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

SOLANO PUBLIC HEALTH | MARCH 13, 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 11, 2020**, below are changes to our COVID-19 recommendations.

Testing

With limited local and state testing capabilities, **Solano Public Health is prioritizing testing critically ill and high-risk individuals and those that work with these populations**, including:

Individuals with **signs and symptoms** compatible with COVID-19 **AND**:

1. **Hospitalized** and significantly ill **AND no other etiology** has been identified **AND** testing will **change the clinical management** of the patient; **OR**
2. **65 years old and over AND** has **chronic medical conditions and/or is immunocompromised; OR**
3. Is a **healthcare personnel** (HCP) with direct contact with patients; **OR**
4. Lives in or works at a **long-term care facility**; **OR**
5. Is **chronically homeless**; **OR**
6. Works at a **daycare center**; **OR**
7. Is an inmate or works at a **prison**.

Contact Solano Public Health at 707-784-8988 (M-F, 7am-6pm) or 707-784-8005 (after hours) for testing consultation of individuals that meet the above criteria.

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.

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.

For the latest guidance on specimen collection, visit https://www.cdc.gov/coronavirus/2019-nCoV/lab/guidelines-clinical-specimens.html.

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.
        - Call Solano Public Health for individuals that meet the priority testing group above for local testing and consider testing through a commercial laboratory for other individuals.
    - 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 and for 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 **AND** they meet the criteria for **prioritized testing** above, **notify** Solano Public Health at 707-784-8001 (work hours) or 707-784-8005 (off hours). Otherwise, **report** to Solano Public Health using CMR or per usual reporting protocol.
- 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 by the healthcare facility for suitability for home isolation (See Appendix C for assessment template).
    - 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 by the healthcare facility for suitability for home isolation (See Appendix C for assessment template).
    - If patient is being transferred to a long-term care facility or prison:
        - **Notify** Solano Public Health at 707-785-8988 prior to discharge;
        - **Notify** the receiving facility of the positive COVID-19 test result; and
        - **Notify** the transporting company.

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 ≥100.0°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 B1 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.
    - For HCPs that see a high number of seniors (e.g. geriatricians), it is advisable to **return to work** 24 hours after symptom resolution and wear a **surgical mask** while at work for 7 days.

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.
    - **No quarantine** is recommended for household and close contacts.

2. Healthcare personnel **with known exposure to a confirmed COVID-19 case** (see Appendix B2 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 14 days after last exposure. 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 14 days after last exposure. 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) 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 remain at home for **home isolation** while symptomatic.
- HCP may **return to work** 24 hours after symptom resolution.
- If the HCP returns to work before 14 days after last exposure:
  - The HCP should continue to **self-monitor** for symptoms for the duration of the 14 days. 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.
- HCP must wear a **surgical mask** while at work for 14 days after last exposure.
- **No quarantine** is 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.
- If the HCP returns to work before 14 days after last exposure:
  - The HCP should continue to **self-monitor** for symptoms for the duration of the 14 days. 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.
- HCP must wear a **surgical mask** while at work for 14 days after last exposure.
- **No quarantine** is recommended for household or 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.
- If the HCP returns to work before 14 days after last exposure:
  - HCP should continue to **self-monitor** for symptoms for the duration of the 14 days. 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.
    - HCP must wear a **surgical mask** while at work for 14 days after last exposure.
    - **No quarantine** is 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 after symptom resolution.
- **No quarantine** is recommended for household or close contacts.

Appendix A: Management of patients with potential COVID-19 infection

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Symptoms consistent with COVID-19 (cough, difficulty breathing, fever)?

Yes

- Place **mask** on patient
- Use **gloves and surgical mask**, at a minimum, when caring for patient

No

- No need for COVD-19 testing
- No movement restrictions

Symptoms severe enough to warrant hospitalization?

Yes

- Surgical mask (N-95, if available), gloves, gown, and eye protection recommended for aerosol-generating procedures and for naso/oro-pharyngeal specimen collection
- Consider AIIR if patient is COVID-19 positive or significant concern for COVID-19 infection; if not enough AIIRs, prioritize for patients with severe illness (e.g. those requiring ventilator support)

No

- Patient should stay home until symptoms resolve
- Monitor for worsening symptoms and seek further medical care if warranted
- Patient can return to work after symptoms resolve

Does the patient meet any criteria for prioritized testing?

