



STATE OF HAWAII
DEPARTMENT OF HEALTH
P. O. BOX 3378
HONOLULU, HI 96801-3378

In reply, please refer to:
File:

April 1, 2020

MEDICAL ADVISORY: UPDATE #8—CORONAVIRUS DISEASE 2019 (COVID-19)

Dear Healthcare Provider:

The Hawaii Department of Health (HDOH) is providing the following COVID-19 updates:

TESTING:

- A) For patients with symptoms compatible with COVID-19, continue to send specimens directly to the clinical laboratories. To ensure the clinical laboratories are aware of prioritization for testing, please clearly indicate the priority group on the laboratory request sent with the specimen (e.g., “symptomatic first responder, critically ill ICU patient, etc.”).

HDOH recommends prioritizing the following groups of *symptomatic* patients for testing:

Priority 1:

- Hospitalized patients
- Healthcare workers

Priority 2:

- Patients in long-term care facilities
- Patients ages 65 years and older
- Patients with underlying conditions
- First responders

For additional information, including priorities to decrease community spread during periods of rapidly increasing hospital cases, visit <https://www.cdc.gov/coronavirus/2019-ncov/downloads/priority-testing-patients.pdf>

The ordering clinician is responsible for advising their patient regarding their COVID-19 test results. Do **NOT** advise patients to call HDOH for results as they will be redirected back to the ordering clinician.

- B) Rapid antigen or IgM/IgG tests for COVID-19 currently being marketed **are not recommended** for either diagnostic testing or to “clear” persons who have tested positive previously for COVID-19 through a CLIA-approved laboratory.
- These tests have not been reviewed by the US Food and Drug Administration (FDA).
 - Tests may lack sensitivity (i.e., false negatives).
 - False positive results may occur because of cross reactivity with non-COVID-19 coronavirus strains (i.e., common coronavirus HKU1, NL63, OC43, or 229E).

- Serologic tests should not be used to diagnose acute COVID-19 infections. Detectable antibodies typically may take at least a week if not longer to develop, and duration of circulating antibodies may be months. As this is a novel virus, data regarding COVID-19 serologic testing in general are lacking.

ISOLATION AND QUARANTINE:

Please advise symptomatic patients who are tested for COVID-19 to remain at home, separated from family members, until they receive their test results. Remind patients that even if their COVID-19 test results are negative, they should remain at home for the duration of their illness.

For patients who test **POSITIVE** for COVID-19:

- Complete the Person Under Investigation (PUI)/Case Report Form¹ and fax to the Disease Outbreak Control Division (DOCD) at (808) 586-4595. COVID-19 is an **URGENTLY REPORTABLE** condition.
- Advise patient to remain at home until they no longer need to be in isolation (see “Discontinuation of Home Isolation for Persons with COVID-19 [Interim Guidance]”²); HDOH will coordinate isolation requirements for patients with providers.

The following instruction sheets are available for patients and providers at <https://health.hawaii.gov/coronavirusdisease2019/for-clinicians/resources/> and as appendices to this advisory:

- What To Do If You Have Been Tested for COVID-19
- What To Do If You Test Positive for COVID-19
- What Contacts Should Do If Someone In The Household is Tested for or Tests Positive for COVID-19
- What To Advise Patients Who Are Tested For COVID-19 (for Providers)
- What To Do If A Patient Tests Positive For COVID-19 (for Providers)

MEDICAL MASKS

HDOH continues to recommend medical masks for *persons who are ill* to decrease transmission to others. As you are aware, there is an ongoing severe shortage of Personal Protective Equipment (PPE), including medical masks. There are no data to support wearing masks to protect against disease, and use by persons unaccustomed to wearing masks may actually encourage frequent touching of the face. Masks, however, may serve as “*source-control*” (e.g., preventing spread of germs to others by the wearer) to supplement social distancing.

SIGNS AND SYMPTOMS OF COVID-19

The signs and symptoms of COVID-19 at illness onset vary, but according to data collected and reviewed by the Centers for Disease Control and Prevention,³ over the course of the disease, persons may experience the following:

¹ <https://health.hawaii.gov/docd/files/2020/01/Hawaii-PUI-Form-nCoV-2019.pdf>

² <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

³ <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html>

- Fever (83–99%)
- Cough (59–82%)
- Fatigue (44–70%)
- Anorexia (40–84%)
- Shortness of breath (31–40%)
- Sputum production (28–33%)
- Myalgias (11–35%)

Additionally, headache, confusion, rhinorrhea, sore throat, hemoptysis, vomiting, and diarrhea have been reported, but are less common (<10%). Older adults and persons with medical comorbidities may have delayed presentation of fever and respiratory symptoms.

