

MEMORANDUM

Date: March 21, 2020
To: All VCH and PHC Staff
From: Dr. Patricia Daly, Vice President of Public Health & Chief Medical Health Officer
Re: COVID-19 Physicians' Update

Vancouver Coastal Health distributed a new Physicians' Update late Friday afternoon to make physicians and medical staff aware of new changes to the testing criteria for COVID-19 and case management protocols. The two main updates we want to make Vancouver Coastal Health and Providence Health Care staff aware of is:

- The time required for self-isolation of confirmed and clinical cases whose symptoms have resolved has been reduced to **10 days** from onset of symptoms.
- We have also clarified that pregnant women in the third trimester are **eligible for testing** if they have symptoms, as they fall into the "likely to be hospitalize" group within the testing criteria.

This new advice aligns with direction being given to all health authorities from the BC Centre for Disease Control and is being adopted throughout Canada. The time required for self-isolation of contacts or returning travellers remains at 14 days. A negative test to confirm someone has recovered from COVID-19 is no longer required. People can return to their routine activities 10 days after symptom onset if their symptoms, other than cough, have resolved.

For more information, please refer to the [March 20, 2020 Physicians' Update](#).

We continue to provide daily updates on our [staff intranet](#) and to the public at www.VCH.ca/COVID19.