

Evidence Based Guidance for Phone/Telemedicine Visits for Suspected or Confirmed COVID-19 Infections

1. COVID-19 Symptoms^{1,2}

Cough (69%)

Temperature 99.5-100.4°F (22%)

Temperature > 100.4°F (22%)

Fatigue (38%)

Sputum (34%)

Shortness of breath (19%)

Muscle Aches (15%)

Sore throat (14%)

Headache (14%)

Chills (12%)

Nasal congestion (5%)

Nausea or vomiting (5%)

Diarrhea (5%)

*Anosmia has also been reported

2. MFA Testing Algorithm ([link](#))

- Recommend testing based on the MFA guidance chart (March 24th algorithm), though generally if a patient is having respiratory symptoms, myalgias, or are generally ill appearing, then test for COVID-19

- Consider other respiratory illnesses or alternative diagnoses, and test accordingly (eg. rapid flu, rapid strep, etc) but still perform COVID-19 testing

- Patients can be tested at:

1. 22nd and I Street (2150 Pennsylvania Ave building, south entrance): Mon-Fri, 8am-5pm
2. GW IPC locations (<https://gwdocsipc.com/>)
3. GW Drive-Through
 1. Order the COVID-19 test in Allscripts (COVID-19L 139900)
 2. From the patient's chart, send an "Appt" task to "Covid-19 Testing" to let us know there's an order placed
 3. Direct your patient to call GW at (202) 741-3595 Monday through Friday between 8:30 AM and 4:00 PM to schedule their test collection
 4. Test results will come back to you through Allscripts. Follow-up with your patient upon receiving these results

- If clinically unstable or needs urgent evaluation after hours, direct patient to the Emergency Department (please call ahead to the ER at 202-715-4000 to inform them of the patient)

- Patients will be contacted by their provider with COVID-19 test results. If patient are trying to inquire about test results, they can call 202-741-2222.

3. Instructions for Patients for Quarantine/Self-Isolation for Suspected or Confirmed COVID-19 Cases³

- Stay home from work, school, and away from other public places. If must go out, avoid public transportation, ridesharing, taxis.

- Cover your cough and sneezes.

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Updated: April 8, 2020

- Wash hands often with soap and water for at least 20 seconds or clean hands often with hand sanitizer containing at least 60% alcohol.
- Supportive care measures (detailed below).
- Stay in a specific room, away from other people in your home, as much as possible. Use a separate bathroom if available. Wear a facemask when around other people in or outside of the home.
- Avoid sharing personal items (ex. dishes, towels, bedding) with other people in your home.
- Clean all surfaces that are high-touch, like counters, tabletops, and doorknobs, with household cleaning sprays or wipes
- Monitor symptoms carefully. If symptoms worsen, call your doctor immediately.
- Be aware of symptoms which need emergency care (detailed below).

4. Treatment recommendations for Supportive Care at Home

Many mild to moderate cases of COVID-19 can be treated at home with simple measures¹.

- Stay hydrated with a variety of fluids
- Rest
- For fevers and myalgias, Tylenol (acetaminophen) may be preferred, if available. (Note that patients already taking NSAIDs can continue but there have been concerns re: NSAID use in COVID-19, see Physician FAQ for details)
- For cough, there have been anecdotal reports that Tessalon perles may be an effective cough suppressant. OTC cold and cough medications (Mucinex, Robitussin, etc) may also be effective
- Avoid oral steroid for treatment of COVID-19 specifically but they can be used for asthma exacerbations. Asthmatics may benefit from an increase in their inhaled steroid dose as well as increased frequency of albuterol to attempt to minimize oral steroids.
- Regular medications should be continued.

5. Anticipatory Guidance for Emergency Care³

- Symptoms such as severe shortness of breath, weakness, chest pain/pressure, confusion or difficulty waking up, or bluish lips, fingers, or face, should be evaluated in the ER.
- Physicians should call ahead to the GW ER at 202-715-4000 to inform them that you are sending in a COVID-19 positive or suspected case
- If 911 is needed, please tell patients to inform dispatch that they are COVID-19 positive or suspected positive. If possible, wear a facemask before emergency medical services arrive.

6. When can patients discontinue home isolation⁴

- For patients with COVID-19 (test positive or suspected based on symptoms), patients may stop quarantine when:
 1. At least 7 days have passed since symptoms first appeared **AND**
 2. At least 3 days (72 hours) have passed since recovery of all symptoms (no fever without anti-pyretics and improvement in respiratory symptoms of cough and shortness of breath) **AND**
 3. You have spoken with your healthcare provider

References:

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1. Greenhalgh T et al. Covid-19: a remote assessment in primary care. *BMJ* 2020;368:m1882
2. Luers J et al. The Covid-19 Pandemic and Otolaryngology: What it comes down to? *Laryngorhinootologie*. 2020 Mar 26
3. Caring for Yourself at Home. CDC website. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/caring-for-yourself-at-home.html>
4. Discontinuation of Home Isolation for Persons with COVID-19 (Interim Guidance). CDC website. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>