# SUSPICION OF COVID-19 CODE OF CONDUCT

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## 

## General requirements (state recommendations) :

* **Keep distance**- 2+2 metres (6 feet)
* **Wash hands regularly** with warm flowing water and soap, if necessary use alcohol based disinfectant
* **Do not touch eyes, nose and mouth.** The virus can spread to you if those places are touched with dirty hands.
* **Track your health and stay at home.** If you have a fever, cough and difficulty breathing, seek help early on! Call your family physician or family doctor hotline (answers in English every day from 3-5pm) **https://www.kriis.ee/en**
* **If you have mild respiratory tract symptoms,** follow carefully usual hand hygiene and stay at home until you have recovered.
* **If you sneeze or cough,** then cover your mouth and nose with a one-time tissue. Immediately throw it in the trash and clean hands. If you do not have a tissue then use your sleeve (forearm part), **not your bare hand!**
* If you cover your mouth and nose, then it will prevent the spread of viruses. If you sneeze against you bare skin, then the viruses can spread through you to yourself and other people and objects.
* Make sure you have a valid health insurance. If necessary make an additional insurance.
* **ALL WORKERS** will go through a screening **BEFORE** starting a job/ entering the race competition center (requirement is once day).
* Every worker and volunteer involved with the race must be familiar with the COVID-19 manual and follows the instructions.

Daily risk assessment of COVID

**Night before every start**- team’s coach/doctor will send an email to BCT COVID medic in the following form ( evaluation measures- annex 1):

Competitor/ team member name- date and time of assessment- score

NB! After assessment it is strictly recommended to avoid leaving accommodation and close contact.

Example 1:

*Mari Mets - 31.07.2020 6pm- 1*

**In the morning of the start, latest 2h before start-** team’s coach/doctor will send an email to BCT COVID medic the competitor’s information whose score **has changed** in the following form (evaluation measures- lisa 1)

Competitor’s/ team member’s name- yesterday’s score

Competitor’s/ team member’s name- today’s score- additional symptom(s)

NB! Coach’s/ doctor’s contact info must be at the end of the letter.

*Example 2:*

*Mati Must- 0*

*Mati Must- 2- abnormal fatigue*

*Team’s medic Tõnu Kask, +372 55 374 393*

**Kontaktid:**

**COVID doctor in competition EST**

**Kaarel Lehtoja**

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**Tel.: +372 56 273 074**

**Doctor in competition EST**

**Tiit Piiskoppel**

**Email:** [**tiit.piiskoppel@icloud.com**](mailto:tiit.piiskoppel@icloud.com)

**Tel: +372 51 106 70**

## How to: suspicion of COVID

**Green flag**- No need of additional inquiries, can carry on as usual

**Yellow flag-** BCT COVID medic will contact team’s coach/ medic to figure out next points:

* Score-based symptoms
* Travel anamnesis/ contact anamnesis (including public places where has been)
* Exact location (hotel, room etc.)

If necessary COVID’S medic will carry out a visite using personal protective equipment, to explain indication of taking PCR sample.

**If PCR sample taking has not been indicated:**

1. Competitor will not be allowed to start.

2. Competitor has to wear a mask.

3. Competitor will stay inside team’s support vehicle or hotel.

4. Competitor will contact the COVID medic according to an agreed schedule.

**If PCR sample taking has been indicated:**

1. Competitor/ team member will be isolated- preferably inside a room with an extra entrance.

2. COVID medic will take a sample/ will organize taking a sample- depending on location and the capability of cooperating laboratory

* Nasopharynx sample (PCR)- taken with a cotton swab from nasopharynx
* Blood test- taken with a sterile, closed tube system from vein blood

3. Competitor /team member will stay in isolation until test results.

**In case of a negative result:**

* competitor is taken to a support vehicle/ to the next hotel
* will track his/her’s health (consultations if necessary and thermometer will be given)
* will contact the COVID medic according to an agreed schedule

**In case of a positive result:**

* competitor will be transported to a quarantine hotel (COVID medic has places agreed in advance) where the competitor has to spend the next 14 days
* Immediately race staff and the team of the competitor will be notified
* Close contacts are identified and their quarantine is organized
* Competitor/team member in isolation will contact COVID medic according to an agreed schedule

**Red flag**- BCT COVID medic contacts team’s coach/doctor to figure out next points:

* Score-based symptoms
* Travel anamnesis/ contact anamnesis (including public places where has been)
* Exact location (hotel, room etc.)

**COVID medic organizes PCR testing**

1. Competitor/ team member will be isolated- preferably inside a room with an extra entrance.

2. COVID medic will take a sample/ will organize taking a sample- depending on location and the capability of cooperating laboratory

* Nasopharynx sample (PCR)- taken with a cotton swab from nasopharynx
* Blood test- taken with a sterile, closed tube system from vein blood

3. Competitor /team member will stay in isolation until test results.

**In case of a negative result:**

* competitor is taken to a support vehicle/ to the next hotel
* will track his/her’s health (consultations if necessary and thermometer will be given)
* will contact the COVID medic according to an agreed schedule

**In case of a positive result:**

* competitor will be transported to a quarantine hotel (COVID medic has places agreed in advance) where the competitor has to spend the next 14 days
* Immediately race staff and the team of the competitor will be notified
* Close contacts are identified and their quarantine is organized
* Competitor/team member in isolation will contact COVID medic according to an agreed schedule

**COVID 19 questionnaire**

|  |  |  |
| --- | --- | --- |
| **Symptom(s)** | **Points if pos.** | **Competitor points** |
| Fever > 38  °C | 4 |  |
| Cough | 4 |  |
| Shortness of breath | 4 |  |
| Stuffy nose or sore throat | 2 |  |
| Unusual aches | 2 |  |
| Abnormal fatigue | 2 |  |
| Unusual headache | 1 |  |
| Diarrhea / Vomiting | 1 |  |

**Total points:**

**Tõlgendamine:**

**Score < 2** – Small risk / green flag

**Score 3-5** – Moderate risk / yellow flag

**Score > 5** – High risk / red flag