



The Covid-19 Pivot

*Emerging COVID Issues:
Preparing for the second
wave*

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Learning Objectives

By the end of this activity, participants will be able to:

1. To recognize the implications of children returning to school during the COVID-19 pandemic including health and safety protocols, testing recommendations and symptom management.
2. To list the considerations and challenges of administering the seasonal influenza vaccine during the COVID-19 pandemic.
3. To determine the initial management of patients presenting with influenza-like illness during the 2nd wave of the COVID-19 pandemic.

Symptoms of COVID-19 in children

- Fever
- New onset of cough
- Worsening chronic cough
- Shortness of breath
- Difficulty breathing
- Sore throat
- Difficulty swallowing
- Decrease or loss of sense of taste or smell
- Chills
- Headaches
- Unexplained fatigue/malaise/muscle aches (myalgias)
- Nausea, vomiting, diarrhea, abdominal pain
- Pink eye (conjunctivitis)
- Runny nose or nasal congestion without other known cause



COVID-19

Please complete before entering the school.

Name: _____ Date: _____ Time: _____

1. Does your child have any of the following new or worsening symptoms?*



Fever > 37.8°C



Cough



Difficulty breathing



Loss of taste or smell

If "YES": Stay home, self-isolate & get tested or contact your child's health care provider.

2. Does your child have any of the following new or worsening symptoms?*



Sore throat,
painful swallowing



Stuffy/runny nose



Headache



Nausea,
vomiting,
diarrhea



Feeling unwell,
muscle aches,
feeling tired

If "YES" to 1 symptom:

- Stay home for 24 hours from when symptom started.
- If improving in 24 hours, can return to school. No test needed.
- If not improving, or getting worse, self-isolate & get tested.

If "YES" to 2 or more symptoms:

- Stay home, self-isolate & get tested or contact your child's health care provider.

3. Has your child travelled outside of Canada in the past 14 days? ☐ Yes ☐ No

4. Has your child been identified as a close contact of someone with COVID-19? ☐ Yes ☐ No

5. Has your child been instructed to stay home and self-isolate? ☐ Yes ☐ No

If you answered "YES" to questions 3, 4 or 5:

- Your child must stay home, self-isolate & follow the advice of public health.

*Children who have an existing health condition identified by a health care provider that gives them the symptoms should not answer YES, unless the symptom is new, different or getting worse. Look for changes from your child's normal symptoms.



Patient requests for work accommodations: Information for family doctors

Updated – October 2, 2020

Information from government sources is very general in terms of who's high risk for severe illness from COVID, so the OCFP has pulled together advice from various specialty groups to help you. As a family doctor, you will use your clinical judgement and knowledge of your patient in the advice you give as it relates to any potential requirements for that individual to be exempt from being at work in person, or to work remotely.

The recommendations that follow are unavoidably based on expert opinion and extrapolation from the morbidity and mortality data we have thus far from the COVID epidemic.

****Please note**** It is up to you as the family doctor to recommend restrictions and limitations. It is the employer's obligation to provide accommodations according to the [Human Rights Code](#).

In general, writing doctor's notes:

As referenced above, your role in these circumstances is to provide information in support of a third-party process (e.g., work accommodation form), not to determine the outcome of the process ([CPSO](#)). In short, accommodation is the responsibility of the employer.

Suggesting wording on notes could be: The workplace would need to ensure the proper public health measures are in place as a minimum requirement, and that the individual can be 2 metres from others at all times while ensuring their mask wearing and frequent hand hygiene.

High-risk Conditions

There are conditions with high enough risk of severe COVID to warrant workplace accommodation, beyond routine precautions (mask wearing, physical distancing, hand washing). It is reasonable for family doctors to connect with a treating specialist, as needed, when responding to a request related to work accommodation.

Pregnancy: Patients with complications of pregnancy such as diabetes, preeclampsia, anemia, advanced maternal age (35+), and obesity require work from home ([Society of Obstetricians and Gynecologists of Canada](#)). Of note: "Current data do not suggest an increased risk of severe disease from COVID-19 in healthy pregnant women compared to non-pregnant reproductive-aged women. "

Asthma: "Patients with mild-moderate asthma should work from home if feasible. Patients with severe asthma should also work from home if feasible and, if not feasible, should remain off work for medical reasons until such time as the WHO or local public health authorities declare that physical distancing is no longer necessary" ([Canadian Thoracic Society](#), "Physical Distancing for Asthma Patients" section).

This will be an evolving clinical issue to monitor – of note, [asthma was not associated with an increased risk of hospitalization](#) for COVID patients. The CTS April 30 guidance is due to be revised.

COPD: "Patients should stay at home as much as possible, including working from home if feasible" ([Canadian Thoracic Society](#)).



