HEALTH Update 4: Situational Update (2019-nCOV) from China, now COVID-19

February 14, 2020

Dear Colleague:

This is a weekly update on the outbreak of respiratory illness in China caused by a novel coronavirus (COVID-19).

However, before we proceed with coronavirus information, we want to provide you with this haiku for Valentine’s Day:

Love is in the air  
But so is influenza  
Wash your unclean hands

Local Guidance

- Travelers continue to arrive from China into the United States at Dulles Airport. If a traveler from China or an individual who was in close contact with someone with COVID-19 presents to your office with fever or respiratory symptoms, immediately call the Alexandria Health Department on-call 24/7 phone 571.259.8549
- See the end of this document for an example of CDC traveler card which is given to individuals arriving from mainland China

COVID-19 Updates from VDH and CDC:

- On February 11, 2020 the World Health Organization announced an official name for the disease that is causing the current outbreak of coronavirus disease: COVID-19.
- CDC revised its information in the “Criteria to Guide Evaluation of Persons Under Investigation (PUI) for 2019-nCoV” section to also include: For patients that are severely ill, evaluation for COVID-19 may be considered even if a known source of exposure has not been identified.
- At this time Virginia continues to have no confirmed cases of Novel Coronavirus COVID-19
- As of February 14, 2020 at 9:00 a.m. there have been 15 confirmed COVID-19 cases within the United States.

What you need to know about PPE and implementing contact, droplet, and airborne precautions:

We’ve had some questions from providers about the most appropriate Personal Protective Equipment needed for contact, droplet, and airborne precautions.
Q. Can I just order some N-95’s for my office and be ready for COVID-19?
A. No, Everyone that wears an N-95 must be fit tested to ensure that the particular make and model of respirator has a tight seal between the wearer and the respirator. Fit testing should be part of a comprehensive respiratory protection program that also includes a medical evaluation prior to being fit tested.

Q. Is there a difference between an N-95 and a surgical or procedural mask?
A. YES! A surgical mask, or procedural mask, is meant to keep the wearer from exhaling infectious droplets into the environment. A respirator, such as an N95, fits tighter to the face and is meant to help protect the wearer from inhaling infectious droplets from the environment.

Q. I am interested in starting a N-95 respiratory protection program at my office. Where do I get more information?
A. For more information please visit this NIOSH’s healthcare respiratory protection toolkit webpage: https://www.cdc.gov/niosh/npptl/hospresptoolkit/

For an example of an office COVID-19 PPE kit with gloves, gowns, face shield, and N-95 see the end of this document.

Resources:

- Medscape CME opportunities: https://www.medscape.org/interprofessional
- Webinar for Clinicians: COCA call “Outbreak of 2019 Novel Coronavirus (2019-nCOV)-Interim Guidance for Clinicians” was recorded on 1.31.2020 and is available here: https://emergency.cdc.gov/coca/calls/2020/
  - In this COCA Call, clinicians will learn about the current epidemiology, infection control and prevention recommendations, specimen collection and testing, and clinical management for patients with COVID-19 infection.
- CDC released a Health Alert Network (HAN 00427) on February 1, 2020 with Updates and Interim Guidance on Outbreak of Novel Coronavirus https://emergency.cdc.gov/han/

For more information on this rapidly evolving situation, please visit the CDC COVID-19 website www.cdc.gov/coronavirus/2019-ncov or call Alexandria Health Department Epidemiologist, Christina Chommanard at 703-746-4904. Thank you for all your efforts to keep our community safe and healthy.

Sincerely,

Anne Gaddy, MD, MPH
Deputy Health Director
Alexandria Health Department
Example Traveler Information Provided to Persons Arriving from China

Travelers are required to be monitored for up to 14 days after leaving China.

Travelers should stay home and monitor their health within this 14-day period.

A health official will contact you to give additional instructions.

Take your temperature with a thermometer 2 times a day and watch your health.

If you develop a fever (100.4°F/38°C or higher), cough, or have difficulty breathing:
- Call your health department for advice before seeking care.
- If you can’t reach your health department, call ahead before going to a doctor’s office or emergency room.
- Tell them your symptoms and that you were in China.

For more information: [www.cdc.gov/nCoV](http://www.cdc.gov/nCoV)

Example COVID-19 PPE kit with gloves, gowns, face shield, and N-95
SUMMARY OF RESPIRATOR FIT TEST REQUIREMENTS

- Who
  - All employees required to wear tight-fitting respirators, including N95 filtering facepiece respirators, elastomeric, & tight-fitting PAPRs (with the blower off)

- How
  - An OSHA-accepted fit test protocol must be followed exactly as written.
  - Fit testing may be done using a qualitative test using Bitrex® or saccharin or a quantitative test using a PortaCount® or another appropriate instrument.

- Follow up
  - PAPRs with loose-fitting facepieces, hoods, or helmets do not require fit testing.
  - Fit tests must be performed by a qualified individual, able to follow the protocol & train employees.

FOLLOW UP

- Records must be kept on file until the next annual test is performed.
- Know fit tested size and model of respirator.
- A fit test is required before a respirator can be worn, yearly, and after any physical changes that may affect the fit (weight gain/loss, dental work, etc.)

IMPORTANT RESOURCES:

- Hospital Respiratory Protection Program Toolkit
- OSHA Respiratory Protection Standard 1910.134 Appendix A
- Implementing Hospital Respiratory Protection Programs: Strategies from the Field

Department of Health and Human Services
Centers for Disease Control and Prevention
National Institute for Occupational Safety and Health