Actions Requested of Healthcare Professionals:

1. **For patients with mild symptoms not requiring medical care**, advise patients to stay at home until symptoms resolve, and to only seek medical attention when symptoms worsen.

2. **Identify** patients who may have respiratory illness caused by COVID-19 who present to a health care setting.

3. **Immediately isolate** patients with suspected disease and implement appropriate infection control.
   - a. Place surgical mask on patient and place patient in private room with door closed (optimally, a negative-pressure, airborne isolation room).
   - b. Implement all of the infection control procedures listed below for healthcare workers:
     - Standard precautions **AND**
     - Contact precautions (gloves, gown) **AND**
     - Airborne precautions (N95 mask or PAPR) **AND**
     - Eye protection (face shield or goggles)

4. **Immediately report** by PHONE high risk patients (e.g. healthcare workers, patients receiving dialysis in a dialysis center, patients from high risk settings such congregate living facilities such as residential care facilities, senior living facilities, shelters, day programs, group homes, or jails) to Contra Costa Public Health at (925) 313-6740 **AND** FAX a completed CCHS PUI form and a face sheet to (925) 313-6465.
   - a. For all patients who are not considered high risk and tested through a commercial lab, you are required to immediately notify Contra Costa Public Health of any positive COVID-19 test result by completing a PUI form for the patient. **FAX** this completed form Contra Costa Public Health at (925) 313-6465.

5. **Give isolation instructions** to any patients being tested for COVID-19 or known cases. Instruct patients to remain in isolation until test results are known, and for known cases to remain in isolation 7 days after symptoms onset, or 72 hours after symptoms resolution (returned to baseline with no fever, myalgia, or shortness of breath), whichever is longer.

6. For known hospitalized cases, complete a **discharge notification** when discharging from the hospital and **FAX** the completed form to (925) 313-6465.

**Summary:**
The information contained in this Health Alert supersedes guidance contained in previous Health Alerts. This is an evolving situation and new developments will likely lead to revised guidance. Please visit and bookmark [cchealth.org/coronavirus/providers.php](http://cchealth.org/coronavirus/providers.php) for the latest COVID-19 information and guidance.

Community spread of COVID-19 has been established in Contra Costa County, and we expect numbers of cases will continue to increase, **mitigation strategies will be the most effective for control of spread of the disease**, especially for our high risk populations. Most people infected with COVID-19 will have mild disease, and **we strongly encourage healthcare providers to advise patients with mild symptoms**
not requiring medical care to stay at home and to only seek medical attention when symptoms worsen, and contact their healthcare provider by phone for guidance about clinical management, if needed. For patients requesting appointments in clinic, consider use of telemedicine for appointments or other alternatives to care. Patients who have severe symptoms, such as difficulty breathing, should seek care immediately. Older patients and individuals who have underlying medical conditions or are immunocompromised should contact their physician early in the course of even mild illness. Patients should also be encouraged to practice social distancing, frequent hand washing, avoid touching their face, and stay home if sick until symptoms resolve.

The latest CDC guidance states that clinicians should use their judgment to determine if a patient has signs and symptoms compatible with COVID-19, and whether the patient should be tested. Clinicians are strongly encouraged to test for other causes of respiratory illness such as flu prior to testing for COVID-19. Most patients with confirmed COVID-19 have developed fever (subjective or confirmed) and/or symptoms of acute respiratory illness (e.g., cough, difficulty breathing).

**Highest Priority Patients for Testing:**

1. Hospitalized patients or patients who live or work in high-risk settings such as residential care facilities, senior living facilities, shelters, day programs, group homes, or jails. This does not include schools, preschools, or daycare facilities.

2. Patients, who receive dialysis at a center, receive chemotherapy, or who are caregivers to these patients or individuals with frequent healthcare contact.

3. Other symptomatic hospitalized patients such as older adults (age ≥ 65 years) and individuals with chronic medical conditions and/or an immunocompromised state that may put them at higher risk for poor outcomes (e.g., diabetes, heart disease, receiving immunosuppressive medications, chronic lung disease, chronic kidney disease).

4. Hospitalized patients who within 14 days of symptoms onset have a history of travel from affected geographic areas ([https://www.cdc.gov/coronavirus/2019-nCoV/hcp/clinical-criteria.html](https://www.cdc.gov/coronavirus/2019-nCoV/hcp/clinical-criteria.html)).

5. Any persons including healthcare personnel\(^1\), who within 14 days of symptom onset had close contact\(^2\) with a laboratory-confirmed COVID-19 patient, when requested by the healthcare facility.

---

\(^1\)For health care workers, testing may be considered if there has been exposure to a person with suspected COVID-19 without lab confirmation.

\(^2\)While not using appropriate PPE: being within 6 feet of a COVID-19 case for a prolonged period of time, or, having direct contact with infectious secretions of a COVID-19 case (being coughed on).
Testing Guidance:
Only collect a nasopharyngeal swab for testing, and place the swab in viral transport media collection tube. Contra Costa Public Health (CCPH) lab will continue to accept specimens for high priority patients for testing (patients with risk of severe disease, and those who spend time in facilities with potential of high transmission, or who have close contacts that have risk of severe disease) that have obtained a COVID ID# (formerly PUI#) and that mildly ill or low priority patients should have their specimens sent to a commercial lab such as Quest or LabCorp. Patients tested through CCPH lab will need a COVID-19 ID # that can be obtained by calling (925) 313-6740 or after hours (925) 646-2441 and ask for the Health Officer On-call.

For all patients tested through Contra Costa Public Health lab, you will need to submit the PUI form and patient face sheet to the lab. You are required to also FAX the PUI form and face sheet to Contra Costa Public Health at (925) 313-6465.

For all patients tested through a commercial lab, you are required to immediately notify Contra Costa Public Health of any positive COVID-19 test result. You must complete a PUI form for the patient, write in the commercial lab name in place of a PUI number, and FAX the PUI form and face sheet to Contra Costa Public Health at (925) 313-6465.

Management of Patients Who Are Awaiting Test Results or Are COVID-19 Positive:
Advise patients that are not hospitalized that they should remain in home isolation until they receive the results of their test. Given all patients tested for COVID-19 and confirmed cases instructions for home isolation. Instruct the patient that home isolation should continue for either 7 days after symptom onset, or 72 hours after symptoms resolution (returned to baseline with no fevers, shortness of breath, or myalgia), whichever is longer.

Note: It is the responsibility of the healthcare provider to inform the patient of their results. If negative, patients may be taken off isolation with general recommendations to stay home until symptoms resolve. If positive, patients should be notified and told to remain isolated, and informed that public health will be following up with them.

For patients who are found to be COVID-19 positive and who will be managed at home or are being discharged from the hospital, please have them review the isolation instructions and fill out a discharge notification. Fax the completed discharge notification form to Contra Costa Public Health at 925-313-6465. You do not need to call the public health department for discharge approval.

Additional Resources: