



MARCH 2021

Snider Schmooze

A MESSAGE FROM DR. DAVID KESELMAN, CEO

It seems that (at least hoping) winter is behind us, and the weather is only getting better and better and we are seeing longer and brighter days. Along the brighter and longer days, I hope you had an opportunity to celebrate or at least acknowledge Purim, celebrated on February 26th, as much as possible, given the restrictions and limitations of Covid. The festival of Purim commemorates the salvation of the Jewish people in ancient Persia from Haman's plot "to destroy, kill and annihilate all the Jews, young and old, infants and women, in a single day." The Persian Empire of the 4th century BCE extended over 127 lands, and all the Jews were its subjects. When King Ahasuerus had his wife, Queen Vashti, executed for failing to follow his orders, he arranged a beauty pageant to find a new queen. A Jewish girl, Esther, found favor in his eyes and became the new queen, though she refused to divulge her nationality. It is because of her that Haman's plot failed and Jews throughout the Persian kingdom were saved.



On the heels of Purim is Passover, first night celebrated on March 27th, this time again, some of our programming and celebrations are impacted by Covid. I do hope you have a chance to celebrate the holiday as much as possible.

I am also glad to report that we continue to charge ahead, integrating technology to provide quality care, keep our staff and residents safer, and set the standard for the industry in general. If you did not yet have the opportunity to use LiveAssist, or heard about Agartee, ask any one of us for information or a demo, and we will be happy to provide you with all we have.

Last but definitely not least, our website and LBHH&WR App will be up and running early this month, please be sure to visit our website for any new updates and if you have questions feel free to contact us through our info line at info@louisbrier.com. Let us know what you think and share your experience in using it. We are working hard to keep you informed and connected.

With this note, I would like to wish you all a safe and healthy time ahead, thank you for your continued support and commitment to help us deliver the best care possible.



Dr. David Keselman CEO



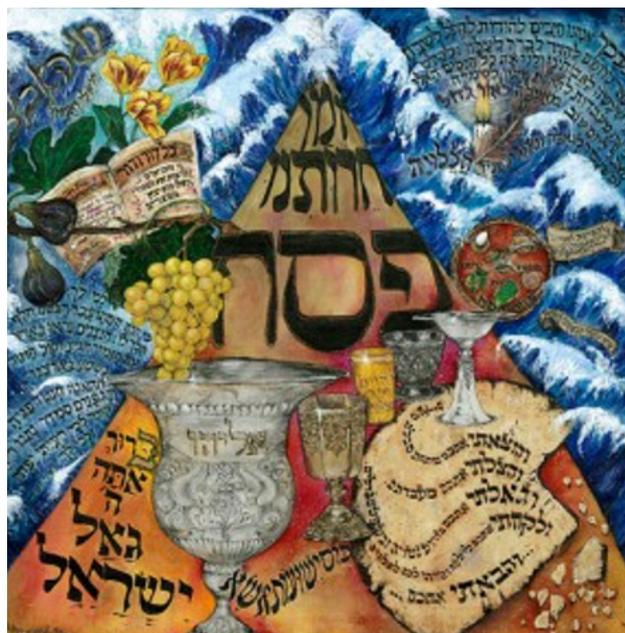
Passover

(Hebrew - Pesach)



Passover is an eight-day festival commemorating the Israelites' freedom from slavery, their exile from Egypt and the foundation story of the Jewish people.

This year, Passover begins at nightfall, Saturday March 27 and ends at nightfall on Sunday April 4, 2021.



PASSOVER 2021: MARCH 27 - APRIL 4

Passover, Hebrew *Pesach* (*pay-sahk*) is one of the most significant observances on the Jewish calendar, and individuals of the Jewish faith worldwide gather together to retell the story of the Exodus and to celebrate with family and friends at traditional **Seders**.

About the Holiday:

- The most distinctive feature is that during the entire eight days of Passover, no leaven (*chametz*) whether in bread or other mixture (cakes, cookies or crackers and includes rice and legumes) is consumed. Only unleavened bread, called **matzah** (or *matzo*) may be eaten.
- At Passover, all food is prepared and served on an entirely different (*Kosher for Pesach*) set of pots, pans, plates, utensils and serving item to ensure that no chametz is present.
- The **first two and last two days** of the holiday are **Holy Days** (*Yontef* or *Yom Tovim*) and are observed with all the same rules and guidelines as on Shabbat.
- On the first two nights of the festival, the story of Passover is told by reciting the **Haggadah** (the narrative) at the Seders where foods with symbolic significance commemorating the Hebrews' liberation are eaten, and prayers, traditional recitations and songs are performed.
- Passover is traditionally important family time. In years past, the resident was likely the head of their family and sat at the head of their Seder table or, had spent days and weeks preparing for the Seders. Their role within the family unit was significant. Now they are here, and due to current circumstances, are unable to participate in Passover traditions with their family.
- While the Louis Brier and WR have traditionally held Passover Seders with family members' joining us, our in-house Passover celebrations will look different again this year due to COVID-19.
- As an organization, we understand the importance of supporting residents and their families who will not be able to gather together this year for Passover. We will be commemorating this important festival in the most meaningful way that we can during this global pandemic.

