



HEALTH ADVISORY: CORONAVIRUS (COVID-19) September 24, 2020

The following information is provided by Dr. Scott Milton, Health Authority for Potter and Randall counties. A handout is attached to give to patients who test positive for COVID-19.

- Providers performing tests should tell a person who is tested to stay home until the test results are received.
- Amarillo Public Health performs contact investigation and tracing for positives that are reported.
- **Providers performing tests should tell a person who tests positive to isolate for 10 days from the date of test collection.**
- Positive cases as well as individuals who are symptomatic but not tested:
 - isolate themselves to a room in the home away from other house members. A room with an attached bathroom works best.
 - should wear a mask when around other people
 - should follow the hygiene guidance above
 - can seek medical care outside the home but should call ahead
 - should avoid public transportation
 - should not share dishes, towels or bedding with others
 - clean and disinfect all “high touch” surfaces in the “sick room” and bathroom daily and ask another house member to clean and disinfect “high touch” surfaces in the remainder of the home
- **Household members of a positive case are quarantined for 14 days from their break in contact with the positive case.**
- **If there is no break in contact, the 14 days will start at the end of the positive case’s 10-day isolation.**
- Providers should ask about potential exposure before performing tests to help determine if the individual will be quarantined even if the test is negative. (i.e. A patient will need to quarantine, even with a negative test result, if a close contact is positive)
- A negative test result during quarantine does not decrease the length of time the patients is required to be quarantined, due to the incubation period.
- Amarillo Public Health will issue return to work notes, upon request, for cases that test positive.
- In the event of an exposure, quarantine can be avoided if both parties are properly masked the entire time during the exposure.



- CDC’s guidance for the test-based strategy using PCR testing was updated on August 16th.
 - For persons who are severely immunocompromised, a test-based strategy could be considered in consultation with infectious diseases experts.
 - For all others, **a test-based strategy is no longer recommended** except to discontinue isolation or precautions earlier than would occur under the strategy outlined in Part 1, above. (20-day quarantine for those with severe illness requiring hospitalization)

Questions or requests for additional information can be directed to Amarillo Public Health at 806-378-6300. For afterhours emergencies call 806-680-8980.

IF YOUR TEST COMES BACK POSITIVE

- **Isolate yourself** to a room in your home away from other household members **for a minimum of 10 days** from the date of the test. A room with an attached bathroom works best.
- **Do not allow anyone to come into your home** unless it is medically necessary.
- **Wear a mask** when around other people
- **Wash your hands** frequently
- **Seek medical care** outside the home **as necessary** but should call ahead
- **Do not share** dishes, towels, or bedding with others
- **Clean and disinfect all “high touch” surfaces** in the “sick room” and bathroom daily and ask another house member to clean and disinfect “high touch” surfaces in the remainder of the home.
- **Anyone who lives in the household must quarantine for fourteen days** from their break in contact with the positive case. If there is no break in contact, the fourteen days will start at the end of the positive case’s ten-day isolation. Quarantine means they cannot leave the home unless medically necessary. This includes not going to school, work, daycare etc.



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