COVID-19

Quarantine Information

For CUPE BC Region Members

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National Health & Safety Representative
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I. Introduction:

I.I. Purpose of Guide:

This Guide provides information for CUPE members with respect to the various degrees of isolation, sometimes referred to as self-isolation, social distancing and quarantine, resulting from potential exposure to SARS-CoV-2,[1] confirmed exposure to SARS-CoV-2, or confirmed infection with SARS-CoV-2 (with or without symptoms). While the risk to Canadians is still **low**, it is important to be prepared at the individual and community level for all possible scenarios.

I.II. Background Information to COVID-19:

SARS-CoV-2 or "COVID-19", the respiratory infection, is a Coronavirus ("CoV"). These are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome ("MERS-CoV"), Severe Acute Respiratory Syndrome ("SARS-CoV"), and 2019-nCoV.[2] The current virus has had a number of names included Wuhan Coronavirus, Novel Coronavirus and SARS-CoV-2. The symptoms (condition) that arise from SARS-CoV-2 are usually referred to as COVID-19. COVID-19 is commonly used to describe the virus in media and by health authorities.

As per Vancouver Coastal Health:[3]

> "The World Health Organization continues to monitor cases of COVID-19 worldwide. In British Columbia, there have been 13 positive COVID-19 cases to date."
>
> "We want to reassure the public that, at this time, there has been no identified spread of the COVID-19 virus in the community and the risk to Canadians remains low. All of the positive cases identified in B.C. have been isolated and public health officials have actively monitored them and any close contacts to ensure there is no ongoing risk posed to the public."

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[1] US Centers for Disease Control and Prevention. Retrieved March 05, 2020 from https://www.cdc.gov/coronavirus/2019-ncov/about/ and Public Health Ontario. Retrieved March 05, 2020 from https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/articles and Vancouver Coastal Health Authority. Retrieved March 05, 2020 from http://www.vch.ca/about-us/news/vancouver-coastal-health-statement-on-coronavirus

[2] BC Centre for Disease Control. Retrieved March 05, 2020 from http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-(novel)

[3] Vancouver Coastal Health. Information on Coronavirus Disease (COVID-19). March 04, 2020. Retrieved March 05, 2020 from http://www.vch.ca/about-us/news/vancouver-coastal-health-statement-on-coronavirus

I.III. Relevant Legislation:

The British Columbia *Public Health Act*[4] states that (as summarized by the Government of British Columbia):

> "provides health officials the authority and tools to prevent and control the spread of disease and other health hazards by allowing for requiring preventative interventions (e.g., vaccination, ordering examinations, quarantine). During a public health emergency, such as a pandemic flu outbreak, public health officials have additional authority to respond immediately to protect the public from significant harm."
>
> (Emphasis added)

II. Types of Quarantine:

There are different terms being used by health authorities, government, physicians and the media. These include the following:

- Isolation – separating those with possible or confirmed infections from other people. This may also refer to self-isolation. Self-isolation means that a person should restrict outside activities except for obtaining urgent medical care. This means not going to work, school, public spaces, social activities, sporting activities, etc.

- Social Distancing – formal and informal methods of preventing groups of people from congregating e.g. in public spaces such as a sporting event, concerts, etc.

- Quarantine – restricting the movement of, or isolating people who: may have been exposed to SARS-CoV-2, were exposed to SARS-CoV-2, or are infected with SARS-CoV-2 (with or without symptoms (COVID-19). Quarantines are usually imposed e.g. by health authorities.

A quarantine can be ordered by the health authority. Where quarantines have occurred, they have usually been for 14 days. There have been a few exceptions.

[4] British Columbia *Public Health Act*. Retrieved March 04, 2020 from https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/legislation/public-health-act and http://www.bclaws.ca/civix/document/id/complete/statreg/08028_01

III. Quarantine Preparation:

III.I. Background:

The US Centers for Disease Control and Prevention and various levels of government have recommended that the public take general precautions and to prepare for COVID-19.[5] The steps include the following:

III.II. Preliminary Steps to Self-Isolation and Quarantine:

A. Create an emergency contact list as part of a Family Emergency Plan

B. Create a list of medications and health conditions that other people may need to be aware of and advise them where this list can be found

C. Confirm what the School Emergency Operations Plan is (if there are children in the family)

D. Confirm if the eldercare facility has an Emergency Operations Plan (if applicable)

E. Confirm what the Employer's Emergency Operations Plan is

F. Obtain copies of all insurance papers e.g. disability plans, the current Collective Agreement, and other documents that may need to be referred to

G. Make arrangements for the delivery of medications and medical supplies if and as applicable. If prescriptions are running low, restock them. Ensure there are sufficient non-prescription medications such as pain relievers, etc.

