

## Guidance for COVID-19 testing, PPE, isolation and quarantine (3/19/2020)

### Requested Action:

- Be aware of current guidance from CDC and WA-DOH for COVID-19 including PPE, isolation, quarantine, and testing.
    - **PPE** - [Personal Protective Equipment for Suspect or Confirmed COVID-19 Patients \(3/15/2020\)](#)
    - **Isolation & Quarantine – Health Care Workers and First Responders** – [Return to Work Guidance for Healthcare Workers \(HCWs\) and First Responders \(FRs\) Who Have Confirmed COVID-19 Infection or Are Asymptomatic with High or Medium Risk Exposures\\* to a Known Case of COVID-19 \(3/19/2020\)](#)
    - **Isolation – General Public** – [What to do if you have confirmed or suspected coronavirus disease \(COVID-19\) \(3/17/2020\)](#)
    - **Quarantine – General Public** - [What to do if you were potentially exposed to someone with confirmed coronavirus disease \(COVID-19\) \(3/17/2020\)](#)
    - **Testing** – [COVID-19 Testing Information for Healthcare Providers \(3/13/20\)](#)
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### Background:

COVID-19 disease should be considered in patients with fever, cough, or shortness of breath without other explanation.

As the COVID-19 outbreak continues to rapidly evolve, it is important to ensure local health jurisdictions and clinical partners are aware of current operational guidance on: testing, personal protective equipment, isolation, and quarantine. A summary of current recommendations is provided below. In addition, links are provided to documents for more detailed guidance on each topic.

### 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**.

Guidance document for PPE:

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

### 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, if there is a sufficient supply of facemasks, 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.

Guidance document for health care workers and first responders:

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

#### **Quarantine – Healthcare workers and First Responders:**

Asymptomatic HCWs and FRs 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, if there is a sufficient supply of facemasks, until the end of the 14-day monitoring period from date of exposure.

Guidance document:

<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 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 general public:

<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 during the 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 document:

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

**Testing:**

There are currently no restrictions on who can be tested for COVID-19 and commercial testing is becoming more available. Healthcare providers may test any patient with symptoms consistent with COVID-19 (e.g., fever, cough, shortness of breath) but until testing supplies and laboratory capacity are widely available, public health is asking providers to follow the below recommendations.

The following patients with COVID-19 symptoms should be tested for COVID-19:

- 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.)

The following patients with COVID-19 symptoms should contact their healthcare provider and be tested for COVID-19 if their symptoms worsen or their healthcare provider recommends testing:

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

The following individuals experiencing symptoms of COVID-19 (Fever greater than 100.4F or subjective fever or cough or shortness of breath) can be tested at federally-sponsored drive thru testing sites:

- 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, pharmacists, restaurants, gas stations, public utilities, etc.)
- Individuals in high risk groups referred by their physician (e.g., elderly , underlying medical conditions, pregnant women)
- Any other referred by physician or telemedicine consultation

Younger (less than 60 years old), healthy individuals with mild illness do not need to be tested and testing is not recommended in persons who are asymptomatic. A negative test result does not rule out an infection.

Guidance document for testing:

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

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**Resources:**

- DOH website: <https://www.doh.wa.gov/Emergencies/Coronavirus>
- CDC website: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Infection control: <https://www.cdc.gov/coronavirus/2019-ncov/infection-control/index.html>