



## Managing SARS-CoV-2 Exposure Patients

### **Incubation Period**

The incubation period for COVID-19 is thought to extend to 14 days, with a median time of 4-5 days from exposure to symptoms onset. One study reported that 97.5% of persons with COVID-19 who develop symptoms will do so within 11.5 days of SARS-CoV-2 infection.

### **Managing patients who have had a direct confirmed or suspected COVID-19 exposure (i.e. Went to a gathering with a confirmed COVID-19 person)**

- Direct contact is defined as being within 6 feet of a COVID-19 positive patient for 15 minutes or longer.
- Quarantine at home for 14 days from date of exposure regardless of test results (see quarantine guidelines). Will provide a work release note.
- Test for COVID 5-8 days after exposure. (Confirmed with the testing site: Write the date or date range that patient should be tested on the order requisition and they will not test the patient until that date)
- If test is positive, notify Panhandle Health District. They contact patient within 24 hours to offer quarantine/isolation guidance as well as perform contact tracing. PCP would continue to manage care.

### **Managing patients who have had a 2<sup>nd</sup> line suspected exposure (i.e. Their friend went to a gathering with a COVID-19 person and then they had lunch the next day with that friend)**

- Continue social distancing
- Continue to wear a mask
- Monitor for symptoms, check temp twice daily
- If you develop symptoms, contact our office to coordinate testing and quarantine at home.
- If the person who was directly in contact with the COVID-19 person develops symptoms and/or is tested and receives a positive result, contact office to initiate testing and quarantine at home.
- Avoid gatherings or contact with person(s) at increased risk (i.e. elderly parents, immunocompromised people) until >14 days from 2<sup>nd</sup> line exposure risk.

### **Managing probable COVID-19 cases when they decline to have testing done**



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- As of now, there are no requirements to contact or notify PHD for probable cases
- Advise patient on community risk and potential effects of not quarantining at home
- Document, document and document more