We wish you and your loved ones a happy and meaningful Passover. *Chag Pesach Sameach!*



COVID-19 Vaccine Myth Buster

MYTH: The vaccines were developed and approved too fast and are therefore unsafe.

FACT: The vaccines were produced faster than ever before because extraordinary levels of global collaboration and funding were invested in this effort.

MYTH: mRNA vaccines change your DNA.

FACT: mRNA never enters the nucleus of the cell, which is where our DNA (genetic material) is kept. mRNA vaccines do not affect or interact with our DNA and do not change our genes in any way.

MYTH: “I am not at risk / COVID-19 isn’t that bad”

FACT: COVID-19 is very contagious and can cause illness much more serious than the flu. Tens of thousands of Canadians have died of COVID-19.

MYTH: mRNA technology is completely new and unsafe.

FACT: Researchers have been studying the use of mRNA for vaccines and treatment of diseases for decades. – that’s one of the reasons why these vaccines could be developed so quickly.

MYTH: I cannot get the COVID-19 vaccine because I have allergies.

FACT: The vaccine is not recommended only for people with a pre-existing allergy to a component of the COVID-19 vaccine, or who have a history of anaphylaxis after previous administration of the vaccine.

MYTH: I can get COVID-19 from the vaccine.

FACT: The mRNA vaccines do not contain any live virus or infectious element, and therefore there is no possibility of causing an actual infection.



You may have COVID-19 without showing any symptoms and you may still pass on the virus to someone who will develop severe illness. If you are vaccinated, you’re helping protect the people around you.

References:

1) Center for Disease Control and Prevention (CDC). Understanding mRNA COVID 19 Vaccines. Updated December 18, 2020

2) CDC website: [cdc.gov/coronavirus/](https://www.cdc.gov/coronavirus/)

3) <https://tools.cdc.gov/tools/covid-19-vaccines/>

Spiritual Care Corner



with Chaplain
Hazzan Rob Menes

Louis Brier Home and Hospital and the Weinberg Residence is a model of diversity, representing a microcosm of Canada as a whole. The variety of races and religions represented in the resident population and the staff is considerable, and that means that appropriately caring for each person is challenging. Needs, dreams, expectations, and biases are impacted by one's culture and person-centered care requires special sensitivity to this.

You might ask, "aren't the values of compassion and mercy universal?" Doesn't our care transcend all cultural boundaries? While the underlying values may be shared by many cultures, the way in which they are expressed can differ. Spiritual care focuses on "affirming the dignity and value of each individual", and "respecting the right of each faith group to hold its values and traditions" (Puchalski, Making Health Care Whole). At Louis Brier Home and Hospital, we have a responsibility to recognize what we bring to the residents, and how that can be received.

But wait - this is a Jewish home! How does that accommodate this diversity? That brings me to the upcoming chag of Pesach. Pesach - Passover - is perhaps the most fundamental of the Jewish holidays. It celebrates the history of being enslaved and being redeemed. It celebrates knowing the horror of oppression and fighting against it. It celebrates the hand of the transcendent in the miracles of everyday living. And it celebrates the universal journey to freedom.

Passover is the celebration of many things, but in this time of a new plague, let's remember that on the Snider Campus the right to freedom from oppression and persecution is not only a Jewish value, it is a value for all humanity.

Hazzan Rob Menes, Chaplain

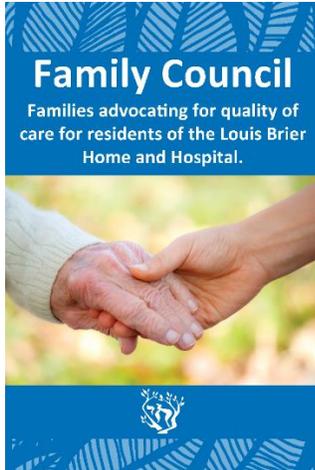


Family Council welcomes new members and volunteers!

Come and join us! We welcome you to attend our meetings to find out more. Our membership is free with lots of “rewards”.

