

Dear Community Physician and Providers-

As you know the COVID-19 situation is rapidly evolving and all healthcare partners are working closely together to protect our community. Your patients may be calling you or coming in with symptoms and/or concerns. Attached is a physician/provider guidance to assist you with triaging and caring for your patients. The flow chart is based on current CDC recommendations and will assist you in determining when a patient needs to be tested. This also aligns with the HHMH Emergency Department's criteria.

For additional questions, please contact San Benito County Public Health Services (831-637-5367).

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PHYSICIAN AND PROVIDER GUIDANCE RE: COVID-19
San Benito County Public Health Services

PATIENTS ARE TO CONTACT BY PHONE THEIR PRIMARY CARE PHYSICIAN/PROVIDER
PRIMARY CARE PHYSICIANS/PROVIDERS SHOULD USE THE FOLLOWING FLOW CHART FOR PATIENT CARE/TRIAGE

PATIENT STATUS	PHYSICIAN/PROVIDER EVALUATION	PROVIDER ACTION	TESTING
1. Asymptomatic <ul style="list-style-type: none"> Known COVID exposure (ex. contact, travel, community acquired) 	Evaluate patient status per your office policy	<ul style="list-style-type: none"> Instruct patient to home quarantine for 14 days Provide quarantine instructions (see handout) Inform patient to call primary care provider if develops symptoms 	No testing at this time
2. Symptomatic (temp ≥100.4, SOB, cough, LRI) <ul style="list-style-type: none"> Known exposure to COVID <p align="center">OR</p> <ul style="list-style-type: none"> <u>No</u> known exposure to COVID <u>BUT</u> is ≥ 60yo or has co-morbidities or travel 	Evaluate patient status per your office policy	<ul style="list-style-type: none"> If physician/provider collecting specimen, must use appropriate PPE to obtain NP swab for COVID. To obtain specimen collection kit, call HHMH Lab (831-636-2631), ask for Bernadette to obtain either Quest (commercial lab) or hospital (public health lab) kit. <p align="center">OR</p> <ul style="list-style-type: none"> Call ED (831-636-2640) to consult with ED provider about sending patient to ED for testing. Tell patient to call ED before arriving for testing instruction (831-636-2640). Drive-through testing done at ED daily from ONLY 3pm to 4pm (time may be subject to change). Instruct patient to home isolate for 14 days Provide Isolation instructions (see handout) 	<ul style="list-style-type: none"> If physician/provider collects specimen, send specimen to Hazel Hawkins Memorial Hospital lab If physician/provider NOT collecting specimen, send patient to ED for drive-through testing
3. Severe symptoms with potential for hospital admission	Evaluate patient status per your office policy	<ul style="list-style-type: none"> Call ED (831-636-2640) to consult with ED provider Instruct patient to go to ED Patient should remain in vehicle at ED parking lot and call ED so that ED staff can assess 	ED evaluate and test accordingly

The following provider guidance is subject to change as the situation evolves and will be updated accordingly. The guidance is meant to assist physicians and providers triage and care for their patients. For additional questions, contact SBC Public Health 831-637-5367.



Quarantine and Isolation Fact Sheet

Self-quarantine

Self-quarantine means avoiding contact with other people and social situations as much as possible. You will need to do this if you are a [close contact](#) of a confirmed case of coronavirus and you are still well.

[Self-quarantine](#) is to stop other people from getting coronavirus.

Self-isolation

Self-isolation means staying indoors and completely avoiding contact with other people. You may need to do this if you have [symptoms of coronavirus](#). This is to stop other people from getting it.

You may need to self-isolate:

- before you get tested for coronavirus
- while you wait for test results
- if you have had a positive test result for coronavirus

How to self-quarantine

If you are well, but you have been in close contact with a case of coronavirus you may need to self-quarantine. This is to stop other people from getting it if you develop symptoms.

- avoiding contact with other people as much as possible by staying at home.
- You can still go outside for walks, runs or cycles on your own. But you should not spend time in close contact with other people.
- Other household members do not need to restrict their activities unless they are told to.

Do not:

- Do not go to school, college or work.
- Do not use public transport.
- Do not go to meetings, social gatherings, group events or crowded places.
- Do not have visitors at your home.
- Do not go shopping - order your groceries online or have family or friends drop them off.
- Do not contact older people, people with chronic health problems and pregnant women.
- Do not travel

How to self-isolate

This could be before you get tested for coronavirus, while you wait for test results or when a positive result is confirmed.

Most people with coronavirus will only have mild symptoms and will get well within weeks. Even though the symptoms are mild, you can still spread the virus to others.

- If you have to self-isolate, stay indoors and avoid contact with other people.
- Stay at home, in a room with the window open
- Keep away from others in your home as much as you can

- Check your symptoms-call a doctor if they get worse
- Cover your coughs and sneezes
- Wash your hands properly and often
- Use your own towel-do not share with others
- Clean your room every day with a household cleaner or disinfectant

Do not:

- Do not go to work, school, religious services or public areas.
- Do not share your things.
- Do not use public transport or taxis.
- Do not invite visitors to your home.
- Do not visit older people, anyone with long-term medical conditions and pregnant women
- It's ok for friends, family or delivery drivers to drop off food or supplies. Make sure you're not in the same room as them, when they do.
- If you live with other people:
 - Stay in a room with a window you can open
 - If you can, use a toilet and bathroom that no one else in the house uses
 - If you have to share a bathroom with others, use the bathroom last and then clean it thoroughly.
 - Do NOT share any items you've used with other people.

Reference:

Our Health Service

<https://www2.hse.ie/conditions/coronavirus/self-isolation-and-limited-social-interaction.html>