

# SOLANO COUNTY COVID-19 MANAGEMENT OF GENERAL COMMUNITY AND HEALTHCARE PERSONNEL INTERIM GUIDANCE

SOLANO PUBLIC HEALTH | MARCH 9, 2020

Solano Public Health continues to work closely with local, state and federal agencies and healthcare partners to monitor COVID-19. At the outset, initial efforts were directed towards containment, which required us to identify cases and test suspect cases as warranted by CDC guidance. Now that community spread of COVID-19 is occurring, Solano Public Health is changing our response from a containment approach to a mitigation approach. As the situation evolves, this guidance may change. For more information, call the Solano Public Health warm-line at **707-784-8988**. Effective **March 3, 2020**, below are changes to our COVID-19 recommendations.

## Testing

With limited local and state testing capabilities, **Solano Public Health will prioritize testing high-risk and critically ill individuals**. Contact Solano Public Health at 707-784-8988 (M-F, 7am-6pm) or 707-784-8005 (after hours) for testing consultation. To qualify for local testing, one of the below **conditions must be met**:

1. The patient is **hospitalized** with signs and symptoms compatible with COVID-19 and is significantly ill **AND no other etiology** has been identified **AND** testing will **change the clinical management** of the patient; **OR**
2. The patient **lives in a long-term care facility**. Testing is recommended for these individuals since they are at higher risk for poor outcomes. **OR**
3. Adults **65 years old and over** **AND** has **chronic medical conditions and/or is immunocompromised**. Testing is recommended for these individuals since they are at higher risk for poor outcomes.

COVID-19 diagnostic testing will become more readily available in commercial laboratories; this additional testing capacity will allow clinicians to consider testing for a wider group of symptomatic patients. Clinicians can use their judgement to determine whether a patient should be tested for COVID-19. Commercial testing will not require approval from Solano Public Health.

Testing may be considered for ambulatory patients who live, work, or attend a sensitive setting, such as a daycare, or prison.

Surgical mask (or N-95 respirator, if available), gloves, gown and eye protection are recommended for nasopharyngeal and oropharyngeal swab specimen collection. If an AIIR is not available, specimens can be obtained in a private room as long as appropriate PPE is used by the healthcare personnel.

## Management of Patients with Potential COVID-19 Exposure

Considering that community spread is occurring and it is not feasible to identify all people with COVID-19 infections or to identify all potentially exposed individuals, Solano Public Health is recommending the following for the management of patients with respiratory symptoms:

- Implement proper precautions for patients with respiratory symptoms.

- Symptomatic patients seeking medical care should be given a **surgical mask for source control** upon entry into the healthcare facility.
- Healthcare personnel (HCP) seeing patients with respiratory illness should wear a surgical mask (at a minimum) and gloves.
- Patients who were exposed to confirmed COVID-19 patients who are **asymptomatic** have no restrictions and testing is not recommended (see Appendix A for flowchart).
- Patients who are ill with respiratory symptoms consistent with COVID-19, regardless of known exposure to a confirmed COVID-19 case (see Appendix A for flowchart):
  - If patients have **mild symptoms** that can be managed without hospitalization:
    - Use **gloves and surgical mask**, at a minimum, when caring for patients.
    - Advise patients to **stay home** until their symptoms have resolved.
    - Advise patients to **monitor for worsening symptoms** and to seek further medical care if warranted. Advise patients to call your office prior to coming to your medical office.
    - Advise patients to return to work after symptoms resolve.
    - Consider testing through a commercial laboratory.
  - If patients have **severe illness that requires hospitalization**:
    - Use **gloves and surgical mask**, at a minimum, when caring for patients.
    - **Surgical mask (or N-95 respirator, if available), gloves, gown and eye protection** are recommended for aerosol-generating procedures including nasopharyngeal and oropharyngeal specimen collection.
    - Consider **AIIR** if the patient is positive or there is significant concern for COVID-19.
    - If there are not enough AIIRs to care for patients with COVID-19, existing AIIRs should be prioritized for the care of patients who are symptomatic with severe illness (e.g. those requiring ventilator support).
    - Consider testing through Solano Public Health or commercial laboratory.
- If patients test **positive** for COVID-19, **report** to Solano Public Health at 707-784-8001.
- Household and close contacts of positive SARS CoV-2 to cases are under voluntary home quarantine for 14 days from last day of exposure.
- Ambulatory care centers should consider rescheduling non-urgent appointments for patients with respiratory symptoms until the patient is asymptomatic.

