

Patients Reporting COVID-19 Exposures

What to do if patients call/contact the PCP and says they were exposed:

If patients contact the clinic and say they were exposed to someone with **lab confirmed Covid-19**, ask the following questions to determine if and when the patients should be tested.

Ask the patients:

1. Are they experiencing symptoms? If so, when did they start? COVID-19 symptoms include fever, chills, drenching sweats, body aches, headache, new loss of taste and/or sense of smell, new shortness of breath, new cough, sore throat, runny nose or nasal congestion, nausea or vomiting, diarrhea
2. Why do they think they were exposed to someone with Covid-19? Did the health department call them and tell them they have been exposed? Did someone with confirmed Covid-19 tell them they were exposed?
3. Have they been in close contact with a person who has lab confirmed Covid-19? Close contact is defined as:
 - You were within 6 feet of someone who has Covid-19 for a total of 15 minutes or more
 - You provided care at home to someone who is sick with Covid-19
 - You had direct physical contact with the person someone who is sick with COVID-19
 - You shared eating or drinking utensils with someone who is sick with COVID-19
 - Someone who is who is sick with COVID-19 sneezed, coughed, or somehow got respiratory droplets on you
4. Has the patient tested positive for Covid-19 in the last 3 months?

Should these patients be tested?

People who should be tested:

- Anyone who answered “yes” to question #1 and #3. These people considered exposed and/or symptomatic

People who should **NOT** be tested:

- Anyone who answered “yes” to question #4 above. Patients should NOT be re-tested within 3 months of their last positive test

When to test these patients?

- Symptomatic: test immediately
- Asymptomatic: recommend testing 5-7 days after initial exposure

What test should I order?

Covid-19 PCR testing:

- Symptomatic individuals
- Anyone that were exposed within the last 14 days

COVID IgG Anitbody testing

- Asymptomatic individuals that were exposed >14 days ago (CAUTION: Antibody testing is **NOT** encouraged due to the likelihood of false negatives or positives related to inadequate immune response, timing of specimen collection, and low prevalence in the community. A reactive result does **NOT** exclude the patient from still being infectious).

Should this person self-quarantine? If so, for how long?

Anyone who has been exposed and is asymptomatic should:

- Stay home for 14 days after the last contact with a person who has laboratory confirmed Covid-19
- Even if the initial test is negative for COVID-19 and/or patient remains asymptomatic, he/she should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus
- Self-monitor for the symptoms listed above
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19
- People who had symptoms and tested positive for COVID-19 may discontinue home isolation after 10 days from symptom onset. Immunocompromised patients may discontinue home isolation after 20 days from symptom onset.
- People who never had any symptoms but tested positive for COVID-19 may discontinue home isolation after at least 10 days have passed since the date of the first positive COVID-19 test and they have not had any subsequent symptoms. Immunocompromised patients may discontinue home isolation after 20 days have passed since the date of the first positive COVID-19 test and they have not had any subsequent symptoms.