



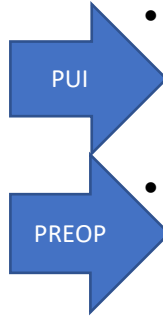
CDC Patient Info: [CDC COVID-19-Quarantine-vs-Isolation Rev7-20-20.pdf](#) ; [CDC COVID How to Protect Yourself and Others](#)
[CDC Prevent the spread of COVID-19 if you are sick](#); [CDC How to Safely Wear a cloth-face-covering.pdf](#);
[CDC What-Your-Test-Results-Mean.pdf](#); [CDC Choosing Safer Activities 4-30-21.pdf](#) ;
GNP Patient Education: [COVID-19 Testing – Patient Q&A 9-21-20.pdf](#), [Patient COVID Update 12-3-2020.pdf](#) ;

COVID PCR TESTING

– Centralized COVID Nucleic Acid testing is available for eligible GNP patients. GNP MA members should be referred to GNP centralized testing locations and/or office collected swabs sent to Quest **ALL TESTING REQUIRES A SCHEDULED APPT TIME; (use the FAX COVER PAGE if ordering at Long Beach & RMV)**
We test symptomatic PUI & PREOP pts. PLEASE DIRECT ASYMPTOMATIC EXPOSED SCHOOL AGED CHILDREN & ALL OTHERS TO LA AND OC TEST SITES: LA C Dept Public Health: <https://covid19.lacounty.gov/testing/> & OHealth: [COVID-19 Testing | Novel Coronavirus \(COVID-19\) \(ohealthinfo.com\)](#)



Provide your patient with CDC patient isolation & protection information referenced above



- **PERSONS UNDER INVESTIGATION (PUI) - SYMPTOMATIC patients** (priority-testing-patients CDC.pdf)
MD instructions: [GNP Symptomatic Person COVID Testing – MD instructions 9-2-21.pdf](#)
Patient Info: [GNP Symptomatic Person COVID Testing – Patient Information 9-2-21.pdf](#)
 TWISTLE text based COVID Remote Symptom Monitoring – [Cover Letter – Twistle GNP MCMF v3.pdf](#)
- **PREOPERATIVE SCREENING**
MD instructions: [GNP Preoperative COVID Screening – MD instructions 9-2-21.pdf](#)
Patient Info: [GNP Preoperative COVID Screening – Patient Information 9-2-21.pdf](#)

NO FAXED PAPERWORK IS NEEDED TO SCHEDULE AT THE FCC LOCATIONS: results faxed (not viewable on EPIC)
 ADVISE PATIENTS TO CALL THE 2 FCC LOCATIONS DIRECTLY TO SCHEDULE TESTING

- **FCC FOUNTAIN VALLEY URGENT CARE/Drive Up Testing** - (7d/wk, all ages, Symptomatic & Preop)
 18785 Brookhurst Street, Suite 101, Fountain Valley CA 92708
Patient MUST CALL 714-378-0042 to schedule
- **FCC WOODBRIDGE WALK-IN/Drive Up Testing** - (7d/wk, all ages, Symptomatic & Preop)
 4950 Barranca Parkway, Suite 104, Irvine CA 92604
Patient MUST CALL 949-857-1248 to schedule.

Testing at **MCMG locations** in Long Beach & Rancho Mission Viejo - (testing M-F; ages 10+)

- 2110 N Bellflower Blvd, Long Beach CA 90815
- 30492 Gateway Place, Rancho Mission Viejo CA 92694

For these sites: MD OFFICE MUST FAX ALL OF THE FOLLOWING in a SINGLE FAX TO 657-295-2125:
Completed questionnaire: ([GNP Preoperative COVID Screening – MD instructions 8-2-21.pdf](#) or [GNP Symptomatic Person COVID Testing – MD instructions 8-2-21.pdf](#)) AND LAB ORDER (ie Quest 93448), MD NPI, MD FAX# FOR RESULTS, PATIENT INSURANCE CARD AND BEST PATIENT CONTACT INFORMATION.

Once packet is complete, the centralized Navigation Center will call patient to schedule testing. If no call is received within 72 hours – patients & doctors can call 657-553-6537 or 877-696-3622 (877-MYMEMCARE)

MEMORIALCARE SITES process orders in order received. Avoid delays, do not batch at end of day. Quest and other order forms are used for completeness, but tests are not sent to Quest. **Results from MCMG sites resulted and viewable in MC Link EPIC Chart/EPIC CareEverywhere 7d/wk. and faxed to ordering offices M-F & but** (To view in MCLINK: [COVID Drive Thru Test Results – MC Link.pdf](#)).

Preoperative Screening for care at MemorialCare or SCA Facilities is ordered & arranged by SCA (informational only: [SCA Pre-op COVID Testing for GNP_09_2020.pdf](#))

For more: GNP PROVIDER PORTAL (Best Practices) : <https://www.gnpweb.com/providers/best-practices>

COVID ANTIGEN TESTING Overview: - ([APHL-SARS-CoV Antigen Testing Considerations 9-2020](#)); only useful IF POSITIVE in individuals within first 5-7d of symptoms when suspicion is already HIGH. ADDS COST since PCR is needed for a definitive answer regardless of result to change isolation recommendations. Commercial point of service COVID testing should be billed directly to the health insurance company/carrier.

