

March 5, 2020

COVID-2019 Patient Information and Updated Guidance

Actions Requested

- **Please do not advise patients to call Kitsap Public Health for COVID-19 testing.** COVID-19 tests must be ordered by health care providers. Kitsap Public Health does not order tests for patients or provide testing directly.
- **Provide COVID-19 one-page information sheets to patients noting the following key messages** attached and available at: <https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/HealthcareProviders>
 - **Patient tested positive for COVID-19:** remain under home isolation precautions for 7 days OR until 72 hours after fever is gone and symptoms get better, whichever is longer.
 - **Patient sick with fever, cough or shortness of breath (even if symptoms are very mild) and was potentially exposed** to someone with confirmed COVID-19: stay home and away from other people. Groups at risk of serious infection - those age 60 and over, pregnant or have medical conditions may be monitored more closely or tested.
 - **Patient has signs and symptoms but has not been exposed to someone with COVID-19 or has not tested positive for COVID-19:** stay home away from others until 72 hours after the fever is gone and symptoms get better.
 - **Patient is not sick and was potentially exposed to a close contact** with confirmed COVID-19: monitor 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. Do NOT go to work or school and avoid public places for 14 days.
- **Provide your patients with the KPHD COVID-19 fact sheet to reinforce healthy hand washing and respiratory etiquette habits.**
- **Understand the updates** to the Interim U.S. 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>
 - **Interim Guidance was updated on 03/04/2020 to make the following changes:**
 - Removed requirement under “self-monitoring with delegated supervision” for healthcare facilities to actively verify absence of fever and respiratory symptoms when healthcare personnel (HCP) report for work. This is now optional.
 - Simplified risk exposure categories based on most common scenarios with focus on presence/absence of source control measures, use of personal protective equipment (PPE) by HCP, and degree of contact with the patient (i.e., prolonged versus brief)
 - Added language advising HCP to inform their occupational health program if they have travel or community-associated exposures as defined in [Interim US Guidance for Risk Assessment and Public Health Management of Persons with Potential Coronavirus Disease \(COVID-19\) Exposure in Travel-associated or Community Settings.](#)
- **Use WSHA/DOH Special Droplet/Contact Precautions poster** for patient rooms attached and available at: http://www.wsha.org/wp-content/uploads/Droplet_Contact-Precautions_2020.03.04.pdf
- **Questions? Please contact our Communicable Disease staff at 360-728-2235**

Background

No cases of COVID-19 have been confirmed in Kitsap County as of 12am Thursday March 5, 2020; Washington State has 70 positive confirmed cases and 10 deaths. Public health officials have confirmed COVID-19 is spreading in Washington state and Kitsap health care providers should be prepared for community spread in our county. This is a rapidly changing situation.

What to do if you have confirmed or suspected coronavirus disease (COVID-19)

If you are sick and have been diagnosed with COVID-19 or suspected to have COVID-19 because you have been exposed to someone with COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Symptoms of COVID-19

The most common symptoms of COVID-19 are fever, cough and shortness of breath. If you have been exposed to someone with laboratory confirmed COVID-19 and are experiencing fever with either cough or shortness of breath, you might have COVID-19. You can contact your doctor to see if you need to be tested. If you have tested positive for COVID-19 or are suspected to have COVID-19 but are not tested, you should follow the below instructions.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty.

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 ([Washington Relay](#)) or email civil.rights@doh.wa.gov.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all “high-touch” surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department to discuss your situation.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or may have COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

If you have tested positive for COVID-19, you should remain under home isolation precautions for 7 days OR until 72 hours after fever is gone and symptoms get better, whichever is longer.

If you have fever with cough or shortness of breath but have not been exposed to someone with COVID-19 and have not tested positive for COVID-19, you should stay home away from others until 72 hours after the fever is gone and symptoms get better.

