



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](#) ; **Vaccines for COVID-19 | CDC**

GNP Patient Education: [COVID-19 Testing – Patient Q&A 9-21-20.pdf](#) (PCR, antigen & antibody)
[Patient COVID Update 12-3-2020.pdf](#) ; **VACCINE EDUCATION:** <https://www.gnpweb.com/covidvaccine> ; [COVID-19 Delta Variant | MemorialCare](#)

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)

We test symptomatic PUI & PREOP pts. ALL OTHERS SHOULD BE DIRECTED 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:

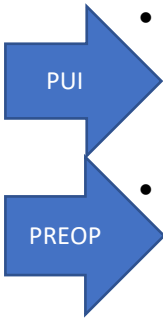
Completed questionnaire: ([GNP Preoperative COVID Screening – MD instructions 8-2-21.pdf](#) or [GNP Symptomatic Person COVID Testing – MD instructions 8-2-21.pdf](#)) AND LAB ORDER (ie Quest 93448), MD NPI, MD FAX# FOR RESULTS, PATIENT INSURANCE CARD AND BEST PATIENT CONTACT INFORMATION.

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. We are leveraging Quest and other order forms for completeness, but are not using Quest for COVID tests. **Results from these sites will be faxed to the number provided & are viewable in MC Link EPIC Chart or EPIC CareEverywhere.** (To view in MCLINK: [COVID Drive Thru Test Results – MC Link.pdf](#)).

Preoperative Screening for care at MemorialCare or SCA Facilities – will be 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>





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 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 VACCINE UPDATES - <https://www.gnpweb.com/covidvaccine>

CDC Guidance (non-healthcare settings): [Interim Guidance for Fully Vaccinated People \(CDC site\)](#);

Patient Handout: [CDC Choosing Safer Activities 4-30-21.pdf](#)

Vaccine Reluctance resources: (<https://thisisourshot.info/resources/>); [Vaccine Conversation Guide – May 2021.pdf](#); [Vaccines for COVID-19 | CDC](#); Webinar With MHS Clinical Leaders highlights: [MemorialCare website](#)

COVID vaccine is available to all individuals ages 12 and older. Direct scheduling at MemorialCare hosted vaccination sites is available on the California Vaccine site: <http://myTurn.ca.gov> – our sites are listed near the bottom of the page. **Unaccompanied minors must provide guardian/parental consent.**

Vaccine Clinic Volunteer signup: https://memorialcare.service-now.com/covid19_vax_appt/?id=covid19_vax_volunteer

The majority of vaccine is directed to County COVID immunization sites – <http://myTurn.ca.gov>
 Cellphone users **can TEXT 438829 with their ZIPCODE to receive a list of free vaccine locations in their area**
 Orange County: <https://othena.com/> ; Long Beach: <https://myturn.ca.gov>
 Los Angeles County: <http://publichealth.lacounty.gov/acd/ncorona2019/vaccine/hcwsignup/>

COVID VACCINE RESPONSE - associated with lymphadenopathy on screening mammography & possible FALSE NEGATIVE TB skin test results. For timing recommendations of these tests and more SPECIFIC CLINICAL CONCERNS REGARDING COVID mRNA VACCINE (other vaccines/studies/testing/conditions) please visit the CDC link: <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>

DIGITAL COVID-19 VACCINE RECORD – request records via this link: [Digital COVID-19 Vaccine Record \(ca.gov\)](#)

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





Link: COVID-19 VACCINE COMPARISON CHART from the Medical Letter (last update: 7/23/2021).pdf

Summary of top 4 vaccines under consideration in the US:

"NEW" vaccine type: COVID Spike mRNA protein Introduced for human recipient to produce		Non-replicating viral vector & spike protein	custom spike protein & response enhancing additive
Pfizer/BioNTech mRNA	Moderna mRNA	Janssen(Johnson&Johnson) Human adenovirus vector	NovaVax Protein & adjuvant
MINUS 94F, 5d at (2-8C) 24hr (below 46F)	MINUS 4F, 7d once thawed (below 46F)	Basic Refrigeration 35-46F (2-8C)	Basic Refrigeration 35-46F (2-8C)
2 doses, 21d apart	2 doses, 28d apart	SINGLE DOSE	2 doses, 21d apart
3rd dose, 28d after second if immunocompromised		*Thrombotic Thrombocytopenia (women ages 18-49)	
*Possible linkage to myocarditis – adolescent males			
promise faster production, more robust response, but possibly shorter durability		lower response – esp if exposed to similar virus	Engineered spike protein grown in cell culture

