

COVID-19 Testing, PPE, and Isolation and Quarantine

Requested Action:

Testing - prioritize COVID-19 testing for patients with symptoms (fever, cough, shortness of breath) until testing and supplies are more broadly available:

- Patients hospitalized with severe lower respiratory illness
- Patients who work in any setting where healthcare services are delivered (including: hospital, department of corrections, juvenile detention centers, mental/behavioral health clinics, long-term care facilities, and similar)
- Patients working in other public safety occupations (e.g., law enforcement, fire fighter, EMS)
- Patients who live or work in an institutional or congregate setting (e.g., corrections, long term care facility, homeless/shelters)
- Patients working in critical infrastructure occupations (e.g., grocery stores, pharmacist, restaurants, gas stations, public utilities, etc.)

Individuals with worsening COVID-19 symptoms should consult with their health care provide about testing including:

- Patients older than 60 years
- Patients with underlying medical conditions
- Pregnant women

Individuals younger than 60 who are healthy with mild symptoms do not need to be tested nor do individuals without symptoms.

Guidance for testing can be found at:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/Interim-2019NovelCoronavirusQuicksheetProviders.pdf>

Personal Protective Equipment (PPE) - Patients with known or suspected COVID-19 who are critically ill as well as those requiring aerosol generating procedures are recommended to be placed in **standard/airborne/contact precautions with eye protection**. For other patients with known or suspected COVID-19, the Department of Health recommends using **standard/droplet/contact precautions with eye protection see:**

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/ppeCOVID-19confirmed.pdf>

Isolation and Quarantine

Isolation - Health Care Workers and First Responders

Health Care Workers (HCW) and First Responders (FR) with confirmed COVID-19 should not return to work until at least 3 days (72 hours) have passed since recovery. Recovery is defined as:

1. Resolution of fever without the use of fever-reducing medications AND improvement in respiratory symptoms (e.g., cough, shortness of breath)
AND
2. at least 7 days have passed since symptoms first appeared

Healthcare workers and first responders can return to work provided they:

- Adhere to respiratory hygiene, hand hygiene, and cough etiquette
- Wear a facemask at all times while in the healthcare facility, until all symptoms are completely resolved or until 14 days after illness onset, whichever is longer.

Employers should consider reassigning HCWs who work with severely immunocompromised patients, such as bone marrow transplant patients, to work in other areas.

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Guidance document for health care workers and first responders may be found at:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/HealthCareworkerReturn2Work.pdf>

Quarantine – Healthcare workers and First Responders

Asymptomatic Healthcare workers and First Responders with High or Medium Risk Exposures to a known case of COVID-19 should actively monitor for symptoms consistent with COVID-19 infection but can return to work provided they:

- Adhere to cough etiquette and hand hygiene
- Wear a facemask at all times while in the healthcare facility, until the end of the 14-day monitoring period from date of exposure.

Guidance document for health care workers may be found at:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/HealthCareworkerReturn2Work.pdf>

Isolation - General Public

Consistent with CDC guidelines, WA DOH recommends **persons with COVID-19 who have symptoms** and were directed to isolate and care for themselves at home may discontinue home isolation under the following conditions:

- At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **AND**,
- At least 7 days have passed *since symptoms first appeared*.

Guidance document for the general public may be found:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDcasepositive.pdf>

Quarantine – General Public

Individuals who have been in close contact with someone with COVID-19 should monitor their health for fever, cough and shortness of breath for 14 days after the last day they were in close contact with the sick person with COVID-19. They should not go to work or school and should avoid public places for 14 days.

Guidance for the general public may be found at:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDexposed.pdf>

Background:

The virus causing coronavirus disease-2019 (COVID-19), emerged in December 2019 and has since spread around the world causing a global pandemic. Eighty percent of cases are reported to be mild, but severe disease and deaths are more common in the elderly (older than 60 years) and in those with underlying health conditions. As of March 24th, there are 2469 positive confirmed cases and 118 deaths in Washington State with 31 counties reporting cases. Thurston County has had 14 positive confirmed cases reported and no deaths. Health experts are concerned that increasing transmission in our state and an increase in severe disease will limit the ability of our healthcare system to provide urgent care to all who require it. Healthcare facilities are reporting difficulty in accessing adequate PPE for transmission-based precautions. **We are asking all healthcare facilities to cancel or postpone non-essential procedures in the near future to limit transmission in healthcare settings and to limit non-essential use of PPE.**

PUBLIC HEALTH ADVISORY

THURSTON COUNTY PUBLIC HEALTH AND SOCIAL SERVICES DEPARTMENT
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Diana Yu, MD, MSPH, Acting Health Officer



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Resources:

National Network for Oral Health Access COVID-19 Resources: <http://www.nnoha.org/covid-19-coronavirus-resources-now-available/>

Organization on Safety, Asepsis and Prevention (OSAP) Guidance for Facemask Shortage
<https://us15.campaign-archive.com/?u=8fd5d8c16aa53374cf96281fa&id=93734955d7>

OSAP Coronavirus Toolkit: <https://www.osap.org/page/COVID-19>

Washington State Dental Association COVID-19 Resources: <https://www.wsda.org/member-center/covid-19>

DOH Coronavirus (COVID-19) webpage: <https://www.doh.wa.gov/Emergencies/Coronavirus>

CDC Coronavirus (COVID-19) webpage: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

THANK YOU FOR REPORTING

TO REPORT A NOTIFIABLE CONDITION IN THURSTON COUNTY

Voice mail for reporting non-immediately reportable conditions (24 hours a day)	Phone: 360-786-5470 Fax: 360-867-2601
Day time immediately reportable conditions – Call detailed information to the 24-hour Notifiable Condition Reporting Line at 360-786-5470. Messages are picked up hourly. If a call back can't wait call 360-867-2500 and ask staff to locate a Communicable Disease staff.	Phone: 360-786-5470
After hours immediately and 24-hour reportable conditions or a public health emergency	Call 1-800-986-9050
No one is available with Thurston County Public Health and condition is immediately notifiable	1-877-539-4344

Communicable Disease Updates are posted online at: <http://bit.ly/CDUpdatePHSS>