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Dr. Marcel Arcand

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Dr. Mike Allan, Samantha Moe, Joey Ton

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Resources for family physicians

Background document for Toronto District School Board (TDSB) Infographic

- <https://covid-19.ontario.ca/covid19-cms-assets/2020-10/Screening%20Children%20v1.0%202020-10-01%20FINAL%20EN%20AODA.pdf>

TDSB Infographic

- <https://www.toronto.ca/wp-content/uploads/2020/08/94e5-Survey-poster-Schools.pdf>

Ontario school screening online questionnaire:

<https://covid-19.ontario.ca/school-screening/>

Guidance for students in York Region, Ontario during COVID-19

- <http://www.yrdsb.ca/schools/markhamdistrict.hs/NewsEvents/Documents/DecisionTree-Responding-To-An-Ill-Individual-at-the-school.PDF>
- <http://www.yrdsb.ca/schools/school-reopening/Documents/DecisionTree-Should-my-child-attend-school.PDF>

Dr. Abenstein's CFP blog and Back to School resource for families:

<https://www.cfp.ca/news/2020/08/26/08-26>

<https://www.cfp.ca/sites/default/files/pubfiles/PDF%20Documents/Slidedeck.pdf>

Government of ON. Fall Preparedness Plan for health, Long-term care and education:

<https://files.ontario.ca/moh-preparing-for-future-waves-of-covid-19-en-2020-09-30-v2.pdf>

Guidance for Immunization Services During COVID-19:

http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/Immunization_Services_during_COVID-19_08-26-2020.pdf

Influenza Vaccine Fact Sheet, Public Health Ontario

<https://www.publichealthontario.ca/-/media/documents/f/2020/fact-sheet-influenza-vaccine-2020-2021.pdf?la=en>

Curbside/Drive-Through Vaccination Clinics (CDC)

- <https://www.cdc.gov/vaccines/hcp/admin/mass-clinic-activities/curbside-vaccination-clinics.html>

PHAC guidance document on giving flu shots during a pandemic

<https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci/guidance-influenza-vaccine-delivery-covid-19.html>

Pediatric Algorithm, Alberta:

https://www.specialistlink.ca/files/CZ_COVIDPediatricTestingIso_Sept21_2020.pdf

Adult Algorithm, Alberta

https://www.specialistlink.ca/files/CZ_COVID_Pathway_May25_2020.pdf

Centre for Effective Practice algorithm:

<https://tools.cep.health/tool/covid-19-navigating-pt-concerns/#pedatir>

Testing and Clearance


- http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_testing_clearing_cases_guidance.pdf

Tracking App

- <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html>

Workplace Accommodation link:

- <https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/high-risk-conditions-workplace-accom.pdf>


 **WHAT DO I DO IF I HAVE* ANY COVID-19 SYMPTOMS?**


UPDATED Guidance on Testing and Isolation. Oct 6th, 2020


SYMPTOMATIC CHILD


1. A child with a **MAJOR** symptom (fever, cough, shortness of breath, decrease or loss of taste or smell) must **self-isolate AND** get tested.
2. A child with just one **MINOR** symptom (runny nose, sore throat, headache, nausea, vomiting, diarrhea, fatigue) must **stay home** for at least 24 hours to monitor symptoms. If the symptoms improve, they can return to school/daycare. No COVID-19 test is required.
3. A child with a **MAJOR** symptom or multiple **MINOR** symptoms can **ONLY** go back to school/daycare when they receive a **negative test result AND** it has been **24 hours** since symptoms started improving **AND** they have not had a fever (without medication) for **24 hours**.


Adults with any symptoms must **self-isolate and get tested**. They can **ONLY** go back to work when they receive a **negative test** result **AND** it has been **24 hours** since symptoms started improving **AND** they have not had a fever (without medication) for **24 hours**.

 If a child with **MAJOR** symptoms(s) **OR** multiple minor symptoms **OR** an adult with any symptoms does not get tested, they must **self-isolate for 14 days** from the onset of symptoms.

 If you are concerned about your symptoms and/or your child's symptoms please call your family physician first. If you do not have a family physician or cannot access your family physician, call **VTAC** at **1-844-727-6404** to schedule a telephone appointment. If you are worried that you or your child is seriously ill, **call 911** or go to the nearest **Emergency Department**.

 A doctor's note **IS NOT required** for return to work/school/daycare, **once the above criteria have been met**.


 The most up to date information can be found online at **RCDHU.COM**



HOUSEHOLD MEMBERS

1. Household members must **self-monitor** for any symptoms but do not need testing if they do not have symptoms.
2. Household members can continue to attend school and work with careful attention to **physical distancing, masking** and **hand-washing** rules.

RC VTAC
1-844-727-6404
www.rcvtac.ca



In Partnership with Primary Care, Community Paramedics, Public Health, Hospitals, and Ontario Health East

Source: www.rcvtac.ca

Most up-to-date information:
www.RCDHT.com