What is Family Council?

For both residents and their families, friends or other caregivers, moving to a care centre is a major transition, accompanied by a loss of what is familiar and comfortable, The Louis Brier Family Council is a group of people (families of residents, friends and caregivers) who collaborate with LBHH senior management team to continue to advance residents’ quality of care from the family and resident perspective.



What are the benefits of being part of Louis Brier’s Family Council?

We give families opportunities to:

- work together, support one another, share experiences and look for solutions to common concerns
 - communicate concerns to LBHH, join committees, follow up on solutions, have a voice in decisions, and hear staff and administration’s views
 - advocate for approaches which improve resident quality of life and create a community of care
- increase member understanding and awareness of what’s possible through guest presentations and knowledge sharing

What impact can the Family Council have?

These are successes our Family Council has had. We have:

- created ways to welcome and support new residents and their families
- developed strong relationships between residents, families, caregivers and the Senior LBHH Leadership Team
- helped families understand long-term care environments
- raised funds, through an annual campaign, for projects, items, and activities (an ongoing “wish list”)



For more information, please email
[**lb.familycouncil@gmail.com**](mailto:lb.familycouncil@gmail.com)

HOLISTIC PAIN

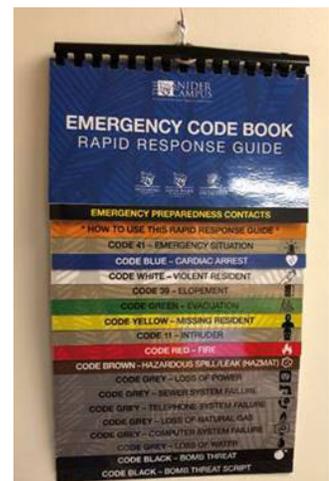
One of the most common features of old age is aches and pains – it seems as though like an old car, parts just wear out. Working with elderly in the long-term care facility, noticeably, there are physical markers of pain. People’s pain seem manageable by itself; some pain responds to treatment, some require a change in behavior, and some have just to live with it.

As a nurse, I often hear from our elderly “I AM IN PAIN”, pain isn’t simply an automatic reaction we feel when we are injured. When care givers ask where the pain is, most of the responses are “I DO NOT KNOW”. It is an immeasurable feeling, unable to rate with pain scales. Pain has an emotional, affective component; that is, we don’t consider it pain unless we experience it as unwanted and undesirable. The intensity of suffering is largely determined by what the pain means to our elderly. When they expressed pain, we automatically think it is physical pain. Emotional pain is a pain that nurses and other medical professionals often miss to recognize. The feeling of HELPLESSNESS, ISOLATION, LONELINESS and PSYCHOLOGICAL pain are types of pain which are unrecognizable. One of the elderlies under our care in her late 70’s held her chest so tightly sobbing, stated “I AM IN PAIN”, caregivers thought she was having a heart attack. When asked how she was, she responded “I AM HEART BROKEN”. Dealing with some of our elderly in the long-term care facility, you come to learn that distraction is one of the most effective ways to alleviate pain. Elderly who are in enriched environments – with lots of things to see, listen and do – experience less pain than those in simpler environments; this sort of distraction diminishes pain signals. Even when the distracting activity is forced on an individual in pain, focusing on the holistic approach which incorporates mental, emotional, social and spiritual health, leads to a reduction in pain and an increase in the body’s production of its own organic opioid’s analgesic.

Leonora Calingasan, Nursing Department, Hospital East Unit

EMERGENCY CODE BOOK

Maintaining your safety and well being is of the utmost importance to us at Louis Brier Home & Hospital. At any given time Louis Brier Home and Hospital/ Weinberg Residence (LBHH/WR) must be prepared to respond to all emergencies that may arise. In order to ensure safety, a coordinated and standardized emergency response is vital to the wellbeing of our residents, families, staff and the overall Louis Brier and Weinberg Community. Emergency Code Book: Rapid Response Guide is a standardized tool, easy to use instructions with a set of steps to follow in times of emergencies. It will convey essential information quickly with a minimal misunderstanding to staff, while preventing stress. The goal of this tool is to be accessible and support the multidisciplinary team as well as families, companions, volunteers, external providers and stakeholders. This is available in all central areas such as 1st LBHH floor elevators, LBHH 2nd floor elevators, all nursing stations and designated emergency response areas.



Alex Portnik, Nurse Manager

HUMAN RESOURCES

“Louis Brier LIFE Day” - The 18th of EVERY Month

“Louis Brier LIFE Day” is intended for everyone to demonstrate their pride in Louis Brier Home and Hospital & Weinberg Residence and everything that we stand for - our Mission, Vision and Values – and to celebrate CHAI (LIFE)!

