

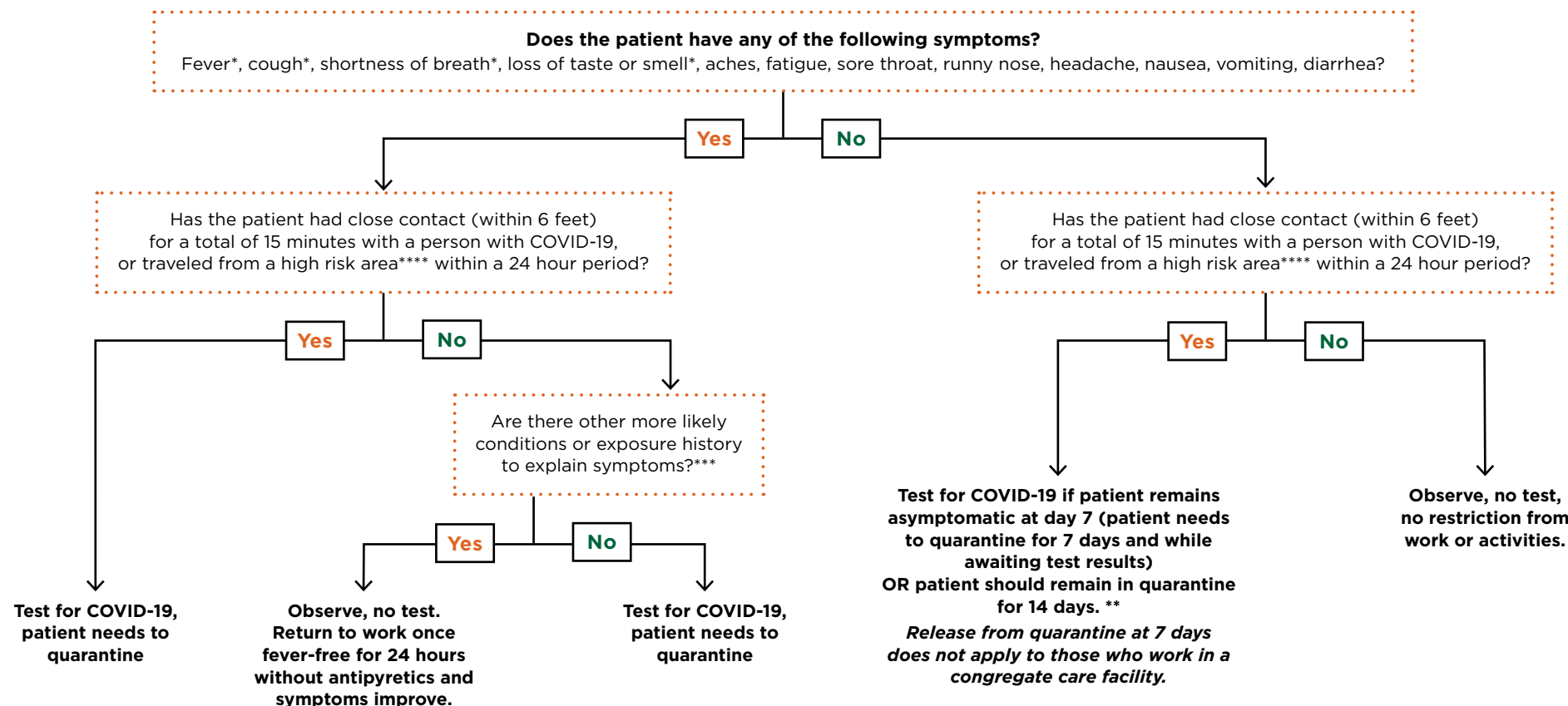
# COVID-19 PCR Testing Guidance: PCPs for Adult Patients



- This algorithm was developed in the setting of Vermont's low community prevalence of COVID-19. We expect this guidance to change as prevalence changes.
- Polymerase chain reaction (PCR) is the recommended test modality.
- Recommend a low threshold to test symptomatic patients or their symptomatic household contacts, especially if they are essential workers (such as healthcare or those critical to infrastructure).

- If it is determined that testing for COVID-19 is warranted, instruct patient to quarantine until their test results are available at which point further instructions will be provided, depending on the results.
- The requirement for a medical provider's note for return to onsite work should be discouraged.

Current as of November 10, 2020



### Patient tests positive for COVID-19:

- 1) Self isolate for at least 10 days since symptom onset and at least 24 hours since last fever without antipyretics OR, if asymptomatic, 10 days have passed since positive test
- 2) Monitor symptoms.
- 3) May return to work without restrictions once self isolation period has ended.

### Patient tests negative for COVID-19:

#### known exposure to COVID positive person or travel

- If patient is within 7 days of known exposure or travel, continue quarantine and monitor symptoms until 14 days have passed since last exposure or remains asymptomatic and tests negative after day 7 of quarantine\*\*
- Return to work without restrictions once quarantine has ended.

### Patient tests negative for COVID-19: no known exposure

- Return to work once afebrile for 24 hours without antipyretics and symptoms improve

\* High index of suspicion for COVID-19 if a patient presents with these symptoms, however young healthy people may have mild symptoms.

\*\* Day of last exposure may be extended in situations where the COVID positive person is household contact and cannot separate from patient with COVID-19.

\*\*\* Such as asthma exacerbation, seasonal allergies.

\*\*\*\* For up to date information regarding risk associated with travel, visit <https://accd.vermont.gov/covid-19/restart/cross-state-travel>.