

PPE in Clinic

- If suspected COVID patient in a room: use N95, gown, gloves, and face shield or goggles
- Surgical face-mask and face shield or goggles for all other routine patients ([DHS EP](#))

Clinical Presentation

- [Symptoms](#) (decreasing freq): cough (50%), fvr, chills, myalgia, fatigue, HA, SOB, sore throat, loss taste/smell, N/V/D
- Onset ~ 5d from exposure (range 2-14d)
- Hypoxemia ~ 5-10d since mild sx onset
- Risk: + contact, work, no phys distance/mask
- Sev disease: [Age](#), DM2, CKD, obesity, immunosuppressed, CA, cardiopulm disease, cirrhosis, ESRD, smoking, HTN, pregnancy

Testing

- Symptomatic, patient **on campus**: Call UC ext (clinic M x74546), warm handoff + pt escort
- Symptomatic, patient **off campus**:
 - ✓ Clinical eval + test: Send pt to resp UC Ext (M-F until 4p); pt reports sx & requests “urgent care” at triage; warm handoff to UC ext provider x74546 (ED if after hrs)
 - ✓ Test only: order “AMB COVID test”; RN/CMA schedules drive-thru test Mon-Fri 8-11a (no same day appts); for after hrs, refer to resp UC ext, ED, or county test site
 - ✓ Counsel safe transport, mask, distancing
- Asymptomatic:
 - ✓ DHS not offering testing
 - ✓ May sign up for city testing site at 211 or [corona-virus.la](#)
- [Serology testing](#) generally not recommended but available for select cases

Triage

- Resp UC: mild SOB + risk factor or any pt w/ mod SOB
- ED/911 if: severe dyspnea, SpO₂<91%, confusion, concerning CP, or other emergent sx. Provider should sign out to ED if possible.

Home Treatment

- Acetaminophen > ibuprofen for fevers
- Cough syrup, other OTC meds, hydration

O₂

- If on home O₂
 - ✓ SpO₂ goal 92-94%
 - ✓ Go to ED if need > 4L O₂ or HR > 110
 - ✓ Vendor: usually CalOx (323) 255-5175
- Atelectasis prevention
 - ✓ Self-proning ([DHS handout](#))
 - ✓ Max time out of bed, deep breathing

Follow up & Precautions

- Primary care f/u within 3 days of ED discharge
 - ✓ Symptoms
 - ✓ Review isolation/quarantine instructions
 - ✓ ED precautions
- OV Adult Primary Care Clinics: 747-210-8000
- DHS nurse advise 7a-7p 7d/wk: 844-804-0055

Other Resources

- LAC Mental Health Access 1-800-854-7771
- Substance use hotline 1-844-804-7500
- LADPH [COVID-19 Social Resources](#) or [LA 211](#)
- LADPH [Healthcare Provider Hub](#)
- DHS [COVID-19 Sharepoint & Expected Practices](#)
- [Emp Health](#) x73403 [Exposure](#) and [Testing](#) EPs
- [Infection Control](#) x73624

Isolation of Sick (or pending results)

- If positive or symptomatic and pending result
- LADPH [Isolation Handout](#)
- [Staying home instructions](#)
 - ✓ Use private room/bathroom if possible
 - ✓ Wear mask (surgical preferred)
 - ✓ Maintain 6+ ft if using shared space
 - ✓ Disinfect common surfaces, freq hand hygiene
 - ✓ Avoid sharing objects
 - ✓ No visitors
 - ✓ Only leave for essential medical care
- Call 211 if unable to isolate or need essential services (hotel room, food delivery, etc)
- May [D/C isolation](#) when:
 - ✓ Minimum 10d since sx onset AND > 24 hrs no fever w/o meds AND significantly improved sx
 - ✓ Minimum 20d if sev illness (>6L O₂, VTE, shock, or multiorgan dysfunction) or sev immunocompromised (on chemo, HIV CD4 < 200, Pred > 20mg/day 14d+)
 - ✓ Asymptomatic: > 10d since first positive test

Quarantine of Close Contacts

- *Positive patents should call LADPH contact tracer at 833-540-0473 (8a-830p 7d/wk)*
- LADPH [Quarantine Handout](#)
- Quarantine close contacts (of positive cases)
 - ✓ Close contact = within 6 ft of pt 15+ min or any contact w/ body fluids (ie coughed on)
 - ✓ Duration = 14d since last contact w/ pt (incl 48h prior to sx onset), even if close contact tests neg
 - ✓ See “staying home instructions” above
- Free testing via [corona-virus.la](#) or 211 (*doesn't shorten quarantine*); asymptomatic close contacts should wait ~ 5d since last contact to test
- Contact LADPH if concern for outbreak (workplace, SNF, public gathering): 213-240-7941 (M-F, 8a-5p)

Disclaimer: The above are general guidelines and suggestions; please refer to most updated DHS expected practice and your local policies, which supersede this abbreviated guidance