[Moderna EUA Fact Sheet – Recipients -12-30-20.pdf](#); [V-Safe Instructions for Patients 12-30-20.pdf](#)

[GNP COVID Vaccination Administration Consent Form 12-30-20.pdf](#); [COVID-19 Vaccination After Care Info – 12-30-20.pdf](#)

[COVID-19 Special Physician Supplemental Update for April 19 2021 – Management of Vaccine-Induced Thrombotic Thrombocytopenia](#)

Webinar with MHS Clinical Leaders highlights: [MemorialCare website](#)

*PATIENT WEBPAGE VACCINE EDUCATION: <https://www.gnpweb.com/covidvaccine>; [Vaccines for COVID-19 | CDC](#)

***COVID VACCINE CONSIDERATIONS IN CERTAIN POPULATIONS:** CDC information regarding those with hx of myocarditis, age/gender considerations for use of J&J vaccine, those vaccinated outside the US, etc: click [Interim Clinical Considerations for Use of COVID-19 Vaccines | CDC](#)

COVID TREATMENT – continues to be supportive, 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 Infusion Orders for Regen-Cov, & Instructions.](#)

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

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

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





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 \(osha.gov\)](#)”



PATIENT REQUEST – LETTER DOCUMENTING EXEMPTION FROM VACCINES (Medical Board disciplinary warning)

- Best practice is to inform patient if you are unable to write a medical exemption (Example language):
“I am unable to provide you with a medical exemption without a valid medical basis. The most recent guidelines of the Centers for Disease Control and Prevention (CDC) only consider a history of the following to be contraindications to vaccination with COVID-19 vaccines:
1. Severe allergic reaction (e.g., anaphylaxis) after an earlier dose or to a part of the COVID-19 vaccine
2. Immediate allergic reaction of any severity to an earlier dose or known (diagnosed) allergy to a part of the vaccine
I strongly recommend that you get the vaccine, as variants are resulting in another surge. The COVID-19 vaccination is recommended as the best defense for everyone 12 years and older for the prevention of COVID-19. People with underlying medical conditions are at increased risk for severe illness if infected with the COVID-19.

Cellphone users can TEXT 438829 with their ZIPCODE to receive a list of free vaccine locations within their area

Other ways to sign up - Orange County: <https://othena.com/> ; **Long Beach:** <https://myturn.ca.gov>

Los Angeles County: <http://publichealth.lacounty.gov/acd/ncorona2019/vaccine/hcwsignup/> “

Example language for patient letters:

“Re: (patient) COVID-19 vaccination status

(Patient) **has NO medical or clinical contraindication to vaccination.** Failure to receive the vaccination increases (his/her) risk of severe complications, and even death should (he/she) contract COVID-19. Unvaccinated individuals should follow CDC & CDPH guidelines for physical distancing, personal protective equipment, and workplace safety.”



HEALTHCARE WORKER VACCINATION STATUS ORDER

On 8/5/21 Governor Newsom & CA Department of Public Health (CDPH) Order mandated **COMPLETION OF COVID VACCINATION SERIES FOR ALL HEALTHCARE WORKERS IN CA NO LATER THAN September 30, 2021-** including “Clinics & Doctor Offices.” [Order of the State Public Health Officer Health Care Worker Vaccine Requirement \(ca.gov\)](#); [Find All Guidance \(ca.gov\)](#); [\(GNP\) COVID Testing Requirement Resource Page 8-2-21 Final.pdf](#)