## Discharge of Hospitalized Individuals with Potential COVID-19 Exposure

Below are recommendations from Solano Public Health on discharge of hospitalized individuals with potential exposure to COVID-19:

- For hospitalized patients that tested negative for COVID-19, the patient can be discharged home when clinically indicated.
- For hospitalized patients who are clinically stable to be discharged home but whose test results are still pending:
  - The patient should be under **home isolation** until their symptoms resolve. The patient and the patient’s home should be assessed for suitability for home isolation.
  - Home isolation can be **discontinued** with a negative test result.
- For hospitalized patients who are clinically stable to be discharged home and whose test result is **positive for COVID-19**:

- The patient should be under **home isolation** until their symptoms resolve. The patient and the patient’s home should be assessed for suitability for home isolation.
- The patient’s household and close contacts are under voluntary home **quarantine** for 14 days from last day of exposure.
- **Consult** with Solano Public Health prior to discharge.
- **Notify** Solano Public Health at 707-785-8988 prior to discharge for patients that are being discharged to long-term care facilities (LTCFs) or a prison.

## Management of Healthcare Personnel with Exposure in Healthcare Setting

Now that community spread is occurring in Solano County, all healthcare personnel (HCP) are at some risk for exposure to COVID-19, whether in the workplace or in the community. The Centers for Disease Control and Prevention’s (CDC) Guidance for Risk Assessment and Public Health Management of Healthcare Personnel with Potential Exposure in a Healthcare Setting to Patients with COVID-19

(<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>) outlines work restrictions for HCPs exposed to COVID-19 and should be followed if healthcare facilities are able to function and continue to provide essential services.

For exposures that occur within the healthcare setting, the number of potentially affected healthcare professionals can be large enough to impact facility operations, including providing essential medical and prevention services. In an effort to both mitigate this potential impact on healthcare facility operations and maintain patient safety and coworker safety, Solano Public Health has developed an alternate guidance which permits exposed healthcare professionals who are asymptomatic to continue working under specific conditions.

A conservative approach and a lower threshold for evaluating HCPs is used in order to quickly identify early symptoms in HCPs to prevent transmission from potentially infectious HCPs. The signs and symptoms for HCP assessment are broader than those used for the general public and include fever (either measured temperature  $\geq 100.0^{\circ}\text{F}$  or subjective fever), cough, shortness of breath, sore throat or rhinorrhea. Other symptoms that may be considered include muscle aches, nausea, vomiting, diarrhea, abdominal pain, headache or fatigue.

Below is the alternate guidance based on different scenarios:

1. Healthcare personnel **with no known exposure to a confirmed COVID-19** case (see Appendix B for flowchart):
  - a) HCP with **no symptoms** consistent with COVID-19 can return to work with no restrictions.
  - b) HCP with **symptoms** consistent with COVID-19:
    - Consider testing through Solano Public Health or commercial lab for HCPs with severe illness requiring hospitalization and through commercial lab for HCPs with mild symptoms.
    - i. If **no testing** was done:
      - HCP should stay home until symptoms resolve.
    - ii. If testing was done and results are **negative** for COVID-19:
      - HCP should stay home until symptoms resolve.

