

HEALTH ADVISORY



Public Health
Prevent. Promote. Protect.

REGION IV PUBLIC HEALTH

Clark, Cowlitz, Skamania, Wahkiakum
counties and Cowlitz Tribe

To: Physicians and other health care providers

Please distribute a copy of this information to each provider in your organization.

Questions regarding this information may be directed to the following Region IV health officers:

Alan Melnick, MD, MPH, CPH

Clark County Public Health, 564.397.8182
Skamania County Community Health, 509.427.3850
Cowlitz County Health & Human Services, 360.414.5599
Wahkiakum County Health & Human Services, 360.795.6207

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Clark County Public Health, 564.397.8182
Skamania County Community Health, 509.427.3850
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Alert categories:

Health Alert: conveys the highest level of importance; warrants immediate action or attention.

Health Advisory: provides important information for a specific incident or situation; may not require immediate action.

Health Update: provides updated information regarding an incident or situation; no immediate action necessary.

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Summary

The Centers for Disease Control and Prevention (CDC) and Washington Department of Health (DOH) have updated their guidelines for isolation of known and suspected COVID-19 cases. Symptom-based discontinuation of isolation requires 10 days to have passed since symptom onset, fever has resolved for 72 hours and other symptoms are improving.

Health Resources and Services Administration (HRSA) now offers a portal to submit billing for COVID-19 testing and treatment for those without insurance. Please offer testing to everyone with symptoms consistent with COVID-19, including those without insurance.

Updated guidance for discontinuing home isolation:

CDC and DOH have updated their recommendations for determining when to discontinue home isolation for persons with confirmed or suspected COVID-19. These revised recommendations include a symptom-based, time-based, and test-based strategy. These different strategies may result in different timeframes for discontinuation of isolation post-recovery.

For persons with symptoms of COVID-19 who tested positive:

1. **Symptom-based strategy:** Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue 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 10 days have passed *since symptoms first appeared*.
2. **Test-based strategy:** Previous recommendations for a test-based strategy remain applicable; however, a test-based strategy is contingent on the availability of ample testing supplies and laboratory capacity as well as convenient access to testing.
 - Resolution of fever **without** the use of fever-reducing medications **and**
 - Improvement in respiratory symptoms (e.g., cough, shortness of breath), **and**

- Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (total of two negative specimens)*. Of note, there have been reports of prolonged detection of RNA without direct correlation to viral culture.

For persons with NO symptoms of COVID-19 who tested positive:

1. **Time-based strategy:** At least 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the symptom-based or test-based strategy should be used. Note: because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.
2. **Test-based strategy:** Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (total of two negative specimens)*. Note: because of the absence of symptoms, it is not possible to gauge where these individuals are in the course of their illness. There have been reports of prolonged detection of RNA without direct correlation to viral culture.

[*Interim Guidelines for Collecting, Handling, and Testing Clinical Specimens from Persons for Coronavirus Disease 2019 \(COVID-19\).](#)

This update was made based on evidence suggesting a longer duration of viral shedding and will be revised as additional evidence becomes available. This time period will capture a greater proportion of contagious patients; however, it will not capture everyone.

See full CDC recommendations for “Discontinuation of Isolation for Persons with COVID -19 Not in Healthcare Settings” <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>.

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Materials for patients

If COVID-19 is being considered, whether testing is performed or not, provide the following guidance documents to patients, and emphasize isolation for ill persons and self-quarantine for exposed contacts.

- [Patients with confirmed or suspected COVID-19](#)
- [Patients who were exposed to a confirmed COVID-19 case](#)
- [Unexposed patients with COVID-19 symptoms](#)

HRSA COVID-19 Uninsured Program

The Health Resources and Services Administration (HRSA) has launched a new COVID-19 Uninsured Program Portal, allowing health care providers who have conducted COVID-19 testing or provided treatment for uninsured COVID-19 patients on or after Feb. 4, 2020 to request claims for reimbursement. Please offer testing to uninsured patients who meet [criteria for testing for COVID-19](#).

More information about the portal can be found here: <https://www.hrsa.gov/coviduninsuredclaim>

Access to the portal can be found here: <https://coviduninsuredclaim.linkhealth.com/>

Outbreak Update

The outbreak of COVID-19 has peaked in Washington but community transmission continues. As of May 8, 2020 there are 16,231 cases of COVID-19 confirmed in Washington state and 891 deaths.

For up to date information about the Washington COVID-19 outbreak, visit: <https://www.doh.wa.gov/Emergencies/Coronavirus> .

Additional information is also available on the CDC's COVID-19 website, <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Thank you for your partnership.

Local health jurisdiction	Phone	Fax
Clark County Public Health	564.397.8182	564.397.8080
Cowlitz County Health Department	360.414.5599	360.425.7531
Skamania County Community Health	509.427.3850	509.427.0188
Wahkiakum County Health and Human Services	360.795.6207	360.795.6143

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