



Recommendations for more widespread testing for COVID-19 in Shasta County

April 7, 2020

Please distribute to all providers in the facility

Go to: <https://tinyurl.com/ShastaCOVID-19>

Background

There is now clear evidence of community transmission of COVID-19 in Shasta County.

Testing for COVID-19 has been mostly at a low level due to lack of testing supplies. However, though not yet optimal, testing supplies are now more readily available and commercial labs such as Quest and LabCorps and other emerging companies are doing these tests.

Although discretion in ordering this test is left to the medical provider, we are recommending that patients with symptoms consistent with COVID-19 such as fever, fatigue, dry cough or shortness of breath be tested. Other symptoms to consider include: nasal congestion, runny nose, sore throat, myalgia and diarrhea are found in a few cases. Severe patients develop dyspnea and/or hypoxemia after one week and may progress rapidly.

These tests should be done at commercial labs unless the patient meets criteria for Tier 1 testing by Shasta County Public Health Lab. [SCPH Lab Prioritization](#).

If you need testing supplies or Personal Protective Equipment (PPE) to do this testing, please email your request to DOC45@co.shasta.ca.us

The results of this testing will help with care for your patients and for community surveillance and epidemic modeling.

Please advise your patients with COVID-19 symptoms to self-isolate at home pending lab results or until seven days after symptom onset plus improvement of respiratory symptoms and afebrile for 72 hours. Everyone should think an illness with fever, cough, or shortness of breath could be COVID-19 and take steps to protect others in the community and household from the disease. People who are sick need to stay home. If they must be around other people, they should wear a mask.

Resources

1. Diagnosis and Treatment Protocol for Novel Coronavirus Pneumonia (Trial Version 7)
2. Chin Med J, 2020,133: Epub ahead of print. DOI: 10.3760/cma.j.issn.0366-6999.2020.0027. **Released**

March 3, 2020

3. [National Health Commission & National Administration of Traditional Chinese Medicine](#)