- iii. If testing was done and results are **pending**:
    - HCP should remain at home for **home isolation** while symptomatic.
    - HCP may **return to work** 24 hours after symptom resolution.
    - HCP must wear a **surgical mask** while at work for 7 days.
  - iv. If testing was done and results are **positive** for COVID-19:
    - HCP should remain at home for **home isolation** while symptomatic.
    - HCP may **return to work** 24 hours after symptom resolution.
    - HCP must wear a **surgical mask** while at work for 7 days.
    - **Quarantine** household and close contacts for 14 days after last exposure.
2. Healthcare personnel **with known exposure to a confirmed COVID-19 case** (see Appendix B for flowchart)
- a) HCP with **no symptoms** consistent with COVID-19 **AND** identified as **low risk** by CDC criteria:
    - HCP may return to work as long as they **remain asymptomatic**.
    - HCP should **self-monitor** for symptoms for the duration of their 14-day modified quarantine period. HCP should ensure they are afebrile and asymptomatic before leaving home and reporting to work.
    - The healthcare facility could consider measuring temperature and assessing symptoms prior to each shift.
    - If symptoms develop, HCP should remain at home and follow the symptomatic guidance below.
  - b) HCP with **no symptoms** consistent with COVID-19 **AND** identified as **medium or high risk** by CDC criteria:
    - HCP may return to work as long as they **remain asymptomatic**.
    - HCP must wear **surgical mask** while at work for 14 days after exposure.
    - HCP should **self-monitor** for symptoms for the duration of their 14-day modified quarantine period. HCP should ensure they are afebrile and asymptomatic before leaving home and reporting to work.
    - The healthcare facility should **evaluate** the HCP prior to each shift and at mid-shift by taking the HCP's temperature and assessing for symptoms.
    - If symptoms develop, HCP should remain at home and follow the symptomatic guidance below.
  - c) With **symptoms** consistent with COVID-19:
    - Consider testing through Solano Public Health or commercial lab for HCPs with severe illness requiring hospitalization and through commercial lab for HCPs with mild symptoms.
    - i. If **no testing** was done:
      - HCP should remain at home for **home isolation** while symptomatic.
      - HCP may **return to work** 24 hours after symptom resolution.
      - HCP must wear a **surgical mask** while at work for 14 days after last exposure.
      - HCP should **self-monitor** for symptoms for the duration of their 14-day modified quarantine period. HCP should ensure they are afebrile and asymptomatic before leaving home and reporting to work.

- The healthcare facility should **evaluate** the HCP prior to each shift and at mid-shift by taking the HCP's temperature and assessing for symptoms.
  - If new symptoms develop, HCP should remain at home for home isolation.
  - **No quarantine** recommended for household and close contacts.
- ii. If testing was done and results are **negative** for COVID-19:
- HCP should remain at home for **home isolation** while symptomatic.
  - HCP may **return to work** as soon as their symptoms resolve.
  - HCP must wear a **surgical mask** while at work for 14 days after last exposure.
  - HCP should **self-monitor** for symptoms for the duration of their 14-day modified quarantine period. HCP should ensure they are afebrile and asymptomatic before leaving home and reporting to work.
  - The healthcare facility should **evaluate** the HCP prior to each shift and at mid-shift by taking the HCP's temperature and assessing for symptoms.
  - If new symptoms develop, HCP should remain at home for home isolation.
  - **No quarantine** recommended for household and close contacts.
- iii. If testing was done and results are **pending**:
- HCP should remain at home for **home isolation** while symptomatic.
  - HCP may **return to work** 24 hours after symptom resolution.
  - HCP must wear a **surgical mask** while at work for 14 days after last exposure.
  - HCP should **self-monitor** for symptoms for the duration of their 14-day modified quarantine period. HCP should ensure they are afebrile and asymptomatic before leaving home and reporting to work.
  - The healthcare facility should **evaluate** the HCP prior to each shift and at mid-shift by taking the HCP's temperature and assessing for symptoms.
  - If new symptoms develop, HCP should remain at home for home isolation.
  - **No quarantine** recommended for household and close contacts.
- iv. If testing was done and results are **positive** for COVID-19:
- HCP should remain at home for **home isolation** while symptomatic.
  - HCP may **return to work** 24 hours after symptom resolution.
  - HCP must wear a **surgical mask** while at work for 7 days.
  - **Quarantine** household and close contacts for 14 days after last exposure.