

SAMPLE – For Illustrative Use Only

INSTRUCTIONS for COVID Olfactory Screening

Facility Name: _____

Issued Date: _____ **Revised Date:** _____

(Add a line to the usual employee screening form: "Sense of smell intact" with a checkbox to indicate the smell screen was complete.)

Policy: One of the symptoms of COVID-19 is the loss of smell and taste. The purpose of this screening is to expand the information gathered to screen individuals who have symptoms related to COVID-19 that are not related to fever, cough or difficulty breathing.

The loss of smell may indicate the individual being screened is not safe to enter the facility and may require further testing for the presence or absence of COVID-19.

Organize Tools: Q-Tip type swab, gloves, aroma bottles, proper disposal container. Each person being screened has an individual form to track the sense of smell. Keep it in a location so all staff can be tested on all shifts. It may be kept with the daily screening tools for ease of tracking.

Procedure:

1. Wash your hands before and after each test. Use gloves when handling used swabs or have a receptacle for employees to dispose of the swab.
2. Obtain a Q-Tip or testing paper from the box. Select an aroma and put 1 drop on the tip of the swab or testing paper. Hand the swab to the employee, and ask "what do you smell?"
3. If the employee identifies the aroma properly, check yes. Initial your entry.
4. If the employee names a similar aroma, write the answer on the screening form and check yes. Some may identify orange instead of lemon for example. The test is not whether the aroma is identified accurately, it is whether the individual has lost the sense of smell and may have symptoms of COVID-19.
5. A second test may be performed if the employee's identification is far from accurate. For example, they smell coffee, when the oil is strawberry. In this instance, offer a second aroma (such as peppermint) to determine if the sense of smell is diminished, or the employee has difficulty identifying an aroma. Write the answer on the tool.
6. If the employee does not smell any aroma, they are not permitted into the facility and must be sent to their medical professional for further testing, such as swab, or chest X-ray. Mark the aroma presented and indicate "No" on the screening form.

7. Dispose of the swab in a safe infection control container to reduce the risk of exposure to the virus.
8. Just because the employee does not identify the aroma, does not mean they are COVID-19 positive. During allergy season, some people lose the ability to breathe freely which diminishes the ability to smell. During cold season, some people with congestion may have diminished sense of smell. Failure to identify the smell simply means more testing is necessary.

Resources for testing materials:

Amazon Lagunamoon Essential Oils: \$15.99

https://www.amazon.com/Lagunamoon-Aromatherapy-Peppermint-Eucalyptus-Therapeutic/dp/B071FSVWLZ/ref=sr_1_24?crid=18ATT55M5Q4QE&dchild=1&keywords=aromatherapy+diffuser+oils&qid=1594758785&srefix=aroma%2Caps%2C180&sr=8-24

Rocky Mountain Oils: Individual bottles or build your own set: Priced by the bottle:

https://www.rockymountainoils.com/?gclid=CjwKCAjwr7X4BRA4EiwAUXjbt4uCel_Ue665LhK5rCBoHlmbsggCifq0PIRpO6lh0jMqHBO9F4EYRoCjJEQAvD_BwE

or 6 bottle kit for \$24.95

Walmart: Individual bottles, or kits:

https://www.walmart.com/browse/health/aromatherapy/976760_1274339_2952808