## 2019 Novel Coronavirus (COVID-19)

### Signs and Symptoms
- Main symptoms: fever, cough, shortness of breath
- May be: pneumonia, respiratory failure (ARDS); also no or mild respiratory symptoms

### Incubation
Unknown. The estimated incubation period is 5 days (range 2-14 days)

### Case classification
COVID-19 testing is available at Washington State Public Health Laboratories (PHL) and several academic and clinical laboratories. Symptomatic persons in the following groups are high priority for testing:
- Healthcare worker or in a high priority occupation (e.g., public safety, fire fighter EMS)
- Part of an illness cluster in a facility or group (e.g., healthcare, school, corrections, business)
- A severe case of lower respiratory illness (hospitalized or fatal) without alternative diagnosis
- Patients with worsening symptoms
- Patients older than 60 years
- Patients with underlying medical conditions
- Pregnant women
- Anyone who had contact with a suspect or lab-confirmed COVID-19 patient, or who had travel from an affected geographic area, within 14 days of their symptom onset

Testing at PHL will be performed for the first 3 groups and upon specific request by a local health officer; all other testing should be performed at commercial labs.

| Confirmed: | tested positive for COVID-19 |
| Probable: | close contact of a confirmed case with any compatible symptom above; used in cluster investigation |

### Treatment
There is no specific antiviral treatment recommended for COVID-19 and no vaccine available.

### Duration
Likely contagious with symptoms, possibly before and after. Asymptomatic infection may be contagious.

### Exposure
Based on other coronaviruses, person-to-person transmission likely happens primarily through respiratory droplets from coughing or sneezing, but may occur through close personal contact, such as shaking hands, touching an object or surface with the virus on it and then touching mouth, nose, or eyes before washing hands; rarely fecal contamination with coronavirus present may be an exposure.

### Laboratory testing
LHJs should call 206-418-5500 for pre-approval for PHL testing. Clinical laboratories do not require pre-approval. PHL specimen collection, shipping and handling information:
https://www.doh.gov/ForPublicHealthandHealthcareProviders/PublicHealthLaboratories/MicrobiologyLabTestMenu
- **Best specimens (collected while wearing personal protective equipment including eye cover)**
  - Nasopharyngeal (NP) AND oropharyngeal (OP) synthetic swabs placed together in 2-3 mil viral transport media
  - Lower respiratory sample (sputum, BAL or tracheal aspirate), if available, is preferred to OP swab. Submit lower respiratory sample in sterile container.
  - Also recommend a second nasal swab for rapid flu and respiratory panel at a clinical laboratory
- **Specimen collection, shipping and handling information:** Keep specimens cold (2-8°C) up to 72 hours until receipt at PHL, otherwise freeze ≤ -70 degrees C; ship with 2019 nCoV Sample Submission form (not virology or BT), include two identifiers and source on specimens and form.

### Public health actions
Interview confirmed cases or next of kin to determine if the person works in, or was likely exposed or infectious in a healthcare facility, school, or business. Prioritize healthcare-associated and fatal cases. If such exposures are identified, start a cluster investigation. Conduct contact investigations as resources allow. Complete the COVID-19 (not coronavirus) WDRS form with available information.

Inform the case to stay home while symptomatic except to get medical care; call the provider before visiting and identify themselves as having COVID-19; separate themselves from others (particularly sleeping area and bathroom) and avoid sharing household items such as dishes, towels, or bedding; practice respiratory etiquette and frequent hand hygiene. See: https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html

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**Washington State Department of Health**
| Public health actions | Provide the following education materials as needed to cases and contacts: patients with confirmed or suspected COVID-19 and persons exposed to a confirmed COVID-19 case; providers may use these and: unexposed patients with COVID-19 symptoms. For current COVID information see: https://www.cdc.gov/coronavirus/2019-ncov/index.html and https://www.doh.wa.gov/Emergencies/Coronavirus |