We will be celebrating “Louis Brier LIFE Day” on the 18th of every month! We encourage everyone wear their new LBHH Royal Blue Outfit and/or blue clothing/accessories to demonstrate their pride in the exemplary care we provide to our Residents and participate in some fun activities to celebrate CHAI (LIFE)!

The next “Louis Brier LIFE Day” will be on Thursday, March 18, 2021 - #LouisBrierLIFE

Why the 18th of the month? In gematria (a form of Jewish numerology), the number 18 stands for “life”, because the Hebrew letters that spell ‘CHAI’ (our values), meaning “living”, add up to 18. LBHH Values “CHAI” – Caring, Health, Safety and Wellness, Accountability, Integrity.

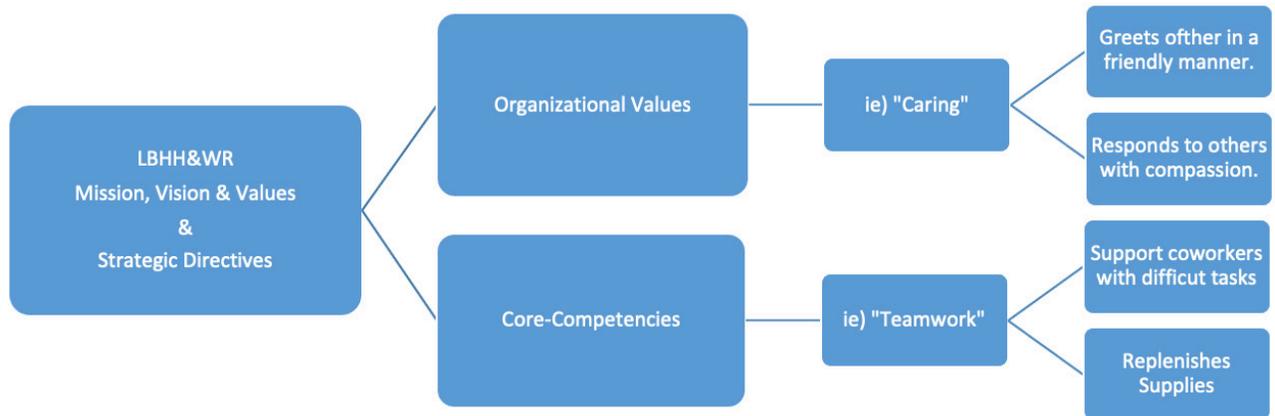


Performance Appraisals for Front-Line Workers

The Performance Appraisal process for front line workers will start in March and continue through the spring. We will continue to use the Core-Competencies and Core Values (ie. what does it mean to work consistently with our values “CHAI”) as the basis for these evaluations. Please refer to “Behavioural Indicators” document for a list of what behaviors demonstrate these Core-Competencies and Core Values, by department, as this provides a foundation as to how to rate performance.

HUMAN RESOURCES

It is our hope that the Performance Appraisal process is clear, easy to complete, fair and effective as well as consistent with the expectations and values of LBHH&WR. Please let us know if you have any questions!



*Do you have any questions, comments, suggestions or concerns regarding the HR content above?
If so, please email HR@louisbrier.com and tell us what you think.*

Loren Tisdelle

Director, Human Resources

WELCOME LETTER

Welcome to Louis Brier,

On behalf of the Family Council, we would like to extend and offer support and help with making the transition to Louis Brier as positive and smooth as possible.

The family Council is a voluntary body comprised of family members whose primary focus is to advocate for the delivery of safe and quality care. The council meets regularly on a monthly basis and in collaboration with the Louis Brier's leadership, reviews and discusses relevant opportunities to enhance the residents' experience.

We welcome all families to join the council and hope that you will make the choice to get involved. If you are interested in joining the family council and/or have additional questions please email us at lb.familycouncil@gmail.com.

Family Council

FOOD SERVICES

Passover season! Food Services team is all organized to have Passover 2021. The menu consists in cultural, traditional and tasty to ensure the residents have the best experience during this season.

For the March edition we are sharing a very simple but easy and very tasty recipe from *Simply Recipes*:

- 4 Tbsp chicken fat or vegetable oil, divided
- 1 medium onion, sliced
- Pinch of sugar
- 4 large eggs
- 4 sheets of matzo
- Salt and black pepper
- Chives or parsley

Caramelize the onions: For the savory matzo brei, you will need to caramelize the onions first. Heat 2 tablespoons of the chicken fat or oil in a sauté pan and gently cook the onions until soft and caramelized. Let them cook at medium heat for a few minutes, then sprinkle a little salt and a little sugar over them. Cover the pan and turn the heat to low. Stir occasionally. This should take 15-20 minutes. Remove from the pan and set aside. Wipe out the pan with a paper towel.

