

COVID-19 Update

Postgraduate Medical Education

December 2020



For Kingston:

Effective **immediately**, the following guidelines will be put into place for all residents and clinical fellows attending **Kingston Health Sciences Centre (KGH, HDH) and Providence Care**. The purpose is to reduce the risk of transmission of COVID-19 in the KFLA area. The risk of contracting the virus in red or grey zones in Ontario and in high-risk zones outside of Ontario (hereafter all referred to as *hot zones*) is significantly higher the longer someone resides in or has members of their household visit from high-risk communities.

The entrance screening questions have changed and will include questions about travel outside of the KFLA area to hot zones. The screening questions will also ask if any member of the household or a visitor has travelled to a hot zone.

For a list of communities and their zone designation in Ontario go to:

<https://www.ontario.ca/page/covid-19-response-framework-keeping-ontario-safe-and-open>

These guidelines are subject to change with new information or directives from Public Health.

IF SYMPTOMATIC DO NOT GO TO WORK: follow occupational health and public health guidelines

IF ASYMPTOMATIC and travel to or, or exposure to someone from a hot zone:

Less than two weeks (13 days or less): see attached screening questions and guidance

Work isolation will be required for 14 days.

How do I self-isolate while working:

- Take your temperature twice a day to monitor for fever
- Travel to and from work in your private vehicle. If you have to take transit, wear a surgical/procedure mask and perform hand hygiene before and after your travel to work.
- During work, for the 14-day period, wear surgical/procedure mask and any additional Personal Protective Equipment, based on [Routine Practices and Additional Precautions](#).

- Do not eat your meals in a shared space (e.g., conference room, lunch room) with other HCWs.
 - It is important to eat alone
 - Eat in a non-clinical area
 - Disinfect the area when done
- [Self-Isolate](#) when outside of the workplace

Two weeks or more (14 days or more): see attached screening questions and guidance

KHSC (KGH and HDH Sites) and Providence Care and Providence Manor*

- Quarantine for 7 days will be required with a swab on day 7.
- Provided there is a negative COVID-19 test, trainee can resume work on day 8 (or as soon as possible thereafter) once a negative test is received.
- Work isolation will be required from day 8 to day 14.

***Providence Manor requires a 14-day quarantine period, and a negative swab, before being able to work in Providence Manor**

Managing the Quarantine Period and Rotation Placements

It is imperative that programs don't default to having residents end their out-of-town rotation one week early. If any program is contemplating ending rotations early, Program Directors must discuss this with the Associate Dean. The decision must factor in the clinical care transitions and educational needs of trainees.

Impact on out-of-town rotations (mandatory/core or elective): work isolation and quarantine rules will apply.

Trainees from Queen's scheduled for out-of-town rotations Trainees should discuss with their program director if they are scheduled for an out-of-town rotation to determine a plan to manage work isolation and/or quarantine period if required upon their return to Kingston and to determine if there are any restrictions on their rotation at the other location. Elective opportunities could be cancelled on short notice by the host institution based on local Public Health directives. Institutions set their own PPE requirements. We encourage our trainees to use the more stringent set of PPE recommendations to maximize their safety and minimize COVID spread (e.g. if KHSC requirements are more stringent than the institution that the trainee is going to they should use the KHSC requirements. If trainees are running into any issues with adequate PPE they should contact their program and PGME.)

Trainees coming to Kingston on elective from other schools:

Any incoming elective trainee, who is asymptomatic, will be required to complete a seven-day mandatory quarantine with a covid-19 swab on day 7 with a negative test result in order to start work on day 8. Work isolation will be required from day 8 to day 14.

NB: This may mean trainees will cancel their incoming elective if they are unable to meet the quarantine requirements. Programs should contact their incoming elective trainees to discuss the implications of the mandatory quarantine period as well as the possibility that on short notice electives may be cancelled completely.

For our Community sites and for Community Placements

The screening questions being addressed as part of this communication relate specifically to KHSC and Providence Care screening questions.

For our community sites local screening questions and public health requirements will apply. For Kingston trainees going to a community site it is important to determine the screening questions and procedures for any placement they are going to outside of the KFLA area.

Residents should inform their programs if local regulations require them to quarantine at the beginning of their out-of-town rotation.

Vacation Over the Holidays

It is recognized that this has been the most challenging year in every respect. If there is any way to avoid travel outside of the KFLA area over the holidays, trainees are encouraged to stay local. Being mindful that this may not be feasible for many different reasons, it is important for trainees to be proactive and plan ahead with their program for their return to the KFLA area and mandatory quarantine period.

Quarantine and Trainee Pay

1. Trainees who are returning from an elective or mandatory rotation will be paid for the quarantine period. Ideally, there will be work that can be completed such as attending virtual academic half-days, research, virtual clinic work, etc.
2. Trainees who are returning from holidays at any point during **block 7** will receive their pay for the quarantine period. Ideally, there will be work that can be completed such as attending virtual academic half-days, research, virtual clinic work, etc.
3. Effective **block 8** (January 12, 2021), any trainee that goes to a hot zone for personal reasons or has extended visits in their household with anyone from a hot zone that then requires quarantine, and work cannot be accommodated, they will need to use vacation, lieu time, or request an unpaid leave of absence. If there are extenuating circumstances around this, please discuss with your Program Director who can review with the PGME Office.
4. For trainees who are unable to work during the quarantine period, due consideration will be given to the overall training implications and any possible extensions of training that may be required.

Quarantine and Accommodations

1. If there are extenuating circumstances and a trainee faces financial hardship as a result of being unable to make alternate arrangements to [quarantine safely](#) away from other trainees (e.g., roommates) or members of their household, please contact the PGME office by email to pgme@queensu.ca.
2. If while on rotation a trainee is notified of being part of an outbreak and has to seek alternate arrangements to quarantine safely, contact the PGME Office by email to pgme@queensu.ca to request support for accommodations.
3. Follow the screening questions and guidelines to determine how having visitors from hot spots will impact your particular work environment (e.g., work isolation). These guidelines are subject to change and should be reviewed regularly.

At all times: (with thanks to Dr. Mike Green, Department Head, Family Medicine)

We must adhere to the public health guidelines and requirements to prevent or limit the spread of COVID-19 in our communities and regions by following these guidelines:

- Limit in-person social interactions to people within your household. Minimize interactions with people who do not live in your house and one or two persons who are essential to maintaining physical and mental health (e.g., caregivers, social supports to someone who lives alone). This means you should avoid in-person social interactions with friends, with co-workers when not at work, and with extended family.
- Stay home if you have any symptoms of illness, however mild. If symptoms are compatible with COVID-19, please get tested. While it is cold season now and many of us are used to mild infections at this time of year, a mild illness could be COVID-19 and may be much more severe for someone else who might catch it from us. By staying home if sick, we protect everyone else in our community.
- Limit travelling outside of the KFL&A region to only essential travel and visitors from outside of KFL&A should not be encouraged. This is especially applicable to and from areas with higher COVID-19 transmission rates.
- practicing proper handwashing hygiene measures
- limiting contact with people at higher risk (e.g. older adults and those in poor health)
- keeping a distance of 2 metres/6 feet from others, where possible and as much as possible
- limiting non-essential travel – stay local as much as possible