

Decision support tool for testing recommendation and return to regular activities (i.e. work, school, recreation) for mild acute illness

Ages: 6 years of age and older

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.

This guidance DOES NOT apply to the following patients:

- Persons who are contacts of COVID-19.
- Persons who may be severely immunocompromised or have complex medical histories.
- Persons who have returned from travel outside of Yukon.

RED symptoms

- Cough
- Fever/chills
- Shortness of breath or difficulty breathing
- Loss of taste or smell

YELLOW symptoms

- Headache
- Runny nose or congestion
- Sore throat
- Acute/intense fatigue
- Generalized muscle aches (not related to physical exertion)
- Significant loss of appetite
- Nausea/vomiting
- Diarrhea

Symptom profile	COVID-19 testing	If testing declined clinical management required
Presence of one or more RED symptoms	Testing strongly recommended	10 days self-isolation from onset of symptoms. If symptoms resolve sooner, 10 days self-isolation is still required in the absence of a test.
Presence of two or more YELLOW symptoms	Testing recommended	If otherwise well, may observe for 24 hours. If symptoms resolve may return to school/work. If symptoms persist more than 24 hours, 10 days self-isolation required in the absence of testing. If symptoms resolve sooner than 10 days without testing, self-isolation is still required, unless specifically directed otherwise by family physician or rural Primary Health Care Centre.
Presence of only one YELLOW symptom	Testing optional	If otherwise well, may observe for 24 hours. When symptoms resolve can return to regular activities. Exceptions: Runny nose/nasal congestion , if persists beyond 24 hours, is mild, non-progressive and the individual is otherwise well, they may resume regular activities including attending school/work. Diarrhea/vomiting , should wait 24 hours post resolution of symptoms prior to regular activities.

Considerations:

- Where there is a reasonable alternate explanation, such as predictable COPD exacerbation, seasonal allergies, and otherwise no exposure risk, testing is at discretion of the provider.
- Anyone who wishes to be tested for COVID-19 with a single symptom can still be tested at the discretion of the HCP and patient
- There is no public health requirement for a note or clearance letter to support return to daily activities.
- All patients who are tested for COVID-19 must self-isolate.
- If COVID-19 has been excluded from the differential and symptoms persist, further evaluation is recommended as per routine expectations of care.