This is a rapidly evolving situation. To ensure you are accessing the latest information, please visit HDOH’s COVID-19 webpage at: <https://health.hawaii.gov/coronavirusdisease2019/> or CDC’s COVID-19 website at: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

WHEN TO NOTIFY DOH OF A CONFIRMED OR SUSPECTED COVID-19 CASE

Please notify infection control personnel (as appropriate) and DOCD immediately if:

- **You have received positive COVID-19 test results for a patient tested at clinical laboratories**
- **You suspect a cluster of acute respiratory illness, especially in a congregate setting**

Notification for these scenarios should occur regardless of whether testing is requested from HDOH or clinical laboratories. Suspected COVID-19 is considered an URGENTLY REPORTABLE condition.

If you have any questions or need to report a patient with suspected COVID-19, please contact us at one of the numbers below.

- Oahu (Disease Reporting Line)..... (808) 586-4586
- Maui District Health Office..... (808) 984-8213
- Kauai District Health Office..... (808) 241-3563
- Big Island District Health Office (Hilo)..... (808) 933-0912
- Big Island District Health Office (Kona)..... (808) 322-4877
- After hours on Oahu..... (808) 600-3625
- After hours on neighbor islands.....(800) 360-2575 (toll free)

We appreciate your continued assistance in protecting our community.

Sincerely,



Sarah Y. Park, MD, FAAP
State Epidemiologist

Appendices



WHAT TO DO IF YOU HAVE BEEN TESTED FOR COVID-19

To avoid the spread of illness to others, follow these guidelines until you receive your COVID-19 test results:

- Stay home except to get medical care**
 - Remain at home until you receive your COVID-19 results
 - Even if your COVID-19 results are negative, you should remain at home until you have recovered
- Avoid using any kind of public transportation, ridesharing, or taxis**
- Separate yourself from other people in your home**
 - Stay in a specific “sick room” if possible
 - Use a separate bathroom if available
 - If you need to be around other people in or outside of the home, wear a facemask
 - If possible, eat in your room (have someone leave your meal outside your door)
 - Avoid sharing personal items with other people in your household (e.g., dishes, towels, bedding)
 - Clean all surfaces that are touched often (e.g., counters, doorknobs). Use household cleaning sprays or wipes according to the label instructions
- Get rest and stay hydrated**
- Monitor your symptoms carefully.** If your symptoms get worse, call your usual healthcare provider immediately
- For medical emergencies, call 911** and notify the dispatch personnel that you *may* have COVID-19
- Cover your cough and sneezes**
- Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19

To avoid the spread of illness to others, you should follow these guidelines:

- Stay home except to get medical care**
 - Remain at home until a Department of Health Officer tells you that you no longer need to be in isolation
- Avoid using any kind of public transportation, ridesharing, or taxis**
- Separate yourself from other people in your home**
 - Stay in a specific “sick room” if possible
 - Use a separate bathroom if available
 - If you need to be around other people in or outside of the home, wear a facemask
 - Avoid sharing personal items with other people in your household (e.g., dishes, towels, bedding)
 - Clean all surfaces that are touched often (e.g., counters, doorknobs). Use household cleaning sprays or wipes according to the label instructions
- Make a list of everyone with whom you have had close contact while you were ill**—Department of Health staff will be calling you for this information.
- Get rest and stay hydrated**
- Monitor your symptoms carefully.** If your symptoms get worse, call your usual healthcare provider immediately
- Respond immediately when Department of Health staff calls daily to monitor you while you are in isolation**
- For medical emergencies, call 911** and notify the dispatch personnel that you have COVID-19. Emergency warning signs for COVID-19 may include:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - Newly developed confusion
 - Difficulty arousing from sleep
 - Bluish lips or face
- Cover your cough and sneezes**
- Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



WHAT CONTACTS SHOULD DO IF SOMEONE IN THE HOUSEHOLD IS TESTED FOR OR TESTS POSITIVE FOR COVID-19

- All household contacts should remain at home until test results return
- If COVID-19 test results are **NEGATIVE**, household contacts to the person who was tested may leave home if they are symptom-free
- If COVID-19 test results are **POSITIVE**:
 - Household contacts must remain at home until 14 days **AFTER** the person with COVID-19 is released from isolation
 - Household contacts who develop symptoms of COVID-19 (fever, cough, shortness of breath) should call their usual healthcare provider and let them know they have been in contact with a person with COVID-19
- Have sick person keep to a separate bedroom and bathroom (if possible)
- If the person cannot be separated, have the person wear a facemask when around others
- Avoid having any unnecessary visitors
- Monitor the sick person for worsening symptoms
 - Contact the person's healthcare provider if symptoms get worse
 - Call 911 for medical emergencies (inform dispatch personnel that the person has COVID-19)
- Prevent the spread of germs
 - Avoid sharing personal household items (e.g., dishes, towels, bedding)
 - Clean and disinfect all frequently touched surfaces (e.g., tables, doorknobs, light switches, handles, phones, keyboards, toilets, sinks, faucets, etc.)
 - Food
 - The sick person should eat (or be fed) in their room or away from others
 - Wash dishes and utensils using gloves and hot water
 - Clean hands after handling used food service items
 - Laundry
 - Wear disposable gloves
 - Wash hands with soap and water as soon as you remove the gloves
 - Trash
 - If possible, dedicate a lined trash can for the sick person.
 - Use gloves when removing garbage bags and handling/disposing of trash
 - Wash hands afterward
 - Clean hands often
 - Wash hands often with soap and water for 20 seconds
 - Always wash immediately after removing gloves and after contact with a sick person
 - If soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol.
 - Avoid touching your eyes, nose, and mouth with unwashed hands