Soften the matzo: Soften the matzo a little by running them under cold water for a minute or so. The longer you wet them down, the softer they will be; it's your choice.

Break up matzo and stir with beaten eggs and caramelized onions: Beat the eggs with a little salt and black pepper in a large bowl. Break the matzo up into pieces of about 1/2 to 1 inch into the bowl with the eggs. Stir in the caramelized onions and mix well.

Cook in chicken fat: Heat the remaining 2 tablespoons of chicken fat in the sauté pan over medium-high heat. Let this heat up for a minute or two, then pour in the matzo-egg mixture. Cook this, moving it around constantly, until the eggs are just barely set — you want them to be a little bit runny. This should take about 90 seconds or so. Serve immediately, garnished with parsley or chives.

Helena Sebescen, Manager, Food Services

Source: https://www.simplyrecipes.com/recipes/matzo_brei

As dietitians, we think it is very important to keep families and loved ones in the loop with what is going on here at Louis Brier Home and Hospital and Weinberg Residences, as it pertains to nutrition and our role as dietitians. We thought what better way of doing this, then to host bimonthly educational sessions related to our field of practice. We are going to hold these education sessions bimonthly starting in March 10, 2021. We have strategically decided to hold them every 2nd Wednesday of the month (bimonthly), as this is a week prior to the family council meeting, so if any questions arise, they can be discussed at those meetings. We have decided to hold 2 sessions on those Wednesday's in order to target a larger audience. One in the morning (10 till 11am) and one in the evening (5 till 6pm). The way in which we deliver the education sessions will be through a one hour long Zoom sessions which will be recorded and posted to YouTube so they can be viewed at the convenience for both families and staff. A one-page handout will also be provided to supplement this session, which will include our contact information.

Some examples of the topics we would like to cover are:

1. Wound Management
2. Macro and Micro Nutrition
3. Diabetes Management
4. Dysphagia and Diet Modifications
5. Malnutrition and Weight Management

Jenna McAlpine and Sandra Fraser, Clinical Dietitians

RECYCLING Q&A – WASTE MANAGEMENT

Q: Is using and washing china dishes a better option for the environment than using any disposable?

A: To properly evaluate the products, a Scientific Life Cycle Assessment studies has to be done to compare and consider all aspects of each from raw materials through manufacturing, transport, usage and disposal. The Ministry of Environment study finds typically that reusing china (porcelain) is the better option. Although the actual long term breakage and loss of porcelain ware was not studied, the analysis showed that even with conservation factors of useful life and replacements per year, porcelain ware was preferable in terms of cost and carbon emissions <http://www.ec.gc.ca/cppic/en/refView.cfm?refId=2048>

Q: Why is Styrofoam not considered environmentally friendly?

A: Although lighter to transport than biodegradable alternatives, which saves on carbon emissions, Styrofoam is made from petroleum which is a non renewable fossil fuel resource. Styrofoam has a life expectancy much longer than us, up to 500 years and over time will compromise over 30 percent of a landfill.

Q: If there is commercial composting in one municipality, will it exist in another?

A: Unfortunately, each municipality is responsible for their Waste Management and even if there are industrial composting facilities in another city, regulations for how it is collected and what is allowed into the organic (green) waste bins will vary.

Q: Does all recyclable food packaging get recycled?

A: If the waste management company accepts and recycles food contaminated paper or plastic, if it is sorted properly, and client has made arrangements with the company to take to recycling facility it could be recycled. Otherwise it will end up in the landfill.

Q: Are standard paper coffee cups recyclable?

A: The wax coating inside the cup typically does not allow it to be recycled. Again, you need to check with the waste management company what exactly they will accept as the regulations in terms of what is accepted and what is not changes frequently.

Q: Which is better for the environment, a foam or paper cup?

A: A paper cup will degrade faster in a landfill. The best option, however, is to emphasize reduction initiatives. Try a discount program for bringing reusable mugs in your unit. This idea will help reduce the amount of paper or foam cups that are used in the first place.

Q: Is it better to use a compostable paper cup over a paper one if it is not going to be composted?