COVID SEROLOGIC TESTING (No clinical role due to cross-reactivity, lack of specificity; cannot provide info about exposure, infectivity, or immunity)

COVID TESTING – SCHOOL AGE CHILDREN - EXPOSURE

With the understanding that the goal is to minimize missed days for school age children and their families, the CDPH and LA County guidance is more liberal than the general CDC guidance for the general population, and the OHealthCare Agency algorithm deviates from the CDPH guidance in a number of ways –

- **The CDPH and LACDPH guidance do NOT recognize negative DAT testing for individuals with symptoms, NAAT (PCR) testing should be performed since all negative DATs would require follow up NAAT (PCR) confirmation testing**
- While OC Health Care Agency does not require testing for ASYMPTOMATIC VACCINATED students WITH CLOSE COVID EXPOSURE, CDPH/CDC and LACDPH still recommend testing (day 5)
- **The only individuals that do not require any quarantine/modified quarantine based on a NEGATIVE DAT are ASYMPTOMATIC students with NEGATIVE tests that have NO KNOWN EXPOSURE.**

GNP continues to offer centralized definitive NAAT COVID testing for our **symptomatic** and preoperative patients – and appreciates your cooperation and collaboration for our medical resources.

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Doctors with the capability who wish to offer certified DAT at their offices to symptomatic students/patients should bill health plans directly.



Public health screening of school aged children with COVID exposure **in the absence of symptoms** should be directed to Certified school or county testing locations – which may include CVS, RiteAid, Walgreens, etc. LA County will not accept DAT testing that is not collected and performed by a healthcare facility or certified testing site. Some patients may be able to use certified home self-testing home kits, which may require a televideo interaction to validate appropriate collection and results (eg Abbott BinaxNOW COVID-19 Antigen Home Test, Ellume COVID-19 Home Test with Azova) or mailing of specimens to a lab.

LA C Dept Public Health: <https://covid19.lacounty.gov/testing/> & OHealth: [COVID-19 Testing | Novel Coronavirus \(COVID-19\) \(ohealthinfo.com\)](#)

Links to the references for schools TK-12:

OC health decision tree: [Symptom Decision Tree.pdf \(ohealthinfo.com\)](#) ;

CDPH guidance: [K-12 Guidance 2021-22 School Year \(ca.gov\)](#)

LACDPH Decision Pathways for Symptoms and exposures TK-12 Schools: [ScreeningEducationSettings.pdf \(lacounty.gov\)](#) & [ExposureManagementPlan K12Schools.pdf \(lacounty.gov\)](#)

POST-COVID INFECTION PREOPERATIVE CONSIDERATIONS:

[\(Preop Medical Eval for Post-COVID-19 Patients.pdf\)](#)

DELAY ELECTIVE SURGERY until at least 7 weeks have elapsed since the onset of illness AND any residual symptoms of COVID are clearly improving, AND no fever for >10d off antipyretic medication

PREOPERATIVE TESTING: ICD10: (Z86.16 personal history of COVID19, or B94.8 sequelae of COVID19)

- **CXR** (all COVID patients)
- **+/- ECG** (if age 60+, & all who were hospitalized for COVID)
- **+/- D-Dimer**
 - if <60d from onset of infection or first SARS-CoV-2 positive test **OR**
 - More than 30d s/p discharge from COVID hospitalization, but <90d from diagnosis (if D-Dimer >500 order BLE U/S; if D-Dimer >500 &/or patient SOB order CTA r/o PE)
- **+/- PFTs** (spirometry pre-&post-bronchodilator w/ DLCO & 6-minute Walk Test)
 - **If residual pulmonary symptoms/SOB/DOE following MILD to MOD COVID disease**
 - **For all previously hospitalized for COVID-19**
- **+/- Pulmonology Consult** (all previously hospitalized for COVID-19, those with abnormal PFTs)

PREOPERATIVE TESTING FOR COVID-19 PATIENTS WHO REQUIRED HOSPITALIZATION:

CXR, ECG regardless of age, **PULMONOLOGY CONSULTATION & PFTS** (+/- D-Dimer if more than 30d post discharge, but <90d post diagnosis)



COVID TREATMENT – symptomatic care, monitoring of temperature, breathing etc.

[COVID-19 Clinical Update 11.11.20.pdf \(James Leo\)](#) ; [The Medical Letter Treatments Considered for COVID-19 7-23-21.pdf](#)

Monoclonal Antibody to COVID-19 Spike protein – COVID-19 PCR +, non-hospitalized patients, ages 12+ at high risk for severe disease, not requiring oxygen, within 10d of symptom onset may be eligible. Bamlanivimab is not recommended in CA due to variant resistance.

