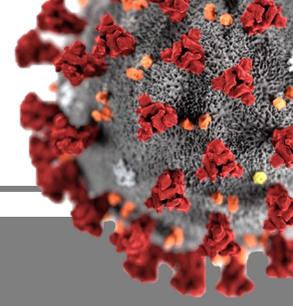# ARIZONA COVID-19

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 (> 38ºC or 100.4ºF), 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

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.