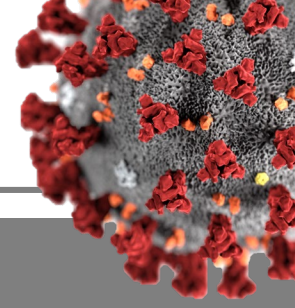


# ARIZONA COVID-19



## Clinician Fact Sheet

### Disease Background

#### Transmission

Based on the available evidence, SARS-CoV-2, the virus that causes COVID-19 infection, is [transmitted via respiratory droplets](#) between people in close contact.

#### Symptoms

Fever (> 38°C or 100.4°F), cough, myalgia, fatigue, shortness of breath, sore throat early in course.

#### Incubation Period

Symptoms appear 2-14 days after exposure.

#### Infectious Period

COVID-19 is most infectious while a patient has acute upper respiratory symptoms.

### Criteria to Guide Evaluation

In consultation with the [local public health department](#), clinicians should assess patients using clinical [criteria for a COVID-19 person under investigation \(PUI\)](#) and obtain a detailed travel history for patients being evaluated with fever and acute respiratory illness.

#### **For patients with fever and acute respiratory symptoms:**

- Ask about the onset of symptoms
- Ask about travel to [areas experiencing transmission](#) of SARS-CoV-2
- Ask about contact with possible COVID-19 patients

### Personal Protective Equipment (PPE)

- In the healthcare setting, appropriate personal protective equipment (PPE) includes **standard, contact, and droplet precautions including eye protection**. Follow your facility's infection control plan for containment of patients with infectious respiratory symptoms.
- Use gowns, gloves, respirators (such as N95 mask) and eye protection (goggles or face shield) when performing **aerosol-generating procedures**.
- Due to the change in transmission-based precautions from airborne to droplet, it is not necessary to place a suspect patient in an airborne infection isolation room (AIIR). A private room with a closed-door is acceptable. Using an AIIR for aerosol-generating procedures is still recommended.

# Laboratory Testing and Diagnostics

- Patients with a clinical presentation consistent with COVID-19 should be tested for common viral pathogens including influenza, RSV, and a comprehensive viral respiratory pathogen panel where available.
- If a patient does not have history of travel to affected areas or contact with a COVID-19 patient, testing for common viral pathogens is negative, and the patient requires hospitalization, assess if imaging supports viral pneumonia. Chest imaging including x-ray and CT are helpful in distinguishing COVID-19 from other diagnoses.

## Treatment

No vaccine or specific treatment for COVID-19 is available; care is supportive. Corticosteroid use is not recommended.

## Who to contact if you have questions?

Please contact your local health department to arrange SARS-CoV-2 testing.

[azhealth.gov/localhealth](https://azhealth.gov/localhealth)

### Be prepared:

- Know how to contact your [local public health department](#).
- Review and enforce your clinics attendance policy for ill workers.
- Review appropriate PPE use and strategies to optimize PPE stock.

### If you suspect COVID-19 in a patient:

- Is the patient displaying symptoms consistent with COVID-19?
- Mask patient and implement standard, contact, and droplet precautions with eye protection for healthcare workers.
- Obtain travel and exposure history including exposure to sick contacts.
- Contact your [local public health department](#) to report suspect case, assess risk, and coordinate lab testing.
- Collect upper respiratory tract specimens (nasopharyngeal AND oropharyngeal swabs) and lower respiratory tract specimens, if available.
- Provide patient education for self isolation and non-pharmaceutical interventions.
- Implement environmental cleaning/disinfecting of exposed areas.

## Additional Resources\*

- [Healthcare Personnel Preparedness Checklist for COVID-19](#)
- [Information for Healthcare Professionals](#)
- [Evaluating and Reporting Persons Under Investigation \(PUI\)](#)
- [Interim Infection Prevention and Control Recommendations for Patients with Confirmed Coronavirus Disease 2019 \(COVID-19\) or Persons Under Investigation for COVID-19 in Healthcare Settings](#)
- [Coronavirus Disease 2019 Outbreak and Infection Control Guidance for Healthcare Facilities](#)

\*Some resources may differ from Arizona recommendations. Please refer back to Arizona guidance for specifics pertaining to Arizona.