A: Biodegradable, compostable hot cups will be more expensive than hot paper cups we use today. If it is not going to be composted, you are just as well to throw the paper cup in the waste. The modern landfill is designed in a way to prevent degradation so even if one were to use biodegradable plastics in a landfill, they would not ultimately reduce the amount of waste to a significant extent. It takes about 1 – 5 years to degrade in the landfill. Foam takes 100 -500 years to degrade in the landfill

Q: Can paper plates be recycled?

A: Waste Management Companies typically do not accept food contaminated paper or plastic.

Melissa Tadeson, Manager, Housekeeping and Laundry



LOUIS BRIER JEWISH AGED
FOUNDATION



Demonstrate your commitment to supporting seniors by donating.

Please contact the Louis Brier Jewish Aged Foundation

Phone: 604-261-5550 Email: foundation@louisbrier.com Web: thelouisbrierfoundation.com



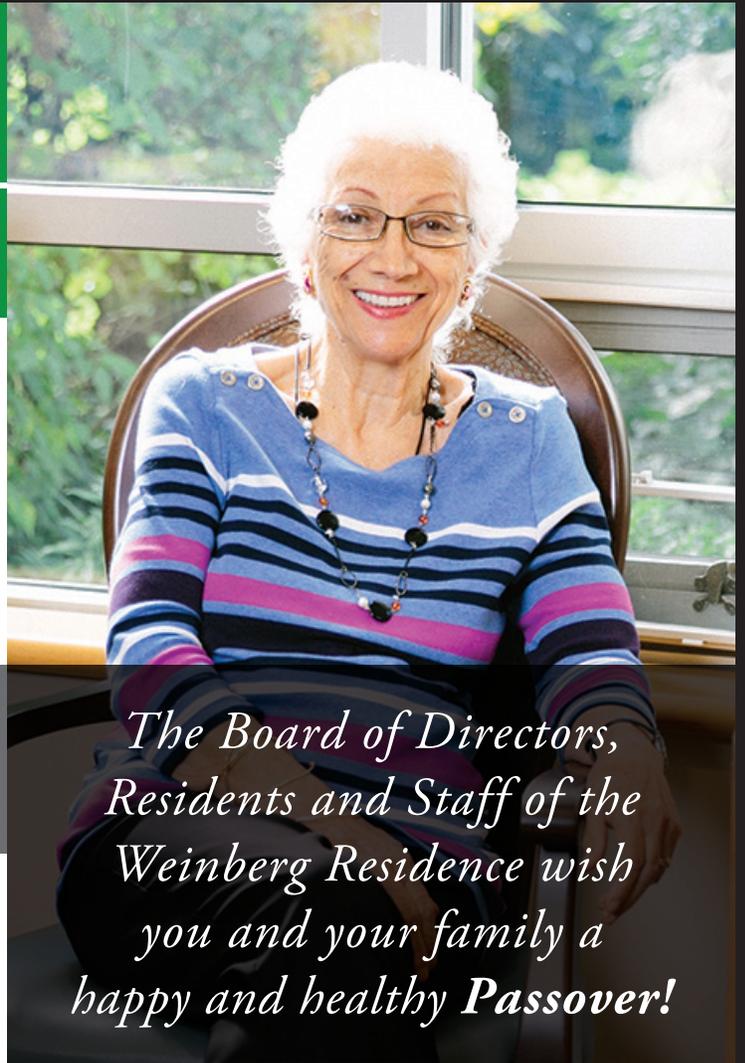
THE WEINBERG RESIDENCE
ASSISTED LIVING AND MULTI-LEVEL CARE FOR SENIORS

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AND EXCELLENT, AFFORDABLE CARE
IN THE HEART OF OAKRIDGE

YOUR PEACE OF MIND IS WORTH IT.

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weinbergresidence.com



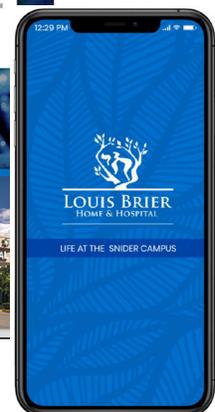
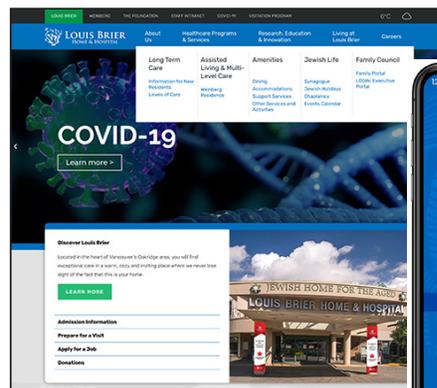
*The Board of Directors,
Residents and Staff of the
Weinberg Residence wish
you and your family a
happy and healthy Passover!*

THE DR. IRVING & PHYLISS SNIDER CAMPUS FOR JEWISH SENIORS, SITE OF THE LOUIS BRIER HOME & HOSPITAL AND WEINBERG RESIDENCE

NEW WEBSITE AND MOBILE APP

The **NEW Louis Brier** website and mobile application will be launching March 5th! The website will have an improved look, feel and interactivity for our online presence – offering more content and modern functionality that is engaging and user friendly.

