

Guidelines for in-person research participant appointments

Per the ICORD/BSCC Safety Plan every PARC user is required to abide by the general guidelines for all approved ICORD research studies taking place in the Blusson Spinal Cord Centre (BSCC).

Prior to visit please answer these questions.

In the last 14 days, have you:

- Returned from travel outside of Canada?
- Been in close contact with anyone diagnosed with lab confirmed COVID-19?
- Lived or worked in a setting that is part of a COVID-19 outbreak?
- Been advised to self-isolate or quarantine at home by public health?

Do you have new onset of any of the following symptoms?

- Fever
- Cough: new or worse than usual
- Shortness of breath
- Diarrhea
- Nausea and/or vomiting
- Headache
- Runny nose/nasal congestion
- Sore throat or painful swallowing
- Loss of sense of smell
- Loss of appetite
- Chills
- Muscle aches
- Fatigue beyond usual

If you answered YES to any of the questions:

Thank you for this information. Please note that ICORD is taking the necessary precautions to provide a safe environment for our study participants, researchers, staff, and students. Based on your answers, please reschedule your appointment for a date at least 14 days from today.

If you answered NO to all questions, proceed as follows:

Thank you for this information. Based on your answers, it does not appear you have any COVID-19 risk factors or symptoms currently. Please proceed with booking your appointment and

follow the instructions for your visit outlined below.

Please follow these instructions for your visit:

- If you develop any fever, cough, shortness of breath or influenza-like symptoms; please follow the recommendations from the [self-assessment tool](#) or the recommendations outlined by 8-1-1 or your primary care provider.
- If there are any changes to your health prior to coming into the Blusson Spinal Cord Centre, please contact us at (604) 675-8814 or send us an email: parc@icord.org.
- If you have a face mask at home, please consider wearing it to your appointment. If you require physical assistance at any point of your appointment, you will be asked to wear a face mask.
- You will be asked to sanitize your hands when you enter the building and when you enter the PARC facility.
- Please come to your appointment by yourself. If you need assistance, please restrict it to one person and ask them to wear a mask if possible.