Additional information for your household members, intimate partners, and caregivers is available at:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

What to do if you were potentially exposed to someone with confirmed coronavirus disease (COVID-19)

If you think you have been exposed to someone with laboratory-confirmed COVID-19, follow the steps below to monitor your health and avoid spreading the disease to others if you get sick.

What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a respiratory disease caused by a new virus called SARS-CoV-2. The most common symptoms of the disease are fever, cough, and shortness of breath. Most people with COVID-19 will have mild disease but some people will get sicker and may need to be hospitalized.

How do I know if I was exposed?

You generally need to be in close contact with a sick person to get infected. Close contact includes:

- Living in the same household as a sick person with COVID-19,
- Caring for a sick person with COVID-19
- Being within 6 feet of a sick person with COVID-19 for about 10 minutes, OR
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.). If you have not been in close contact with a sick person with COVID-19, you are considered to be at low risk for infection. You can continue to go to work and school, but should monitor your health for 14 days and stay away from others if you get sick.

What should I do if I am a close contact to someone with COVID-19 but am not sick?

You should monitor your health for fever, cough and shortness of breath during the 14 days after the last day you were in close contact with the sick person with COVID-19. You should not go to work or school, and should avoid public places for 14 days.

What should I do if I am a close contact to someone with COVID-19 and get sick?

If you get sick with fever, cough or shortness of breath (even if your symptoms are very mild), you should stay at home and away from other people. If you have any of the following conditions that may increase your risk for a serious infection —age 60 years or over, are pregnant, or have medical conditions—contact your physician’s office and tell them that you were exposed to someone with COVID-19. They may want to monitor your health more closely or test you for COVID-19.

If you do not have a high-risk condition but want medical advice, you can call your healthcare provider and tell them that you were exposed to someone with COVID-19. Your healthcare provider can help you decide if you need to be evaluated in person. There are currently no medications to treat COVID-19. If you have a medical emergency and need to call 911, notify the dispatch personnel that you may have been exposed to COVID-19. If possible, put on a facemask before emergency medical services arrive or immediately after they arrive.

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What to do if you have symptoms of coronavirus disease 2019 (COVID-19) and have not been around anyone who has been diagnosed with COVID-19

If you have a fever, cough or shortness of breath but have not been around anyone you know has COVID-19, follow the steps below to help prevent your infection from spreading to people in your home and community.

Could I have COVID-19?

The most common symptoms of COVID-19 are fever, cough and shortness of breath. If you have a fever, cough or shortness of breath but have not been around anyone who you know has COVID-19, the likelihood that you have COVID-19 is fairly low. COVID-19 is circulating in some communities in Washington but several other respiratory viruses are circulating in Washington as well.

Should I go to my doctor and get tested for COVID-19?

If you have any of the conditions that may increase your risk for a serious viral infection—age 60 years or over, are pregnant, or have medical conditions—call your physician’s office and ask if you need to be evaluated in person. They may want monitor your health more closely or test you for influenza.

If you do not have a high-risk condition and your symptoms are mild, you do not need to be evaluated in person and do not need to be tested for COVID-19. There are currently no medications to treat COVID-19.

What should I do to keep my infection from spreading to my family and other people in the community?

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home.

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have symptoms that are consistent with COVID-19. This will help the healthcare provider’s office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider’s office. If you are not able to wear a facemask (for example, because it causes trouble

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breathing), then people who live with you should not be in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that your symptoms are consistent with COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting your infection.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have symptoms consistent with COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

If you have fever, cough or shortness of breath and have not been around anyone who has been diagnosed with COVID-19, you should stay home away from others until 72 hours after the fever is gone and symptoms get better.

COVID-19

What you need to know about novel coronavirus.



COVID-19 is spreading in Washington state. Everyone should take steps to protect their health and the health of people around them.

What is COVID-19?

- COVID-19 is an illness caused by a new type of coronavirus.
- Most people who get COVID-19 experience mild symptoms similar to a cold.
- Some people, including older adults and people with other health conditions, are at higher risk for severe illness.
- Currently there is no vaccine available.

