

# COVID-19 Testing Guidelines for Healthcare Providers



LAST UPDATED:  
**09/25/2020**

## Patient with high-risk exposure (*close contact*)

### Does the patient have a COVID-19-like symptom(s)?

Fever (100.4°F or higher), new onset of headache, shortness of breath, new cough, sore throat, vomiting, diarrhea, abdominal pain from unknown cause, new congestion/runny nose, new loss of sense of taste or smell, nausea, fatigue from unknown cause, muscle or body aches

- a. If yes, see section A.
- b. If no, see section B.

### Section A. HIGH-RISK EXPOSURE AND SYMPTOMATIC

If any COVID-19-like symptom + high-risk exposure, test for COVID-19 or isolate for at least 10 days. (See Section C and D for details.)

### Section B. HIGH-RISK EXPOSURE AND NO SYMPTOMS

1. If testing performed, recommend testing 4–5 days after exposure.  
*Asymptomatic testing not available at Memorial Respiratory Clinic.*
2. Quarantine for 14 days from last day of exposure.
3. Release from quarantine letter must be issued by:
  - Local health department – for children and staff in Pre-K, K–12 and day care programs
  - Employer – for healthcare colleagues
  - Healthcare provider – for all other patients
4. If symptoms develop, test for COVID-19 and start isolation.

### High-Risk Exposure

Within six feet for more than 15 minutes throughout the course of the day to a known COVID-19 positive individual in the time frame from two days before until 10 days after the COVID-19-positive person's symptoms started or person tested positive (if no symptoms).  
*Example: Within three rows on a school bus; desks within six feet; riding in same car*

#### Mask or face covering used?

**For patients in school settings:** IDPH currently advises that only distance and time of exposure be considered in evaluating risk because individuals do not always cover their mouths and noses tightly during the exposure.

#### For patients in non-school settings:

PPE (especially masks) when worn correctly offer considerable protection along with distancing and decreased time of exposure.

### Isolation

The person with symptoms must stay in their own bedroom/ bathroom with food brought to them starting on the day of the test (assume positive). If not independent or incapable of self-isolation (child, elderly with dementia, etc.) then attempt to limit close contact with the symptomatic individual.

If test is positive (or not done and therefore assumed to be positive), stay in isolation until completion of 10 days AND fever-free for 24 hours without fever-reducing medication AND all symptoms improving.

### Quarantine

A waiting period for high-exposure individuals without symptoms to see if symptoms develop. Quarantine is a minimum of 14 days, provided the individual remains asymptomatic and without new exposure. It begins on the last day of exposure to someone with COVID-19.

#### COVID-19 positive in household?

If other household members that were also in quarantine start to develop symptoms, the duration of quarantine for the asymptomatic individual will be more than 14 days.

Stay home, wear mask if around other household members, increase handwashing and surface cleaning.

Visit [ChooseMemorial.org/COVID19](https://www.choosememorial.org/COVID19) for local testing sites and eligibility.

For IDPH guidance for Pre-K – 12 and day care programs, visit:  
<https://dph.illinois.gov/covid19/community-guidance/guidance-pre-k-12-schools-and-day-care-programs-addressing-covid-19>

<https://www.isbe.net/Documents/IDPH-School-FAQs.pdf>



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## Patient with **NO** high-risk exposure (*close contact*)

### Does the patient with **NO** high-risk exposure have **COVID-19-like** symptoms?

- See section C for **probable** COVID-19 symptoms and recommendations.
- See section D for **possible** COVID-19 symptoms and recommendations.

= recommend testing for school setting with any one of these symptoms and for non-school setting with two or more symptoms  
 = recommend testing       = consider testing

### Section C. NO KNOWN EXPOSURE AND PROBABLE COVID-19 SYMPTOMS

Symptom	Testing Recommended				Instruction and Recommendations
	COVID-19	Strep	Flu	RSV	
Fever (100.4 or greater)					1. Evaluate symptoms.
Shortness of breath					2. Strongly recommend testing with presence of more than one symptom.
New cough					3. Discuss options with patient/family.
Sore throat					<ul style="list-style-type: none"> <li>• Test for COVID-19; if no test, assume positive.</li> </ul>
New loss of taste or smell					4. Isolate patient with symptoms (if capable and independent) until results received.
Chills					5. All other household members quarantine.
New nasal congestion or runny nose					6. Direct to testing site, telehealth visit, face-to-face visit or Emergency Department as necessary.
Nausea/Vomiting					7. Consider other appropriate testing and treatments.
Diarrhea					8. Excuse patient from work or school.
Moderate to severe headache		Pediatric only			9. If test result negative, re-evaluate symptom(s) for alternative diagnosis vs. false negative test.
Fatigue from unknown cause					
Abdominal pain from unknown cause		Pediatric only			
Muscle or body aches					

### Section D. NO KNOWN EXPOSURE AND POSSIBLE COVID-19 SYMPTOMS

If the sick person has a known condition causing the symptoms, e.g., allergies, migraine, anxiety, asthma, COPD

- Go home and monitor symptoms.
- Every symptomatic person should be evaluated by their healthcare provider on a case-by-case basis and decisions to test for COVID-19 should be based on their personal health history.
- If recurrent, worsening or new COVID-19 like symptom(s) develop, see Section C.
- Diagnostic testing is strongly encouraged whenever an individual experiences COVID-19-like symptoms, as it is possible to have COVID-19 and other health conditions at the same time.

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