

# Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



## HOW YOU CAN SLOW THE SPREAD OF COVID-19

### Take care of others by taking care of yourself.

Wash your hands, don't touch your face, and stay home if you are sick.

### Stay at Home and Physically Distance

Stay at home whenever you can. Maintain 2 meters distance from those outside of your household.

## Outpatient Management of Suspected and Confirmed COVID-19 Cases

April 14, 2020

*Most patients with confirmed COVID-19 will have mild to moderate symptoms (e.g., cough, sore throat, and rhinorrhea) and can be safely managed as an outpatient in the community setting.*

### Outpatient Management Criteria

- Patients should have an SpO2 greater than 93% on room air (if pulse oximeter available), a respiratory rate of less than 30, and no signs of respiratory distress. An SpO2 of 90% to 93% on room air may be acceptable if a patient has an underlying chronic lung disease. If outside these parameters then they should be assessed for admission to hospital versus treated as outpatients.
- Patients should be able to stay well hydrated, be able to manage their comorbidities at home, and carry out normal activities of daily living.
- Patients should have appropriate resources and social supports to self-isolate and manage their comorbidities. Possible risk factors for progression to severe illness include older age and underlying chronic medical conditions such as lung disease, cancer, heart failure, cerebrovascular disease, renal disease, liver disease, diabetes, and immunocompromising conditions. Patients with such risk factors should be monitored closely.

### Self-Isolation, testing, and discontinuation of self-isolation

- All COVID-19 patients cared for outside hospital should be instructed to follow public health protocols for self-isolation. <http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation.pdf>
- Members of the general public who are identified by public health officials as close contacts of confirmed COVID-19 cases, must self-isolate for 14 days to ensure the full incubation and infectious period has passed. [http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation\\_dos\\_donts.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation_dos_donts.pdf)
- Members of the general public who are returning from travel outside Canada, must self-isolate for 14 days to ensure the full incubation and infectious period has passed. <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/self-isolation-on-return>
- Patients who have symptoms compatible with COVID-19 and are not tested for SARS-COV-2 must self-isolate at home until:
  - At least 10 days have passed since the onset of symptoms; AND
  - Fever has resolved without the use of fever-reducing medication; AND
  - Symptoms (respiratory, gastrointestinal, and systemic) have improved.



Ministry of Health



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If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

Non-medical inquiries (ex. travel, physical distancing): 1-888-COVID19 (1888-268-4319) or text 604-630-0300



- For patients who have symptoms compatible with COVID-19 and/or have a risk of COVID-19 exposure are eligible for testing according to BCCDC criteria outlined at <http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care/lab-testing>.
  - People that test positive for SARS-CoV-2, must self-isolate at home until:
    - At least 10 days have passed since the onset of symptoms; AND
    - Fever has resolved without the use of fever-reducing medication; AND
    - Symptoms (respiratory, gastrointestinal, and systemic) have improved.
  - People that test negative for SARS-CoV-2, must self-isolate at home until:
    - Fever has resolved without the use of fever-reducing medication; AND
    - Symptoms (respiratory, gastrointestinal, and systemic) have improved.
- It is no longer necessary for a health care workers (HCW) to have 2 negative NP swabs 24 hours apart before leaving isolation and returning to work (exception- immunocompromised on advice of MHO)
- HCW, hospitalized, or residents of long-term care facilities whose symptoms do not resolve or who have conditions where their immune symptoms are chronically immunocompromised may require further nasopharyngeal testing to ensure viral shedding has stopped.

### Recommendations for care of patients with COVID-19 at home

- For patients being cared for or recovering at home, standard treatment for cold-like symptoms and influenza-like illness is recommended. Acetaminophen should be used preferentially for symptomatic management of COVID-19 over NSAIDs such as Ibuprofen.
- Steroids are not indicated for COVID-19; however, steroids may be considered for other indications (e.g. asthma exacerbation, rheumatic flare-up, obstetric use for fetal lung maturation). There is no evidence of additional benefit and steroids may prolong viral shedding.
- There is no evidence to support the use of antivirals, chloroquine, or hydroxychloroquine in patients with COVID-19. Patients should not be prescribed these outside of a randomized-controlled trial. Patients who inquire about alternative remedies and treatments should be advised against any other investigational agent, including ASC09, azvudine, baloxavir marboxil/favipiravir, camostat mesylate, darunavir/cobicistat, camrelizumab, thymosin, natural health products, and traditional Chinese medicines due to lack of data, lack of availability, or both. <http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care/clinical-care/treatments>

### Guidance for patients at home

- Encourage physical distancing staying a minimum of 2 meters distance from others, and wear a surgical mask when this is not possible.
- Where possible sleep, eat, and isolate in a separate part of the house or apartment, use a separate washroom, and where not possible clean common touch surfaces frequently.
- Encourage cough etiquette (covering nose and mouth with elbow or tissue, disposing of tissue in proper waste receptacle), and avoid touching the face or eyes.
- Regularly perform hand hygiene with soap and water or a hand sanitizer with a minimum of 60% alcohol and advise others in the home to do the same.
- Follow-up with public health if another member of the household become sick with common cold, influenza, or COVID-19 like symptoms.



While this guideline is relevant to all populations, there is more population specific guidance for children and pregnant women on the BCCDC COVID-19 website.

Pregnant women: <http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care/clinical-care/pregnancy>

Children: [http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID-19\\_Pediatric\\_clinical\\_guidance.pdf](http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID-19_Pediatric_clinical_guidance.pdf)

## References

- (1) [https://www.who.int/publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-\(ncov\)-infection-is-suspected](https://www.who.int/publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-(ncov)-infection-is-suspected)
- (2) <http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation.pdf>
- (3) <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
- (4) <http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care/clinical-care/pregnancy>
- (5) <https://sogc.org/en/-COVID-19/en/content/COVID-19/COVID-19.aspx?hkey=4e808c0d-555f-4714-8a4a-348b547dc268>
- (6) <https://www.nature.com/articles/s41591-020-0817-4>
- (7) <https://mobile.twitter.com/who/status/1240409217997189128>
- (8) <http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care/clinical-care/treatments>
- (9) <https://www.acc.org/latest-in-cardiology/articles/2020/03/17/08/59/hfsa-acc-aha-statement-addresses-concerns-re-using-raas-antagonists-in-covid-19>
- (10) [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30317-2/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30317-2/fulltext)

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CRG 11 BC COVID-19 Outpatient Management of Suspected and Confirmed COVID-19 Cases

