

COVID-19 Infection/Suspected Infection Response Plan

What to do if someone at Gravity shows symptoms of COVID-19

If someone is at Gravity when they find out or begin to suspect they have the virus, we follow the seven steps below.

1. **Isolate:** Remove the person from others. Provide the person a surgical mask (reception).
2. **Inform:** Tell health authorities by calling the national COVID-19 hotline on 1-888-COVID19 or 8-1-1 and follow the advice of health officials.
3. **Transport:** Arrange for transport, either to their home (direct to self-isolate) or to a medical facility.
4. **Clean:** The area where the person has been working (staff) or working out (client) and all the places they have been should be cleaned. This may mean closing temporarily and/or evacuating those areas. Personal Protective Equipment (PPE) in the form of gloves and masks (reception) should be used when cleaning.
5. **Identify:** Find out who at the workplace had close contact with the infected person recently, up to 24 hours before they first started experiencing symptoms.

Close contact means anyone who has been face-to-face for at least 15 minutes with the infected person or has been in the same space as them for two hours.

Those employees/clients should be sent home/advised to self-isolate. See information below on self-isolation protocols.

6. **Clean:** The areas where these people have been should also be cleaned, this could involve the evacuation of these areas and cleaners should also use PPE.
7. **Review:** Our safety plan and mitigation controls for COVID-19, with employees kept up to date on what is happening and on the appropriate safety procedures.

Self-Isolation

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation>

Self-isolation means staying home and avoiding situations where you could come in contact with others. You may have been exposed to the virus and are at risk for developing COVID-19 and passing it on to others. You should not self-isolate in a place where you will be in contact with vulnerable people, such as seniors and individuals with underlying health conditions. See the [self-isolation dos and don'ts information sheet](#):

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| <ul style="list-style-type: none">✓ Do stay home for 14 days<ul style="list-style-type: none">▪ Work from home▪ Use food delivery services or online shopping✓ Do keep in contact with friends<ul style="list-style-type: none">▪ Use technology, such as video calls, to keep in touch with friends and family▪ Host virtual meetings, hangouts, family dinners or playdates for your kids✓ Do get creative to prevent boredom in kids<ul style="list-style-type: none">▪ Get creative by drawing, painting or running back yard obstacle courses and games✓ Do monitor your symptoms<ul style="list-style-type: none">▪ If you develop symptoms, you should get tested for COVID-19 at a collection centre▪ If you are unsure or have questions, you can use the COVID-19 Self-Assessment tool by visiting bc.thrive.health or call 8-1-1 for advice.▪ If you are having trouble breathing, call 9-1-1▪ If travelling by ambulance, notify the dispatcher that you may have COVID-19 | <ul style="list-style-type: none">✓ Do protect others<ul style="list-style-type: none">▪ Wash your hands frequently (hand hygiene)▪ Cough into your sleeve (respiratory etiquette)▪ Keep 2 metres away from others (physical distancing)▪ Greet with a wave instead of a handshake, a kiss or a hug✓ Do continue to exercise<ul style="list-style-type: none">▪ Exercise at home▪ Go outside for some fresh air, a run, bike ride, rollerblade, snowshoe, walk the dog or get the mail – ensuring you stay 2 metres away from others✓ Do clean all high-touch surfaces<ul style="list-style-type: none">▪ High-touch surfaces: toilets, bedside tables and door handles should be cleaned daily using a store bought disinfectant. If not available use diluted bleach solution, one part bleach to 50 parts water (e.g. mix 10ml bleach with 500ml water), and allow the surface to remain wet for 1 minute▪ If they can withstand the use of liquids for disinfection, high-touch electronics such as phones, computers and other devices should be disinfected with 70% alcohol |
| <ul style="list-style-type: none">✗ Do not go to school, work or other public areas<ul style="list-style-type: none">▪ (e.g. malls, fitness centre, place of worship)✗ Do not have visitors<ul style="list-style-type: none">▪ Except for individuals providing care or delivering food/supplies, and in that case, maintain a distance of 2 metres | <ul style="list-style-type: none">✗ Do not use public transportation✗ Do not share personal items with others<ul style="list-style-type: none">▪ Including toothbrushes, towels, linens, thermometers, cigarettes, unwashed utensils, and electronic devices (such as phones and computers) |
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If you develop symptoms/think you have COVID-19

Symptoms of COVID-19 are like other respiratory illnesses. Commonly, these are fever, chills, cough or worsening of chronic cough, sore throat, runny nose and shortness of breath.

For the full list of symptoms, visit: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

If you develop symptoms, you should:

Step 1: Use the B.C. COVID-19 Self-Assessment Tool (<https://bc.thrive.health/>) to help determine if you need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else, if they are unable to.

Step 2: Find a location to get tested (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/testing-information>)

After using the self-assessment tool, if you still have questions, contact your healthcare provider or call 8-1-1 for guidance.

If the symptoms are severe such as shortness of breath (e.g. struggling to breathe or speak in single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.

Contact Tracing Steps:

Contact tracing is an important tool to help diagnose people who may have COVID-19 sooner and prevent the virus from spreading in your community

If you develop symptoms, think you may have COVID-19, contact a member of the Public Health team immediately at:

604-707-2400

Or 1-888-COVID19, available 7:30AM - 8 PM.

Or HealthLinkBC by dialing 811.

More information here:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation/contact-tracing>

Video and Infographic here:

https://www.youtube.com/watch?v=LE9Mhll30Ks&feature=emb_logo

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/community-settings/recreation-facilities>