The LB app will be a primary source for individuals to receive notifications, have information, and the ability to connect and leave feedback at the touch of a button. Having an app also helps LB progress in the technology space. Stay tuned!





Use
respectful
language
& tone

TAKE A STAND **LEND A HAND**



COVID-19 VACCINATION GALLERY – FEBRUARY 19, 2021



BUILDING PARTNERSHIPS



LOUIS BRIER
HOME & HOSPITAL



WEINBERG
RESIDENCE



Did you know?

Louis Brier Home & Hospital is a teaching facility for students in the UBC Faculty of Medicine and the UBC School of Nursing.

We are committed to supporting continuous learning, research and innovative practice as we strive towards becoming the Centre of Excellence in elder care.

Geriatrics • Long Term Care • Assisted Living • Multi-Level Care



THE UNIVERSITY OF BRITISH COLUMBIA
School of Nursing

ONE HUNDRED YEARS
1919-2019

EMPLOYEE REFERRAL

BONUS

P R O G R A M

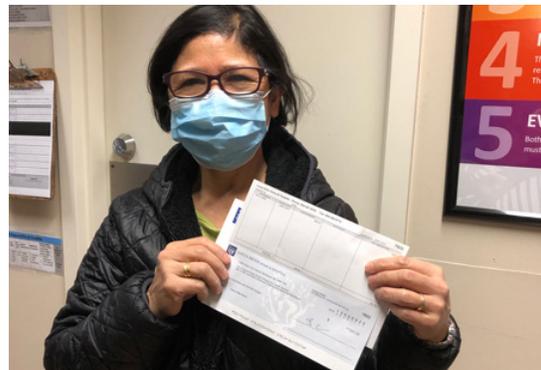
**Refer someone to be an employee
at LBHH/WR and you could receive \$200!**

HOUSEKEEPING/LAUNDRY • CARE AIDE • RN • LPN

***IF THIS PERSON IS HIRED AFTER 6 MONTHS OF EMPLOYMENT YOU WILL RECEIVE \$200.**



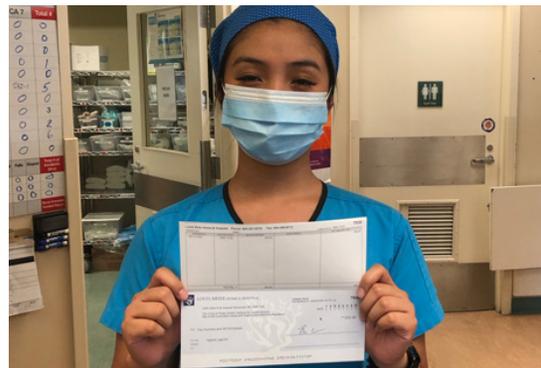
Yassah Sumo



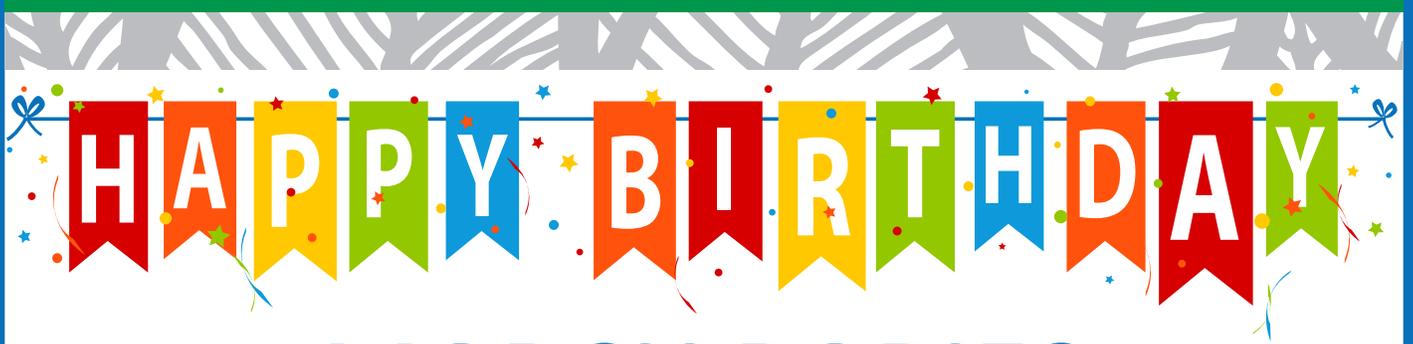
Elena Marollano



Sam Lerner



Agatha Lagundi



MARCH BABIES

Fedilyn Abril
Lucia Africa
Devan Armour
Freddie Balubar
Helen Banares
Deepinder Bhandal
Rizza Caluza
Edna Cardenas
Eunice Castillo
Maryanne Cataquiz
Paula Chin
Dolores Dagdag
Violeta De Guzman

