

STAYING SAFE OVER THE HOLIDAYS – A GUIDE FOR LTC STAFF

We realize with the significant increase in COVID-19 cases across British Columbia, people are concerned about their health and wellbeing, and that of our residents, colleagues, families and friends.

Here's some key information to help you and those around you stay safe and well this holiday season.

WHAT IF I DON'T FEEL WELL?

If you think you have any symptoms of COVID-19, you can visit the [B.C. Self Assessment Tool](#) and determine if you should be staying home, self-isolating and testing.

Staff who test positive with a rapid antigen or PCR test should not be coming to work. Staff should stay home for seven days from the day they test positive or the date of your symptom onset.

WHEN SHOULD I GET TESTED?

Unless you have symptoms of COVID-19, we urge you not visit VCH testing sites, as testing capacity is needed for those who have symptoms consistent with COVID-19. This allows VCH sites to prioritize testing to those who are sick, and most in need of care.

WHAT IF I DO NEED TESTING?

Use the B.C. [COVID-19 Self-Assessment Tool](#) to ensure if you need to be tested for COVID-19. A COVID-19 test is recommended if:

- You had contact with someone who tested positive for COVID-19 and have any [one of the symptoms listed by the B.C. Centre for Disease Control \(BCCDC\)](#).
- You are experiencing [symptoms](#) that require testing.

HOW CAN I KEEP MYSELF AND EVERYONE ELSE SAFE AT WORK?

Personal Protective Equipment

Wear a medical mask at all times at work, including in common areas and break rooms unless eating and/or drinking.

Access to additional PPE for health-care workers, such as respirators, will be provided in circumstances where, based on a point-of-care risk assessment, a health-care worker determines there is elevated risk of COVID-19 transmission through patient/resident interaction.

Hand Hygiene

Rigorous [hand hygiene](#) with plain soap and warm water or at least a 70 percent alcohol-based hand rub is the most effective way to reduce the spread of illness.

- Be aware of the nearest access to soap and water or alcohol-based hand rub in your work area to perform hand hygiene.
- Remind others – including staff, patients, volunteers and visitors – about diligent hand hygiene and proper hand hygiene techniques. Assist patients with performing hand hygiene if they are unable to do so by themselves.

Booster shots

Health care workers are eligible for a booster shot, and health-care workers in all settings are receiving invitations to book an appointment to receive booster doses (six months after they received Dose 2). In order to receive your invitation, you must be registered in the Get Vaccinated online system. **In addition, you will need to self-identify as a health care worker on the Get Vaccinated system.**

Step 1: Have the following information to complete your self-identification on the system:

- PHN (*Personal Health Number, found on the back of your driver's license or CareCard*)
- Date of birth
- Date of a previous COVID-19 vaccine (either Dose 1 or Dose 2)
- **VCH staff and medical staff access code: [Y6383E!](#)**
- **Health-care workers in community settings access code: [H3962N!](#)**
- Note: if you are not yet registered on the Get Vaccinated provincial website, you will be directed to a webpage to do so before you are able to complete this step.

Step 2: Go to the *Get Vaccinated* provincial website for COVID-19 boosters, target populations here:

<https://www.getvaccinated.gov.bc.ca/s/d3-target-self-identification>

Step 3 - Indicate which specific category you fall into. If any of the information you enter does not match what is on file, you may be redirected to contact the call centre for assistance and to verify your information.

Step 4 – You will be invited when it's your turn to book an appointment.

I'D LIKE MORE INFORMATION ABOUT RESOURCES:

You can call 811, or visit the [B.C. Government's COVID-19 information page](#).