- Records **MUST BE MAINTAINED** of healthcare workers’ **proof of full vaccination** *and/or*
- **COVID testing at least weekly** for unvaccinated healthcare workers meeting exemption requirements (**eff 8/23**)
- **N95 masks (respirators) are to be worn in areas where suspected and confirmed COVID-19 cases may be present**
- Unvaccinated exempt workers **MUST WEAR A (N95) MASK AT ALL TIMES** while in a healthcare facility
- OFFICES CAN REFER EMPLOYEES TO THE COUNTY TESTING SITES:
OC: [COVID-19 Testing | Novel Coronavirus \(COVID-19\) \(ochealthinfo.com\)](#) ; LA: [COVID-19 Testing \(lacounty.gov\)](#)
LB: <https://longbeach.gov/health/diseases-and-condition/information-on/coronavirus/covid-19-testing/>
- **Offices in ORANGE COUNTY can request direct antigen testing from the County Duty Officer (714-415-8980)**
– OC: www.OHealthinfo.com/EMS/AOC

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



HEALTHCARE WORKER EXPOSURE & MANAGEMENT INFORMATION

[CDC Interim US Guidance for Risk Assessment and Work Restrictions for Healthcare Personnel with Potential Exposure to COVID-19 \(3/11/21\)](#) ; [updated CDC Healthcare Infection Prevention and Control Recommendations in Response to COVID Vaccination \(4/27/21\)](#)

- Fully vaccinated HCP should continue to wear source control while at work.
- Fully vaccinated HCP could dine and socialize together in break rooms and conduct in-person meetings without source control or physical distancing. If unvaccinated HCP are present, everyone should wear source control and unvaccinated HCP should physically distance from others.
- HCP who have traveled need to follow CDC travel recommendations & requirements, including restriction from work if recommended.

HEALTHCARE PROVIDERS WHOSE CONTACT WITH A COVID-19+ INDIVIDUAL MEETS THE EXPOSURE RISK CONDITIONS LISTED BELOW : **Prolonged/close contact with an individual with confirmed COVID-19 & exposure while:**

- HCP not wearing a respirator or facemask
- HCP not wearing eye protection while COVID-19+ individual was not wearing a face covering or facemask
- HCP not wearing ALL recommended PPE (gown, gloves, eye protection, respirator) while performing an aerosol generating procedure

Recommended Work Restrictions

- May work, but mask for 14 days after last exposure (fully vaccinated immunocompetent HCP)
- Exclude from work for 14 days after last exposure (immunocompromised/not fully immunized HCP only)
- ALL exposed HCP should be monitored 2x/day for fever or [symptoms consistent with COVID-19](#)
- ALL exposed HCP should be tested for SARS-CoV-2 immediately and 5-7 days after exposure
- **ANY HCP WHO DEVELOPS FEVER OR [SYMPTOMS CONSISTENT WITH COVID-19](#) SHOULD IMMEDIATELY SELF-ISOLATE REGARDLESS OF VACCINE STATUS** and contact their established point of contact (e.g., occupational health program) to arrange for medical evaluation and testing.

COVID+ HEALTHCARE PERSONNEL RETURN TO WORK CRITERIA

[CDC Criteria for Return to Work for Healthcare Personnel with SARS-CoV-2 Infection \(Interim Guidance\)](#)

Summary of Recent Changes as of June 2, 2021 - Except for rare situations, use symptom-based strategy to determine when to allow HCP to return to work – Work Exclusions as follows:

- Asymptomatic throughout & immunocompetent HCP: ok once 10d past since first positive COVID-19 NAAT
- [mild to moderate](#) dz & immunocompetent HCP: ok 10d after first sx onset & at least 24hr w/o fever w/o meds
- For HCP with [severe to critical illness](#) or who are severely immunocompromised², work exclusion for at least 10 days & up to 20 days after symptom onset ([for asymptomatic severely immunocompromised¹ HCP, consider 20 days after their initial positive SARS-CoV-2 diagnostic test](#)).
- Other symptom-based criteria:
 - “at least 24 hours” have passed *since last* fever without the use of fever-reducing medications
 - “improvement in symptoms” addresses expanded list of symptoms associated with COVID-19

[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/>

Vaccine Clinic Volunteers: https://memorialcare.service-now.com/covid19_vax_appt/?id=covid19_vax_volunteer

Telemedicine tips, trick, Best Practices from your Peers and more – go to [GNP Provider Portal Best Practices](#)