



Date: April 28, 2020

To: San Joaquin County Medical Community

From: Maggie Park, MD, Health Officer 

## Health Advisory Update for COVID-19

### **Laboratory Update:**

- As more COVID-19 testing options are becoming available be aware that many tests that are being marketed **have not yet been approved by the FDA**. Consult the FDA EUA website for a list of approved tests. <https://www.fda.gov/medical-devices/emergency-situations-medical-devices/emergency-use-authorizations#covid19ivd>. Caution is advised with using non-approved tests.
- Serology:** Antibody testing should not be used as the basis to diagnose or exclude COVID-19 infection, or to determine immune status at this time. More research is needed to understand how to interpret the results. Testing early in infection can be falsely negative; positive tests may be cross reactions from a previous non-COVID-19 coronavirus infection. Only a PCR can determine if a patient's symptoms are due to COVID-19.
- For any concerns about a testing laboratory, contact California Department of Public Health Laboratory Field Services at [LFSCOVID@cdph.ca.gov](mailto:LFSCOVID@cdph.ca.gov).

### **Discontinuation of Home Isolation:**

- Instruct all patients who test positive for COVID-19 **or** who are symptomatic and suspected of having COVID-19 but not tested to stay in isolation at their home, if not hospitalized. They 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 and acute symptoms, **and**
  - At least 7 days have passed since symptoms first appeared.
  - <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

### **Symptom Incidence in COVID-19+:**

Patients testing positive for COVID-19 are presenting with a variety of symptoms and are do not always have a fever, cough or shortness of breath (see chart below). CDC recently added the following symptoms:

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| <ul style="list-style-type: none"><li>Chills</li><li>Repeated shaking with chills (rigors)</li><li>Muscle pain</li></ul> | <ul style="list-style-type: none"><li>Headache</li><li>Sore throat</li><li>New loss of taste or smell</li></ul> |
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**TABLE. Signs and symptoms among patients with laboratory-confirmed COVID-19 in the U.S.**

<b>Sign/Symptom</b>	<b>Percentage with sign/symptom</b>	
	<b>Pediatric (&lt;18 yrs)</b>	<b>Adult (18-64 yrs)</b>
Fever, cough, or shortness of breath	73%	93%
Fever	56%	71%
Cough	54%	80%
Shortness of breath	13%	43%
Myalgia	23%	61%
Runny nose	7.2%	6.9%
Sore throat	24%	35%
Headache	28%	58%
Nausea/Vomiting	11%	16%
Abdominal pain	5.8%	12%
Diarrhea	13%	31%

Reference: Coronavirus Disease 2019 in Children — United States, February 12–April 2, 2020. MMWR Morb Mortal Wkly Rep. ePub: 6 April 2020. DOI: <http://dx.doi.org/10.15585/mmwr.mm6914e4>

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#### **Death Certificates:**

If you suspect COVID-19 as the cause of death or a significant condition contributing to death in a patient who has not been tested, a post-mortum specimen can be sent for testing or the condition may be stated as “*Probable COVID-19*” or “*Probable SARS-CoV-2*” on the death certificate.

#### **Reporting:**

It is essential that all medical care providers report COVID-19 cases to San Joaquin County Public Health Services. This allows us to isolate the patients quickly, and start a contact investigation to identify others who may have been exposed or have symptoms and need to be quarantined.

#### **For reporting:**

- CMR is available at: [http://www.sjcphs.org/disease/disease\\_control\\_reporting.aspx](http://www.sjcphs.org/disease/disease_control_reporting.aspx) ; email completed form to [PHSEpidemiologist@sjcphs.org](mailto:PHSEpidemiologist@sjcphs.org) .
- Call SJCPHS Communicable Disease Program at (209) 468- 3822.