WHAT TO ADVISE PATIENTS WHO ARE TESTED FOR COVID-19

To avoid the spread of illness to others, please advise patients the following (patient handout: “What To Do If You Have Been Tested For COVID-19” available at:

<https://health.hawaii.gov/coronavirusdisease2019/for-clinicians/resources/>

- 1) Patients should remain at home except to get medical care
- 2) Advise patients:
 - a. How they will be notified of their COVID-19 laboratory test results
 - i. As the clinician who ordered the COVID-19 test, you are responsible for advising your patient regarding the COVID-19 test result
 - ii. Do NOT advise patients to call the Hawaii Department of Health (HDOH) for their results
 - b. To stay at home until they receive their COVID-19 test results—advise patients, even if their COVID-19 results are negative, they should remain at home for the duration of their illness to avoid infecting others
 - c. To avoid any kind of public transportation, ridesharing, or taxis
 - d. To separate themselves from other people in their home
 - i. Stay in a specific “sick room” if possible
 - ii. Use a separate bathroom if available
 - iii. If they need to be around other people in or outside of the home, wear a facemask
 - iv. Arrange for someone to prepare and provide meals for them
 - v. Avoid sharing personal items with other people in their household (e.g., dishes, towels, bedding)
 - vi. Clean all surfaces that are touched often (e.g., counters, doorknobs). Use household cleaning sprays or wipes according to the label instructions
 - e. To get rest and stay hydrated
 - f. To monitor their symptoms carefully. Notify you immediately if their symptoms get worse
 - g. For medical emergencies, call 911 and notify the dispatch personnel that they may have COVID-19
 - h. To cover their coughs and sneezes
 - i. To wash their hands often with soap and water for at least 20 seconds or clean their hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



WHAT TO DO IF A PATIENT TESTS POSITIVE FOR COVID-19

- 1) Complete the Person Under Investigation/Reporting Form (<https://health.hawaii.gov/docd/files/2020/01/Hawaii-PUI-Form-nCoV-2019.pdf>) and fax to HDOH, Disease Outbreak Control Division at (808) 586-4595.
- 2) Inform patient of test results
- 3) To avoid the spread of illness to others, please advise patient of the following (patient handouts: “What To Do If You Test Positive For COVID-19” and “What Contacts Should Do” available at: <https://health.hawaii.gov/coronavirusdisease2019/for-clinicians/resources/>)
- 4) Advise patient to:
 - a. Stay at home until you determine they no longer need to be in isolation (see below)
 - b. Avoid any kind of public transportation, ridesharing, or taxis
 - c. Separate themselves from other people in their home
 - i. Stay in a specific “sick room” if possible
 - ii. Use a separate bathroom if available
 - iii. If they need to be around other people in or outside of the home, wear a facemask
 - iv. Avoid sharing personal items with other people in their household (e.g., dishes, towels, bedding)
 - v. Clean all surfaces that are touched often (e.g., counters, doorknobs). Use household cleaning sprays or wipes according to the label instructions
 - d. Get rest and stay hydrated
 - e. Respond immediately when Department of Health staff calls daily to monitor isolation
 - f. Monitor their symptoms carefully. Notify you immediately if their symptoms get worse
 - g. Call 911 for medical emergencies and notify the dispatch personnel that they have COVID-19
 - h. Cover their coughs and sneezes
 - i. Wash their hands often with soap and water for at least 20 seconds or clean their hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

DISCONTINUATION OF HOME ISOLATION FOR PERSONS WITH COVID-19

Persons with COVID-19 who have symptoms may discontinue home isolation under the following conditions:

- At least 3 days (72 hours) have passed since *recovery* defined as resolution of fever and myalgias without the use of antipyretic medications

OR

- At least 7 days have passed *since symptoms first appeared*

Whichever is longer and assuming improvement in respiratory symptoms (e.g., cough, shortness of breath)

Note, above is meant as a general guideline. The Department of Health will be monitoring any persons who are identified as positive and will work with providers regarding appropriate release of patients from isolation.