

## **Health Advisory: Counsel Patients on How to Reduce COVID-19 Spread as Cases Spike in King County, November 10, 2020**

### **Action requested:**

- Be aware that COVID-19 cases are [increasing rapidly](#) in King County. Hospitalizations are rising as well and are expected to further increase as cases continue at high levels more high-risk people become infected.
- Counsel all patients with the following [key messages](#) to reduce their risk of getting COVID-19 and spreading it to others.
  - Avoid unnecessary activities, gatherings and travel
    - Limit the number, size and duration of contacts with others.
    - Avoid crowded indoor spaces and keep visits short in duration.
    - If visiting indoors, open windows and doors to increase air flow.
  - Wear a well-made and well-fitting face mask whenever around others who are not part of the household, especially indoors and even if 6 feet of distance can be maintained.
  - Stay at least 6 feet apart from others who are not part of your household.
  - [Current guidance](#) is to limit gatherings to 5 people outside of the household per week. [Holiday celebrations](#) ideally should be household members only.
  - Cover coughs and sneezes and wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol often.
  - Stay home and away from others if you are sick except to get medical care.
  - Get a flu shot to prevent influenza infection.
- Persons with [symptoms](#) of COVID-19 or who have had close contact\* with someone with COVID-19 should be [tested](#) promptly.
  - Until testing can be performed and while awaiting results, patients should be instructed to isolate themselves away from others.
  - If test results are positive, all close contacts\* should be notified to self-quarantine away from others for 14 days and get tested (if a close contact tests negative, these individuals still need to remain in quarantine for 14 days after their last date of exposure).
  - A negative test during the quarantine period indicates absence of SARS-CoV-2 at the time of testing but the patient may become positive subsequently in the 14-day incubation period and should continue to quarantine.
  - Community testing site locations and information is available [here](#).
- Inform patients with COVID-19 [who have symptoms](#) to discontinue isolation under the following conditions:
  - At least 10 days\* have passed since symptom onset **and**
  - At least 24 hours have passed since resolution of fever without the use of fever-reducing medications **and**
  - Other symptoms have improved.
- Inform patients with COVID-19 [who never developed symptoms](#) to discontinue home isolation when 10 days have passed since they had a positive viral test for COVID-19.

\* **Close contact definition:** Someone who was within 6 feet of an infected person for a **cumulative total of 15 minutes or more over a 24-hour period** starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.