- Hospitalized with no other etiology identified and testing will change the clinical management of the patient?
- ≥65 years old and has chronic medical conditions or is immunocompromised?
- Healthcare personnel with direct contact with patients?
- Resident or worker of a long-term care facility?
- Chronically homeless?
- Daycare worker?
- Inmate or worker of a prison?

Yes

- Consider COVID-19 testing through Solano Public Health
- Contact Solano Public Health at 707-784-8001 (work hours) or 707-784-8005 (after hours)

No

Consider COVID-19 testing at commercial laboratory or CDPH

Testing performed?

No

- Advise patient to return to work after symptoms resolve
- If hospitalized, can be discharged* when clinically indicated

Yes

Testing results?

Positive

- Report to Solano Public Health using CMR or per usual reporting protocol
- If not hospitalized, stay home until symptoms resolve
- If hospitalized, can be discharged* when clinically indicated*
- No quarantine for household of close contacts

Negative

Pending

- If not hospitalized, stay home until symptoms resolve
- If hospitalized, can be discharged* when clinically indicated

*** If discharged to long-term care facility or prison, notify Solano Public Health, the receiving facility and the transport company.**

Appendix B1: Management of healthcare personnel with potential COVID-19 infection with NO KNOWN exposure to COVID-19 individuals

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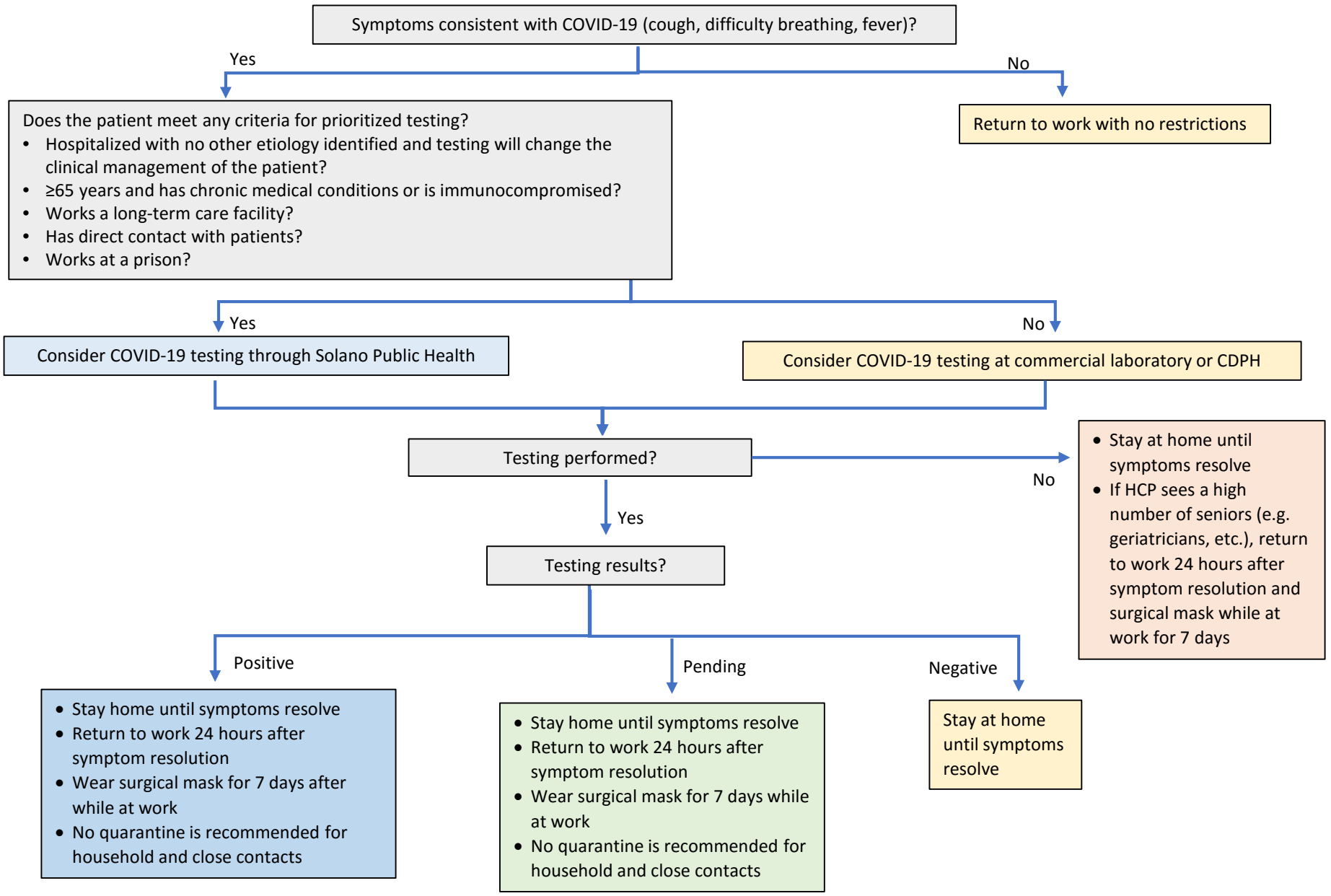

