

May 28, 2020

Dear Families,

Due to recent guideline changes made by the BC Center for Disease Control regarding COVID 19 testing, we at the clinic are also updating our recommendations:

Screening, Self-Isolating, and Testing for COVID-19

As of April 28, 2020, BC Center for Disease Control is now recommending anyone experiencing *mild respiratory symptoms* get tested for COVID 19 at their local COVID 19 testing location, or self-isolate for 10-14 days. For more information please refer to the following link BC self assessment tool <https://bc.thrive.health/covid19/en>. This link will also provide you with your nearest COVID 19 testing site. Please also call the clinic to update us on the status of your child and family. The CF nurses will continue to offer telephone support to families from Mon-Fri: 8:00-4:00.

At this time, recommendations for screening, self-isolating and COVID-19 testing are the same for individuals with CF as the general public.

Treatment of COVID-19

Public Health will notify individuals with their testing results and provide them with further instructions if required. The CF clinic will follow up with your child's progress once parents have informed us of the results. In many ways we are managing the COVID-19 infection like any other viral infection. We continue to recommend frequent hand washing, avoid exposure to anyone who is sick, and social distancing.

Return to School and/or Daycare:

The CF Clinic recommends that children with CF delay their return to school or daycare for 2 weeks, after which time:

- parents can request informal feedback regarding the school/ daycare's ability to implement CDC guidelines re physical distancing and other infection control measures
- we will learn if there is a spike in COVID-19 cases, and whether they are tied to schools or daycares

Note that this is at parents' discretion.

Home Respiratory Samples:

With the postponement of many in person visits, we've recently started home respiratory sample collection. If your child develops a wet cough or is due for a routine culture, the CF physician may ask for a sputum sample or cough swab to be collected at home. A collection kit will be sent to your home along with instructions and a virtual visit with physio will be arranged for the collection. Please contact us if you have any questions.

