

COVID-19 TESTING GUIDELINE 3/27/2020



Is the patient concerned but not symptomatic?

YES

Does patient have symptoms?

Fevers AND cough, shortness of breath or body aches?

NO

YES

Practice social distancing at ALL TIMES, frequent hand hygiene, daily cleaning of high touch areas and daily at-work symptom check.

- Teach social distancing: "The test is neither a vaccine nor a cure"
- Wear a mask ONLY if you are symptomatic or a healthcare worker

3-4 days of bedrest and hydration

Self-isolate: NO work and NO social interactions

Return to work if no fever and respiratory symptoms x 3 days, or 7 days out from the first day of symptoms, whichever is longer

If no improvement by day 5, call your doctor ON THE PHONE

Assess for High Risk situation:

1. High Risk of Having It
2. High Risk of Passing it On

Close contact with COVID-19 suspected or confirmed patient?

(Note, travel criteria has been removed but prior travel may be considered for some cases)

- Healthcare worker/First Responder
- Long-term Care Facility employee or resident
- Over age 60
- Comorbidities (HTN, DM, CKD, chronic lung disease, chronic heart disease)
- Immunocompromised
- Hospitalized patient
- Lives OR works in shelters, jails, or any other congregate setting
- Pregnancy

YES

COVID TESTING RECOMMENDED

When do high risk professions return to work?

1. If asymptomatic, self isolate x 14 days after high risk exposure
2. If employee is symptomatic or has a confirmed COVID-19 infection:
 - If not tested for COVID-19, can return to work when:
 - No fever for 3 days without the aid of medications, and
 - Have no respiratory symptoms
 - 7 days out from first day of symptoms
 - If tested for COVID-19 and were positive, can return to work after:
 - Resolution of fever without the aid of meds and improvement in symptoms AND
 - Two negative tests, collected >24 hours apart to rule out continued infectivity



Special populations and CDC guidelines to return to work

- Now that we are in containment with mitigation phase, health care or long term care facility providers who have travelled to places with >10 cases and are asymptomatic can return to work with strict precautions and monitoring: they should wear a mask at all times and workplace should have protocol in place to monitor and document their respiratory symptoms and temperature twice a day. If they become symptomatic, they should be sent home immediately.
- CDC guidelines to return to work (during containment OR mitigation)
 - If not tested for COVID-19, can return to work:
 - No fever for 3 days without the aid of medications, and
 - Have no respiratory symptoms, and
 - 7 days out from first day of illness
 - If tested for COVID-19 and were positive, can return to work:
 - Resolution of fever without the aid of medications and improvement in respiratory symptoms, and
 - Two negative tested collected >24 hours apart
- Work practices and restrictions after return to work:
 - Wear a face mask at all times until all symptoms are resolved or until 14 days after illness onset, which is longer
 - Be restricted from contact with severely immunocompromised patients until 14 days after illness onset
 - Adhere to hand hygiene, respiratory hygiene, and cough etiquette
 - Active or Self monitoring for symptoms depending on exposure risk and seek re-evaluation from occupation health if respiratory symptoms recur or worsen