Crisanta Del Valle
Pawanpreet Dhaliwal
Rebecca Fernandez
Adelina Ferrer
Denise Justin Go
Naomi Gunster
Loveleen Hayer
Jasbir Jassal
Kacey Kiesman
My Linh Kuan
Ewa Kukulska
Agatha Lagundi
Ruby Li

Joyce Llagas
Kelly Lopuch
Priyanka Mehra
Nida Mejico
Marie Robertson
Kurk San Mateo
Ravinderjit Sandhu
Jyothi Scaria
Rajwinder Sidhu
Rakchanok Toentian
Vanessa Trester
Maria Villamor
Gemma Vinson
Tia Anuu

Jenifer del Ayre
Food Service

Olga George
Registered Nurse

Jacques Baptiste
Special Projects Coordinator

Jimmy Forbes
Maintenance Worker/ Cleaner

Sancha Manansala
Housekeeper and Laundry Aide



Welcome

Venkata Subramaniam
Accountant

Kristina Arcega
Care Aide



COMPANION PROGRAM

We are here for you! Did you know that Louis Brier Home & Hospital and Weinberg Residence offer an In-house Companion Program? We understand the needs of your family and loved-ones and we are here to assist in enhancing their personal and social well-being. Our in-house companion program provides added quality support at a reasonable rate. For more information, please contact:

Myla Carpio-Pelayo

Companion Coordinator

Ph: 604-267-4688 E: mpelayo@louisbrier.com



LOST & FOUND

Lost an item?

Over the last six months, Reception has received a variety of items that range from watches, gloves, eye glasses to wallets and keys. If you or your family member has lost an item, please provide a description of the item to Human Resources to claim.

*Items not claimed by the 15th of the month will be donated to **Jewish Family Services**.*

Sonia Cinti

Manager, Human Resources



GIFT SHOP (HOURS MAY BE AFFECTED)

SUNDAYS	12-4pm
MONDAYS	12-5pm
TUESDAYS	12-4pm
WEDNESDAYS	12-5pm
THURSDAYS	12-4pm
FRIDAYS	12-4pm
SATURDAYS	Gift Shop is closed (Shabbat/Sabbath)

FOLLOW US ON SOCIAL MEDIA



@LouisBrierBC



Louis Brier
Home and Hospital



@louis_brier

ALL STAFF MUST BE SCREENED AT THE BEGINNING OF EACH SHIFT

(COMPANIONS, CONTRACTORS AND VISITORS INCLUDED)

1 Take temperature of each staff prior to entering the Long Term Care Facility

• If **37.9°C** or LESS, proceed to Question #2

▶ If **38.0°C** or ABOVE, send staff wearing a mask to a Covid-19 testing site immediately, or as soon as site opens.

- Provide list of site locations and hours.
- Ensure staff wear a mask when attending a staff testing site.
- Staff to **self-isolate** at home pending results.



2 Ask if staff is experiencing any of the following symptoms:

- Fever
- Cough
- Diarrhea

• If **NO** proceed to Question #3

▶ If **YES** to any of these symptoms, send staff with a mask to attend a staff testing site immediately, or as soon as site opens.

- Provide list of site locations and hours.
- Ensure staff wear a mask when attending a staff testing site.
- Staff to **self-isolate** at home pending results.



3 Ask if staff is experiencing any of the following milder symptoms:

- Runny Nose
- Sore throat
- Headache
- Muscle Ache
- Fatigue
- Other Cold Symptoms (e.g. congestion)

▶ If **NO**: Staff is able to **commence shift**

GO

▶ If **YES**:

- Staff **can work their shift** while wearing a mask. Remind staff to maintain appropriate hand hygiene throughout their shift.
- Staff to attend a testing site after their shift (provide list of site locations and hours).
- Staff may **continue to work wearing a mask** pending test results.

GO

- If screening at the start of subsequent shifts identifies fever, cough or diarrhea, exclude from work and ask staff to **self-isolate** at home pending test results.

