



COVID-19 is present throughout Whitehorse, rural communities and across Canada. While adherence to public health measures and vaccination help to reduce the spread and severity of disease, symptomatic testing plays a role in early detection and containment of cases. As cases surge, the priority for lab-based PCR testing will be reserved for situations where there is highest risk to individual or public health outcomes. Clinic or lab-based NAAT testing (i.e. Abbott IDNOW) may also be used upon direction by MOH/YCDC within this criteria as a part of surge or outbreak approaches depending on the clinical context.

The most commonly found COVID-19 symptoms include:

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| • Fever | • Sore throat | • Loss of appetite |
| • Chills | • Loss of sense of taste or smell | • Nausea and vomiting |
| • Cough* | • Headache | • Diarrhea |
| • Shortness of breath | • Fatigue | • Muscle aches |
| • Runny nose | | |

*or acute exacerbation of a chronic cough. Less common symptoms of COVID-19 infection may include: stuffy nose, conjunctivitis, dizziness, confusion, abdominal pain, skin rashes or discoloration of fingers or toes.

1. Test individuals who are symptomatic (as above) who meet one of the following criteria:

- 12 years or older who are unvaccinated or partially vaccinated (have not received 2 doses of mRNA vaccine greater than 2 weeks prior to exposure)
- Resident or staff of a congregate setting:
 - i. Long-term care and residential care homes
 - ii. Correctional centers
 - iii. Shelters and transition homes
 - iv. Mines
- Patients in acute care settings
- Front line Health Care Workers with direct patient care (eg family physicians, nurses, dentists) and first responders
- 50 years and over
- Pregnant
- One or more risk factors for severe disease:
 - i. Obesity (BMI >30 kg/m²)
 - ii. Type 1 or 2 diabetes mellitus
 - iii. Chronic respiratory disease
 - iv. Chronic kidney disease
 - v. Cardiovascular/cerebrovascular disease
 - vi. Immunocompromised or receiving immunosuppressive therapy
 - vii. Intellectual or developmental disabilities

2. Testing required for medical procedure or as part of enhanced testing protocols

Testing is not recommended for recently recovered COVID-19 cases in the first 45 days following initial positive lab test nor asymptomatic individuals unless directed by YCDC/MOH

COVID-19 is part of a differential diagnosis and clinical judgment is important in the work up of individuals presenting with these symptoms. Please remember to consider other possible diagnoses in the evaluation of the patient. **However, one must also rule out COVID-19 as a diagnoses, specifically when symptoms overlap such as COPD exacerbation, asthma, or seasonal allergies. All patients who are tested for COVID-19 must self-isolate, with the exception of non-publically funded asymptomatic pre-travel testing.**

Immediate management of all persons tested:

- ✓ Direct patient to self-isolate and provide standardized information sheet (step 3).
- ✓ Inform them they can access their test results online at <https://yukon.ca/en/find-out-what-your-covid-19-test-results-mean>
- ✓ Report. **All persons investigated must be reported by fax to YCDC.** Fax COVID reporting form or outpatient assessment form including current phone number to YCDC 667-8349 (step 4).
Monday to Friday 830-430: YCDC 667-8323 or 667-5080

3. **How to test:** [collect specimen](#), complete the [BCCDC PHL virology requisition](#), select COVID-19 in the respiratory pathogen list

- Use the viral collection kit
- Confirm expiry date on viral medium and **ensure specimen arrives at BCCDC lab within 5 days from collection date, prior to specimen collection**



Specimen:

- In the outpatient setting, collect 1 Nasopharyngeal swab (NP)
- Patients with severe respiratory illness or hospitalized patients should have multiple samples collected: a NP and a Throat Swab or sputum, endotracheal aspirate, or Bronchoalveolar lavage
- **As of December 6, 2021 Hologic Aptima swab are no longer accepted for viral respiratory pathogen respiratory viral including COVID-19**

4. **All persons tested for COVID-19 should be isolated from others**

Patients requiring hospitalization: placed in a separate room on contact and droplet precautions. Patients well enough to go home must be provided education and placed on home isolation.

Provide the attached handout [Information about the novel coronavirus \(COVID-19\) Self-isolating at home](#). If the person being investigated requires direct care in the home setting (i.e. children, elderly), also provide [Information about the novel coronavirus \(COVID-19\) for caregivers](#).

Individuals tested for COVID-19 are to access their results online: <https://yukon.ca/en/find-out-what-your-covid-19-test-results-mean>.

5. **Notify YCDC of all persons tested for COVID-19**

HCPs should assess for isolation feasibility at point of testing including referral to self-isolation facilities as required. Home isolation is critical to controlling community spread of this virus.

For more information:

Yukon health care provider guidance documents, including patient handouts are found at:

<https://yukon.ca/en/health-and-wellness/health-concerns-diseases-and-conditions/find-information-health-professionals>

Public information is available at: <https://yukon.ca/covid-19>