will give instructions on return to work.

\* Note: Exposure\* refers to a high-risk exposure e.g. close contact in household or workplace without adequate PPE.

**3. Symptoms - Not tested:** If have COVID-19 symptoms then self-isolate as if tested positive – see above.

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