

Novel Coronavirus (COVID-19) Physician Guidelines for Positive Patients (rev 4-3-2020)

My patient has tested positive for COVID-19 and will be remaining at home. What information can I provide to help them?

- 1) The Howard County Health Department has posted [Public Guidelines for Positive Patients](#)
- 2) Please alert them to the CDC material on caring for oneself or others with COVID-19 <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
- 3) Provide the patient, caregiver, and household members with CDC's [Interim Guidance for Preventing Coronavirus Disease 2019 \(COVID-19\) from Spreading to Others in Homes and Communities](#)

How can I help them limit the spread of the virus?

Please stress to your patient the importance of remaining at home and taking measures in the CDC materials to prevent the spread to others. Discuss the course of their infection and when they became symptomatic. Close contacts, starting two days before the time they became sick, are of primary concern and should be encouraged to monitor themselves.

When notified of a positive test for COVID-19 through laboratory electronic reporting, health department staff seek to contact the person who tested positive as soon as possible to interview them about their recent activities and close contacts. Depending upon their findings, the health department may reach out to those who might have had close contact with them to provide information regarding self-quarantine and monitoring of symptoms or other steps as appropriate.

It is not necessary or feasible to notify any and all individuals who may have had indirect, passing or casual contact with an infected individual. Those who become aware of an unspecific or unidentified exposure should follow all the recommended hygiene precautions and monitor themselves for signs of illness.

My patient has tested positive for COVID-19. What resources can inform my management of their care?

- 1) The latest information on clinical management is available from the CDC <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html>
- 2) For infection prevention and control recommendations please consult https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhcp%2Finfection-control.html
- 3) The decision to monitor a patient in an inpatient or an outpatient setting should be on a case-by-case basis based upon clinical presentation, patient's ability to engage in monitoring, home isolation, and the risk of transmission in the patient's home environment.

How do I know when my patient can end their In-home Isolation?

- 1) CDC provides guidance regarding the end of in-home isolation for non-immunocompromised people, with both test and non-test-based strategies <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>
- 2) CDC guidance regarding the end of in-home isolation for immunocompromised people, with both test and non-test-based strategies <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ending-isolation.html>

How do I know when my hospitalized patient can be released from transmission-based precautions?

Please consult CDC guidance regarding the end of transmission-based precautions for COVID-19 patients in healthcare settings, with both test and non-test-based strategies <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html>

For additional information: CDC <https://www.cdc.gov/coronavirus/2019-nCoV/hcp/index.html> and CDC FAQ for physicians <https://www.cdc.gov/coronavirus/2019-ncov/hcp/faq.html> and