



Courtesy of Dale Elliott

QUEEN'S COLLEGE BOYS' HIGH SCHOOL

***“Caring for you,
Safe and supportive schooling,
Overcoming together”***

COVID-19 Document MODULE 3 Screening and Testing Protocols



SELF-MONITORING

HEALTH CHECKS

Conduct health checks every morning and every night, or any time you feel like you might have a fever:

- *Take your temperature with a thermometer and/or that of family members who are being monitored and cannot do so for themselves. You should do this at least twice a day.*
- *Watch for other symptoms such as fever, respiratory illness (cough, sore throat, runny nose, shortness of breath), mild flu-like illness (fatigue, chills, muscle aches) and/or loss of taste or smell.*
- *Write your temperature and systems in the log.*
- *Protect others!*
- *Stay home from work.*
- *Do not take public transportation, taxis or ride-shares (lift clubs).*
- *Do not have any visitors to your house during this time.*
- *Keep your distance from others (about 2 metres).*
- *If you need to seek medical care, call ahead to the hotline and tell them that you present symptoms related to COVID-19 and follow instructions as given to you.*
- *You are reminded to take all the necessary precautions during this time to protect yourself and your family.*
- *Hand washing protocols*
- *Mask protocols*
- *Sanitising protocols*
- *Notify the school immediately of your concern and potential exposure to the virus.*

SELF-ISOLATION

Self-isolation is a way to keep yourself from possibly infecting others if you think you might be infected. It involves limiting contact with public places, relatives, friends, colleagues and public transport.



SELF-QUARANTINE

To refrain from any contact with other individuals for a period of time (14 days) during the outbreak of a contagious disease usually by remaining in one's home and limiting contact with family members.

SCREENING PROTOCOLS

What is screening?

Screening is a way for health workers to find out if you may have COVID-19 or not.

The health worker will ask you questions and scan your forehead to take your temperature.

What questions will the health worker ask me?

- *Have you travelled to a high risk area in the last 14 days?*
- *Have you had contact with anyone with confirmed COVID-19 in the last 14 days?*
- *Do you have symptoms such as fever, cough and difficulty in breathing?*

YOU MUST BE HONEST WHEN YOU ANSWER THE QUESTIONS TO MAKE SURE YOU GET THE RIGHT HELP.

What happens if I have symptoms during the screening?

If the health worker thinks that you may have COVID-19 they will refer you to a health facility to be tested.

TESTING PROTOCOLS

- The exact testing process may differ in different provinces and between the private and public sectors. In general, you need to first contact your health care provider / Covid-19 Hotline.
- This may be your GP or your local clinic / hospital. You should phone ahead to your health care provider, if possible, and find out what the exact process is for you to be tested.
- If you cannot get hold of your health care provider, you can try to call your nearest testing laboratory for information.



- If you have internet access, you can look for specific information on these testing laboratory websites.
- If you do not need emergency medical care, you should not visit a hospital emergency unit for testing. Some hospitals or GPs may refer you to an off-site testing facility.
- The NHLS and some private laboratories offer testing at mobile facilities. You will need to pay for tests done at private laboratories.

CONTACT TRACING

- Contact tracing, when combined with physical distancing, has proven to be a powerful asset in controlling the spread of COVID-19.
- It is not a new method in combating disease. Contact tracing has been a pillar of communicable disease control in public health for decades.
- The eradication of smallpox, for example, was achieved not by universal immunisation, but by exhaustive contact tracing to find all infected persons, followed by isolation of infected individuals and immunisation of the surrounding community and contacts at risk of contracting smallpox.
- Contact tracing is defined as tracing and locating anyone who has been in contact with a COVID-19 positive person.
- These people may not necessarily know that they have been exposed to COVID-19.
- They therefore continue with their normal lives and could potentially unknowingly infect others.



- It involves tracking down and tracing those who have had contact with those who have cases of the primary infection ('contacts').
- As the symptoms of COVID-19 don't necessarily manifest immediately, it might take a while for an infected person to realise that they have been infected.
- During that time, they could have potentially spread the virus to a number of people.
- How is contact tracing done?

The infected person is interviewed by a contact tracer to establish how many people they may have been in contact with and who those people are.

In terms of international regulations, close contacts are those who have had face to face contact with a confirmed case for a period of more than 15 minutes, or those who have shared an enclosed space with a confirmed case for more than 2 hours.

This does not include people you may have encountered in a shop or passed in the street.

The identities of both the infected person and the contacts are treated as confidential.

The contact tracer will then get hold of the contacts through different means. They are then asked to go to a specified location to get screened.

If they display any symptoms during screening, they are tested and told to self-isolate while the results are pending.

These contacts are then also asked with whom they may have had close contact with, and the process is repeated.

Queen's College Boys' High School reserves the right to modify, suspend, change, or terminate this document at any time.

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23 May 2020