

COVID-19 and Quarantine Patient Management

September 17, 2020

The difference between healthcare and true care™



Quarantine Guidance for Patients

Purpose: To be in compliance with New York State COVID-19 quarantine orders

- 1) For persons who have traveled from within one of the designated states with significant COVID-19 prevalence or International travel (pursuant to Section 2100 of the NYS Public Health Law)
- 2) Management of patients that have had unprotected exposure (greater than 15 minutes) to a COVID-19 positive person.

Patients who are required to be quarantined for COVID-19 exposure, particularly after travel to high prevalence states may require hospital admission for reasons other than infection. If such patients are asymptomatic and afebrile, admission to a COVID-19 designated unit is not required. Continuation of quarantine in the hospital follows the same principles as home quarantine.

- A patient will remain in quarantine for **fourteen (14) days from** the last day they were in a designated state/ country with significant COVID-19 community spread.
- A patient will remain in quarantine for **fourteen (14) days from** the last day they incurred an unprotected exposure to test confirmed positive COVID-19 person (i.e., Roommate of a newly identified COVID positive patient).
- Patient will be monitored for symptoms of COVID-19, which include but are not limited to fever, cough, and shortness of breath. Temperature must be monitored at least twice daily.
- Admit the patient to a private room with a bathroom. The patient must remain in the room except for required tests or procedures.
- The patient must be asked to wear a mask when a healthcare worker enters their room if possible. The patient will be required to be masked if they need to leave the room for a test or procedure.
- Patient will be maintained in droplet precautions, which requires that a mask and eye protection be used upon entry to the patient room and for close patient contact (within 6 feet).
- All meals must be delivered to the patient's room and the patient will be restricted from eating in any common areas.
- Special handling of trash and linen is not required. Follow standard precautions.
- Patients that are in a quarantine period are not allowed visitors except for end of life/ compassionate care situations. Contact Infection Prevention for a plan if indicated.
- If the patient begins to experience COVID-19 symptoms, testing will be ordered as appropriate.
- **A negative COVID-19 test during the quarantine period does not end the quarantine status.**
- Identification of duration of the quarantine period will be verified by Infection Prevention.
- Notify Infection Prevention on day of discharge, so Infection Prevention can notify the Department of Health.
- Upon discharge a Department of Health employee may contact the individual once a day for temperature and symptoms until the patient completes their 14 day quarantine period.

COVID-19 and Quarantine Patient Management

September 17, 2020

The difference between healthcare and true care™



Page 2

Duration of Isolation Precautions for COVID-19 Positive Patients:

Guidance has been evolving on criteria to discontinue precautions. ECMC's COVID-19 Task force has reviewed all recommendations for test and symptom-based strategies from NYS and CDC.

Current ECMC criteria:

All positive COVID-19 patients must remain on droplet and contact precautions for a minimum of 10 days from the date of the initial positive test. Patients do not need to remain hospitalized for the duration of the 10 day isolation period if they meet discharge criteria to go home.

Patients being discharged to a long-term care facility or a rehabilitation facility must have completed the minimum 10 days of isolation and be asymptomatic, plus must have one negative COVID-19 test within 5 days of discharge to go to a facility.

Duration of precautions for a **symptomatic COVID-19 test positive patient** requires minimum of 10 days of isolation precautions with resolution of fever for at least 24 hours, without the use of fever-reducing medications. One negative test is required to discontinue precautions.

For **asymptomatic patients with a positive COVID-19 test**, the 10-day duration of precautions will be maintained from date of initial positive test result.

Role of PCR testing after discontinuation of precautions:

- Persons previously diagnosed with symptomatic COVID-19 who remain asymptomatic after recovery, retesting is not recommended within 3 months.
- For patients that develop new symptoms consistent with COVID-19 during the 3 months after the date of initial symptom onset, clinical evaluation may determine that testing is warranted.