Oso COVID Line: 949-224-0185; FAX for Order/Referral: 949-660-7138; [Oso Infusion Orders for Regen-Cov&Instructions](#) ;

Link to information sheet for : [CDPH Hawaiian Gardens & Lakewood MAb](#)
CDPH Hawaiian Gardens – 21530 Pioneer Blvd, Hawaiian Gardens, CA 90716
M-Sat 8am – 6pm
MAB Referral Line: **(209) 494-6318** (by appointment only)

CDPH ContinuEM MAB – 6430 South Street, Lakewood, CA 90713
M-F 9am-10:30pm; Sat/Sun 10am-5pm
MAB Referral Line: **(562) 731-3990**

Other sites administering MAB can be found at these link: <https://dhs.lacounty.gov/emergency-medical-services-agency/home/emergi-press/emergency-medicalservices-mab/> ; [National Infusion Center Association](#)

STEROIDS – (AAAAI) asthma pt use of ICS controllers & oral steroids is the same as for any other viral infection.

For more: GNP PROVIDER PORTAL (Best Practices) : <https://www.gnpweb.com/providers/best-practices>

QUARANTINE vs ISOLATION (12/20 CDC news update; 3/8/21 additional guidance for fully vaccinated)MD Reference: [CDC Discontinuation of Home Isolation COVID-19 – Physician Information.pdf \(CDC site\)](#)[Interim Guidance for Fully Vaccinated People \(CDC site\)](#)CDC Patient Information (i.e. - [CDC COVID-19-Quarantine-vs-Isolation Rev12-17-20.pdf](#), full listing above)

- **QUARANTINE: COVID EXPOSURE WITHOUT SYMPTOMS** - Need to QUARANTINE AT HOME & isolate:
 - Until AT LEAST 10 days have passed since last exposure (if no test available)
 - OR if tested & PCR NEGATIVE - until AT LEAST 7 days have passed since exposure
 - Do NOT need to quarantine IF FULLY VACCINATED (and not a congregate living resident), but
 - patients need to monitor for symptoms & check temperature 2x/d and wear a mask for a full 14 days
- **ISOLATION: KNOWN COVID (test positive) BUT NO SYMPTOMS AT ANY TIME**
Need to HOME ISOLATE and monitor symptoms & temperature 2x/d **UNTIL THE GREATER OF:**
 - **AT LEAST 10 days** have passed since their first positive covid-19 diagnostic test so long as they never develop symptoms
 - If symptoms develop, they need to isolate for 10 days **after the onset of symptoms**
- **ISOLATION: SYMPTOMS AT ANY POINT PROVEN/SUSPECTED COVID INCLUDES THOSE VACCINATED**
Need to HOME ISOLATE UNTIL:
 - At least 10 days have passed since symptoms first appeared, **AND**
 - At least 24 hours with no fever without fever-reducing medication and
 - Other symptoms of COVID-19 are improving (e.g., cough, shortness of breath) NOTE: Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation

PT/EMPLOYER REQUESTS - ENDING ISOLATION/RETURN TO WORK/ACCOMODATIONS FOR COVID+ PTS

- Reference CDC Timing or Symptom Based Strategies for clearance (vs Test Based strategies)
- Limit to assessment of patient risk & refrain from specifying accommodations or evaluating employer compliance w/ requirements

Example language:

"Your health conditions (inclusions of detail contingent on patient release – ie diabetes, hypertension, and obesity) greatly increase your risk of severe complications and even death should you contract COVID-19. You should not be within 6 feet of other individuals even if they are wearing a mask, and should wear full personal protective equipment if interacting with individuals who are known to have confirmed COVID-19.

Per CDC guidelines, employers should:

'Protect employees at **higher risk for severe illness** through supportive policies and practices. Older adults and people of any age who have serious underlying medical conditions are at higher risk for severe illness from COVID-19.

- Support and encourage options to telework, if available.
- Consider offering **vulnerable workers** duties that minimize their contact with customers and other employees (e.g., restocking shelves rather than working as a cashier), if the worker agrees to this.'

Up to date information regarding CDC recommendations for patients and employers including direction to OSHA recommendations can be found at:

- <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html> (ARCHIVED)
- <https://www.osha.gov/SLTC/covid-19/> & [Protecting Workers: Guidance on Mitigating and Preventing the Spread of COVID-19 in the Workplace | Occupational Safety and Health Administration \(osha.gov\)](#)

Find All Guidance (ca.gov)[Order of the State Public Health Officer Health Care Worker Vaccine Requirement \(ca.gov\)](#)<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html><https://www.cdc.gov/coronavirus/2019-ncov/vaccines/pdfs/choosingSaferActivities.pdf>for healthcare settings: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html><https://thisisourshot.info/resources/>Telemedicine tips, trick, Best Practices from your Peers and more – go to [GNP Provider Portal Best Practices](#)For more: GNP PROVIDER PORTAL (Best Practices) : <https://www.gnpweb.com/providers/best-practices>

