



THE  
CHARLES H. BEST  
DIABETES CENTRE

## Infection Prevention and Control Procedures during COVID-19 Pandemic

### COVID-19 self-screening

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

**1. Are you currently experiencing any of these symptoms?** (Choose any/all that are new, worsening, and not related to other known causes or conditions you already have.)

The symptoms listed here are the most commonly associated with COVID-19.

Anyone who is sick or has any symptoms of illness, including those not listed below, should stay home and seek assessment from their health care provider if needed.

**Fever and/or chills**

Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher

**Cough or barking cough (croup)**

Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, COPD, or other known causes or conditions you already have)

**Shortness of breath**

Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions you already have)

**Decrease or loss of taste or smell**

Not related to seasonal allergies, neurological disorders, or other known causes or conditions you already have

**Muscle aches/joint pain**

Unusual, long-lasting (not related to **getting a COVID-19 vaccine and/or flu shot in the last 48 hours**, a sudden injury, fibromyalgia, or other known causes or conditions you already have)

**Extreme tiredness**

Unusual, fatigue, lack of energy (not related to **getting a COVID-19 vaccine and/or flu shot in the last 48 hours**, depression, insomnia, thyroid dysfunction, or other known causes or conditions you already have)

**Sore throat**

Painful or difficulty swallowing (not related to post-nasal drip, acid reflux, or other known causes or conditions you already have)

**Runny or stuffy/congested nose**

Not related to seasonal allergies, being outside in cold weather, or other known causes or conditions you already have



Headache

New, unusual, long-lasting (not related to **getting a COVID-19 vaccine and/or flu shot in the last 48 hours**, tension-type headaches, chronic migraines, or other known causes or conditions you already have)

Nausea, vomiting and/or diarrhea

Not related to irritable bowel syndrome, anxiety, menstrual cramps, medication side effects, or other known causes or conditions you already have

2. In the last 10 days, has someone you live with:

- been sick with symptoms associated with COVID-19? and/or
- tested positive for COVID-19 (on a rapid antigen test or PCR test)?

3. In the last 10 days, have you tested positive on a rapid antigen test or home-based self-testing kit?

4. In the last 10 days, have you been identified as a “close contact” of someone who currently has COVID-19 (confirmed by a PCR or rapid antigen test)?

5. In the last 14 days, have you travelled outside of Canada?

**All travellers require a pre-entry COVID-19 molecular test**

Effective December 21, 2021 at 12:01 a.m. EST, the exemption from the pre-entry molecular test for Canadians taking short trips of less than 72 hours was suspended. All incoming travellers to Canada are required to present:

- a negative COVID-19 molecular test, to be performed in a country other than Canada, within 72 hours of their scheduled flight or arrival at the land border, or
- proof of a positive test result received in the previous 14 to 180 days

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



## **Returning to Appointments at The Best Centre**

- Patients must wait (outside or in their vehicle) until 5 minutes before their appointment time to check-in at reception.
- Patients must visit hand hygiene station located at the front entrance.
- Patients will self-screen upon check-in by reviewing list of questions.
- Masks will be provided at reception desk.

## **Procedure for Paediatric Clinics**

- One caregiver will be permitted to join appointment on site.
- Additional caregivers may join via a pre-arranged videoconference.
- Patients and caregivers must wear protective mask and practice hand hygiene upon entry and exit of clinic room.

## **Procedure for Individual Appointments**

- Patients are encouraged to attend appointments alone. One caregiver will be permitted to join on site if necessary.
- Patients (and caregivers) must wear protective mask (we will provide), and practice hand hygiene upon entry and exit of consultation room.

## **Procedure for Group Appointments**

- Pump schools to be conducted virtually whenever possible
- Pump starts can be conducted in person
- Patients are encouraged to attend appointment alone. However, one caregiver will be permitted to join training on site.
- Patients (and caregivers if necessary) must wear protective mask and practice hand hygiene upon entry and exit of consultation room.
- Maximum of 6 people (including educator) in the boardroom, maintaining a two-metre distance apart (more than 6 permitted if wearing masks)