Appendix B2: Management of healthcare personnel with potential COVID-19 infection with KNOWN exposure to COVID-19 individuals

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Symptoms consistent with COVID-19 (cough, difficulty breathing, fever)?

Yes

Does the patient meet any criteria for prioritized testing?

- Hospitalized with no other etiology identified and testing will change the clinical management of the patient?
- ≥65 years and has chronic medical conditions or is immunocompromised?
- Works a long-term care facility?
- Has direct contact with patients?
- Works at a prison?

Yes

Consider COVID-19 testing through Solano Public Health

No

Consider COVID-19 testing at commercial laboratory or CDPH

Testing performed?

No

- Return to work 24 hours after symptom resolution
- Wear surgical mask for 14 days after last exposure while at work
- If return to work before 14-day after last exposure, continue self-monitor for 14 days post exposure. Healthcare facility temperature and symptom check prior to start of shift and at mid-shift. If new symptoms develop, reassess
- No quarantine is recommended for household and close contacts

Yes

Testing results?

Positive

- Return to work 24 hours after symptom resolution
- Wear surgical mask for 7 days after symptom resolution while at work
- No quarantine is recommended for household and close contacts

Pending

- Return to work 24 hours after symptom resolution
- Wear surgical mask for 14 days after last exposure while at work
- If return to work before 14-day after last exposure, continue self-monitor for 14 days post exposure. Healthcare facility temperature and symptom check prior to start of shift and at mid-shift. If new symptoms develop, reassess
- No quarantine is recommended for household and close contacts

Negative

- Return to work after symptom resolution
- HCP must wear surgical mask while at work for 14 days after last exposure
- If return to work before 14-day after last exposure, continue self-monitor for 14 days post exposure. Healthcare facility temperature and symptom check prior to start of shift and at mid-shift. If new symptoms develop, reassess
- No quarantine is recommended for household and close contacts

No

CDC risk level of exposure:

LOW

- Able to work as long as remains asymptomatic
- Self-monitor x14 days since last exposure
- Healthcare facility can consider temperature and symptom check prior to shift
- If symptoms develop, follow symptomatic flow

MEDIUM/HIGH

- Able to work as long as remains asymptomatic
- Wear surgical mask while at work x14 days since last exposure
- Self-monitor x14 days since last exposure
- Healthcare facility temperature/symptom check prior to start of shift and at mid-shift
- If symptoms develop, follow symptomatic flow

APPENDIX C: HOME ISOLATION SUITABILITY SCREENING

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1. Do you live alone?
    a. If no, who do you live with?
    b. If no, is there a room in your house that you could isolate in?
        i. *If no, patient is not eligible for home isolation or quarantine*
    c. If no, is there a private bathroom that could be used by only you?
        i. If no, assess capacity to clean before/after use
2. Are you able to live independently or do you require a caregiver?
    a. If a caregiver is required, assess caregiver's willingness to comply with cleaning and PPE restrictions.
3. Do you have the ability to prepare your own food?
    a. If yes, do you have food at your home or will you need more?
    b. If no, identify resources, such as family, friends, delivery, that may be available to provide patient with food.
4. Do you have pets that require care from other people?
    a. If yes, do you have enough pet supplies and medications?
    b. If pet requires veterinary visit or an external caregiver, assess whether arrangements can be made without violating isolation or quarantine orders
5. Do you require any medications?
    a. If yes, do you have enough medication at home or mail delivery available?
    b. If patient requires medications, contact the physician to find out if arrangements can be made to deliver/administer necessary medications
6. Are there people in your household who are 65 years old or older, young children, pregnant women or people who may have chronic medical conditions or those who are immunocompromised?
    a. If yes, emphasize importance of self-isolation