H. Make arrangements for the delivery of food, toiletry items, household items, entertainment such as magazines, etc.

I. Make arrangements for mail and parcel delivery

J. Ensure there is sufficient cash for a 14 or more day duration

[5] US Centers for Disease Control and Prevention. Retrieved March 05, 2020 from https://www.cdc.gov/coronavirus/2019-ncov/community/home/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fget-your-household-ready-for-COVID-19.html

K. Ensure important documents such as identification and bank records are available

L. Ensure there is a up to date First Aid Kit

M. Ensure there is an up to date Emergency Kit[6]

N. Ensure that there is sufficient food (including pet food and pet supplies such as cat litter) for at least 14 days including: non-perishables such as rice, grains, flour, pastas, canned goods; vegetables; fruit; water (two litres per person per day).[7]

[6] City of Burnaby. See https://www.burnaby.ca/City-Services/Public-Safety/Emergency-Program/Get-Prepared.html and City of Vancouver. See https://vancouver.ca/home-property-development/make-an-emergency-kit.aspx

[7] Snider, M. and Bravo, V. March 04, 2020. How to prepare for coronavirus: The shopping list for your own home quarantine kit. *USA Today.* Retrieved March 05, 2020 from https://www.usatoday.com/in-depth/money/2020/03/04/coronavirus-what-stock-up-and-how-prepare-your-emergency-kit/4937518002/

III.III. Where Self-Isolation and Quarantine Occurs:

Where quarantine occurs, the following steps should occur (not in order of occurrence):

A. Notify the physician or hospital if and as required, via telephone or email (unless urgent care is required)

B. Notify the CUPE Local President

C. Notify the Employer(s)

D. File the WorkSafeBC Claim via the Form 6 – Application for Compensation and Report of Injury or Occupational Disease.[8] The claim is not initiated by the Form 6A – Worker's Report of Injury or Occupational Disease to Employer.[9]

Application for Compensation and Report of Injury or Occupational Disease (form 6)

You can file your worker incident/injury report (Form 6) online. You can create an online services account so you can log on later to see more details about your claim.

If you have a work-related injury or illness, tell your employer and seek medical attention. You also need to contact us to apply for benefits and report your injury. Even though your employer will contact us, it's important that you contact us too.

You can report a workplace injury by either:

- Calling Teleclaim
- Submitting online
- Filling out a PDF and mailing or faxing it to WorkSafeBC

Download PDF

Submit Online

View Guide

Publication Date: Dec 2017

File type: PDF (277 KB)

Asset type: Form

Form: 6

Share via Email (Anonymously)

Caution – how will privacy and confidentiality considerations be addressed?

[8] WorkSafeBC. Form 6. See https://www.worksafebc.com/en/resources/claims/forms/application-for-compensation-and-report-of-injury-or-occupational-disease-form-6?lang=en

[9] WorkSafeBC. Form 6A. See https://www.worksafebc.com/en/resources/claims/forms/workers-report-of-injury-or-occupational-disease-to-employer-form-6a?lang=en

The attending physician will need to fill out and send the Form 8 / 11 – Physician's Report.[10]

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Physician's Report (form 8/11)

Physicians need to send us this report within three business days of the patient's first visit if the physician suspects the worker may be disabled beyond the day of injury or if the claim is for a hernia, back condition, shoulder or knee strain/sprain, occupational disease, or mental disorder.

This report is also used to submit a progress report if the worker's condition or treatment has changed since last report or if the worker is ready for return to work.

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Publication Date: May 2015

File type: PDF (97 KB)

Asset type: Form

Form: 8/11

Available from the WorkSafeBC Store

The Employer will need to fill out the Form 7 – Employer's Report of Injury or Occupational Disease.[11]

WORK SAFE BC

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Employer's Report of Injury or Occupational Disease (form 7)

If a person working for you has a work-related injury or disease and gets medical treatment from a doctor or other qualified practitioner, as the employer, you must report the incident to us. We need to hear from you as soon as possible.

Reporting online is usually the fastest way to make your report; it also allows you to update reports if you receive additional information later on.

The Reference Guide is also available in French.

