

Guidance for Potential Exposures

What should I do if I don't feel well and/or have COVID symptoms?

1. Stay home.
2. Call 8-1-1 or your primary care provider for advice.
3. Visit bc.thrive.health and use the self-assessment tool to determine if you require testing
4. If you do require testing, call 1-844-901-8442 between 8:30 a.m. and 8 p.m. to book a test.
5. Advise your instructor or supervisor if you will be absent.

What should I do if I have been in close contact with a probable/confirmed case?

1. Island Health's Public Health team undertakes contact tracing for all lab confirmed cases of COVID-19. If their investigation determines you are a close contact at high risk of exposure, you will be contacted directly by Public Health with advice on next steps.
2. If you are not contacted by Public Health it is because you are not considered a high risk close contact. Continue your normal activities and, as ever, monitor yourself for symptoms.

What should I do if I have been contacted by Island Health contact tracers?

1. Follow their direction and advice diligently.
2. Advise your instructor or supervisor if you will be absent.

What should I do if I have been in a location with a confirmed case, ex: a restaurant but have not been contacted by Island Health?

1. Continue with your normal activities.
2. Check www.islandhealth.ca/covid19 for information on public exposure warnings.
3. As we should be doing at all times, monitor yourself closely for symptoms. If you develop COVID-19 symptoms, self-isolate and reach out for advice or testing.
4. Advise your instructor or supervisor if you will be absent.

What should I do if I have been contacted by a student or employee who says they are feeling sick or unwell or experiencing COVID-19 symptoms?

Tell the student or employee to:

1. Stay home.
2. Call 8-1-1 or your primary care provider for advice.
3. Visit bc.thrive.health and use the self-assessment tool to determine if you require testing.
4. If you do require testing, call 1-844-901-8442 between 8:30 a.m. and 8 p.m. to book a test.
5. Advise your instructor or supervisor if you will be absent.

Your privacy is important!

Limit sharing your personal health information, such as COVID testing or positive test results. Email any COVID related information to Colin Fowler (colin.fowler@nic.bc.ca) who will distribute information on a need-to-know basis to ensure campus safety measures are in place.

