

RETURN TO CLASS/WORK DECISION TREE

when sick with or potentially exposed to COVID-19.



COVID-19 Key Symptoms

- Fever or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing

Other symptoms may include:

- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

For more information and a full list of symptoms see the BC Centre of Disease Control website.

Contact tracing

Interior Health will conduct contact tracing and determine close contacts for on-campus exposures.

TRU Rapid Testing Clinic

This free clinic is for asymptomatic students, faculty and staff. If you have symptoms, you will need to get tested at an Interior Health clinic, which you can book online.

You have COVID-19 symptoms or instruct/supervise someone who does

You live with someone who has tested positive, have been told by Interior Health to self-isolate or think you have been exposed

Please stay in isolation until you call 811 for guidance or your isolation period is up (if you already talked to Interior Health). Please follow the guidance of Interior Health who will determine if you need to stay in isolation, get tested or self-monitor.

Make necessary notifications:

- **Students:** notify your face-to-face instructor(s)
- **Instructors/managers of student/employee with symptoms:** notify the case management team by emailing samartin@tru.ca
- **TRU employee (faculty and staff):** notify your manager/supervisor who is to contact the case management team as per above

Call 811 to determine next steps and, if testing is necessary, note that TRU's clinic is not able to test those with symptoms.

Are test results negative?

YES

Have symptoms resolved?
(including fever without use of fever-reducing medication)

YES

You can return to class/work
Notify your instructor(s)/manager of your return date

NO

Complete your isolation as directed by Public Health

Public Health's direction on when to return to class/work will include no fever for 24hrs (without use of fever-reducing medication) improving symptoms and no new symptoms.

NO

Stay home until symptoms resolve
Your results may be a false negative or you could have a different contagious illness

tru.ca/covid-19



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