Download PDF

Submit Online

View Guide

Publication Date: Jan 2018

File type: PDF (235 KB)

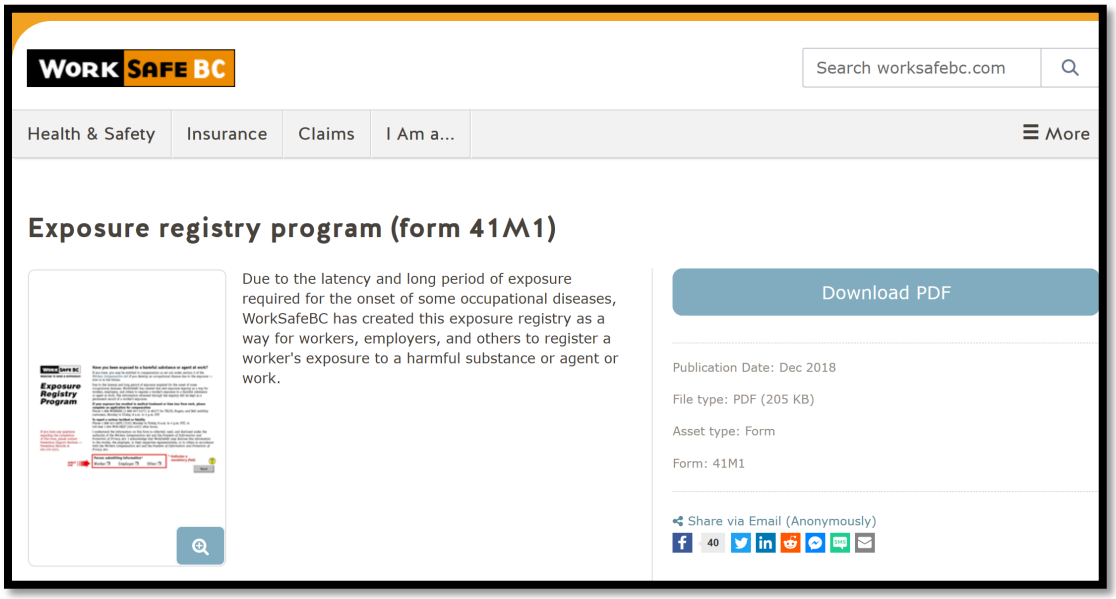
Asset type: Form

Form: 7

[10] WorkSafeBC. Form 8 /11. See https://www.worksafebc.com/en/resources/health-care-providers/forms/physicians-report-form-811?lang=en

[11] WorkSafeBC. Form 7. See https://www.worksafebc.com/en/resources/claims/forms/employers-report-of-injury-or-occupational-disease-form-7?lang=en

E. File the WorkSafeBC Form 41M1 – Exposure Registry[12]



F. Determine if there are any Collective Agreement entitlements e.g. sick leave.

- How will the time spent in quarantine be paid?
- Including benefits, vacation time, seniority, etc.?
- Who pays?
- Commencing when?
- Are forms required?
- Is supporting documentation required?
- Who is the contact person(s) in Human Resources?
- Who is the CUPE Local contact person(s)?
- Are there any other employer benefits?

[12] WorkSafeBC. Form 41M1. Exposure Registry. See https://www.worksafebc.com/en/resources/health-care-providers/forms/exposure-registry-program-form-41m1?lang=en

G. Determine if there is a need to file for Employment Insurance Benefits[13]

H. Is there a need for Employee and Family Assistance Program assistance, if it exists? Ask the CUPE Local and Employer for information as required

I. Are there any ongoing healthcare issues that require attention or assistance?

J. Ensure there is ongoing social contact – isolation may cause mental health issues or psychological injury

K. Ensure that there is an at-home physical work-out plan if and as required. A study in the Journal of Applied Physiology suggests that two weeks of inactivity could result in muscle loss and other health issues such as a reduction in aerobic capacity, insulin sensitivity, a reduction in cardiovascular health, etc.[14]

L. Are there regular communication checks from other persons by phone, email, Skype, etc.?

M. Is ongoing medical treatment required?

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[13] Government of Canada. Employment Insurance Benefits. See https://www.canada.ca/en/services/benefits/ei.html

[14] Akins, J.D., Crawford, C.K., Burton, H.M., Wolfe, A.S., Vardarli, E., & Coyle, E.F. (2019). Inactivity reduces resistance to the metabolic benefits following acute exercise. *Journal of Applied Physiology.* Retrieved March 05, 2020 from https://journals.physiology.org/doi/abs/10.1152/japplphysiol.00968.2018

III.IV. Post Self-Isolation and Quarantine:

A. Is there a return to work plan?

B. Is an accommodation required?

C. Is Employee and Family Assistance Program assistance required?

D. Are there any Collective Agreement entitlements that need to be applied for?

E. If there is any harassment, bullying or discrimination, contact the CUPE Local Officers or Stewards immediately, as well as the Employer

F. Is financial assistance required?

G. Is ongoing or follow-up medical treatment required?

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