Symptoms



Fever



Cough



Difficulty breathing

How it spreads

Experts believe COVID-19 is most commonly spread through:

- Coughing and sneezing
- Close contact with someone who is sick
- Touching a surface or object that has the virus on it

Be prepared at home and work



Have a plan in case children can't go to school or you can't go to work. Talk to your employer about alternative work arrangements.

Make sure you have essentials, including food, water and medications in your home.

Masks are not recommended for use by healthy people to prevent COVID-19.

STAY HEALTHY



Wash hands often with soap and warm water.

Cover your coughs and sneezes with a tissue or your elbow.



Avoid touching your eyes, nose or mouth.

Stay home when sick and avoid close contact with people who are sick.



Clean and disinfect frequently used surfaces and objects.

Contact your health care provider if you are severely ill or at risk of complications.



STAY INFORMED:

cdc.gov/coronavirus | doh.wa.gov/coronavirus | kitsappublichealth.org



SPECIAL DROPLET/CONTACT PRECAUTIONS



In addition to Standard Precautions

Only essential personnel should enter this room

If you have questions ask nursing staff

Everyone Must: including visitors, doctors & staff



Clean hands when entering and leaving room



Wear mask

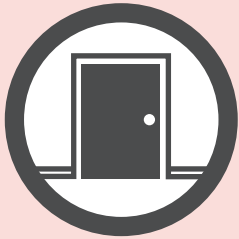
Fit tested N-95 or higher required when doing aerosolizing procedures



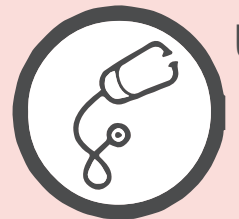
Wear eye protection
(face shield or goggles)



Gown and glove at door



KEEP DOOR CLOSED



**Use patient dedicated or disposable equipment.
Clean and disinfect shared equipment.**

Contact Infection Control prior to discontinuing Precautions

Special Droplet/Contact Precautions

If patient has diarrhea and/or C. difficile add Contact Enteric Precautions

LIMIT VISITORS AND DOCUMENT ANYONE THAT HAS CONTACT WITH THE PATIENT AND NOTIFY EMPLOYEE HEALTH

Display sign outside the door. At patient discharge, remove sign after room is terminally cleaned.

For use with:

- Respiratory viruses including COVID-19

Dishes/Utensils:

No special precautions. Kitchenware sanitized in dishwasher.

Equipment and Supplies:

- Only essential supplies in room.
- Use dedicated or disposable equipment when available.
- Minimize use of cellphones/pagers.
- Clean and disinfect reusable equipment including intravenous pumps, cell phone or pagers (if used in room), and other electronics, supplies, and other equipment prior to removing from patient's room.
- Ensure blood pressure cuff and stethoscope are cleaned and disinfected between patients.

Waste and Linen Management:

For COVID-19, follow local and state public health guidelines Category B for medical waste handling. Bag linen in the patient's room.

Private Room:

If not available, room with patients that have the same organism but no other infection.

Room Cleaning:

Routine cleaning procedures with addition of cubical curtain changes per hospital procedure.

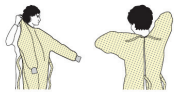
Transport:

Essential transport only. Patient should remain in room except for medical necessity. Patient should wash their hands. Place patient in clean gown. Place surgical mask on patient. Clean and disinfect transport vehicle. Alert receiving department regarding patient's isolation precaution status.

Personal Protective Equipment:

Put **ON** in this order:

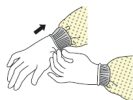
1. **WASH OR GEL HANDS (even if gloves used)**
2. Gown



3. Mask and eye cover



4. Gloves



Take **OFF** & dispose in this order:

1. Gloves



2. Gown



3. **WASH or GEL HANDS**

4. Mask and eye cover: Remove from earpiece or ties to discard - do not grab from front of mask.



5. **WASH or GEL HANDS (even if gloves used)**