

Smartphrase: NTCOVIDADULT

Wrench in the Positive Travel Screener, review screener

Ask the following questions:

Exposure

1. Exposure to confirmed case: who is the person with the confirmed novel coronavirus infection?
2. How was it confirmed that the contact has novel coronavirus infection?
3. Were you in direct contact with the confirmed person?
4. Place of contact: Where were you when you were exposed to the sick person?

Type of contact

5. What contact did you have with the sick person? (live together, same school, within 6 feet of person, shared table/food/utensils, intimate contact)
6. Duration of contact: How long were you in contact with the person?
7. Date of contact: when did this exposure occur?
8. When did the exposure occur relative to when the confirmed person become symptomatic?

Travel

9. What countries did you travel to?
10. When did you arrive?
11. When did you depart?
12. How long were you in each country?

Triage Assessment Questions:

Call EMS 911 Now for the following symptoms:

- Severe difficulty breathing (e.g., struggling to breath, stridor, grunting, rapid breathing, speak in single words, bluish lips)
- Sounds like a life-threatening emergency to the triager

Go to ED Now for the following symptoms:

- Difficulty breathing (e.g. cough, wheezing)
- Fever
- Patient sounds very sick or weak to the triage nurse, unable to drink or sleep due to cough or illness

When referring to EMS, ED, or other facility for evaluation, Advise the patient the following:

- Tell the first person you meet in any healthcare facility that you may have been exposed to coronavirus and you are now having symptoms. You **Must** do this so that the healthcare workers can make plans to prevent spread of coronavirus to others.
- Cover your mouth and nose with a disposable tissue (e.g., Kleenex, toilet paper, paper towel), wash cloth or wear a mask if you have one
- Ask for a mask to wear over your mouth and nose.

RN Calls ED Charge Nurse/Expect: [Expect line- 4-7522](tel:4-7522) and [ED Charge Nurse 857-292-9434](tel:857-292-9434)

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PCP Appointment, Home Care Advice and/or Education for the following Mild-Moderate symptoms:

- Cough with no distress
- Cold symptoms (sore throat, runny nose, headache, mild congestion)
- Fever responding to fever medications
- Mild Body aches, chills, diarrhea,
- Tolerating liquids, drinking, eating

RN Pages Infectious Disease pager to determine if testing is recommended and appropriate location of care: [ID Fellow Pager 8902](#)

Care Advice & Symptom Management as indicated:

1. **Cover Your Mouth and Nose, Wear a Mask:**
 - Cover your mouth and nose with a disposable tissue (e.g., Kleenex, toilet paper, paper towel) or wash
2. **Wash Your Hands with Soap and Water:**
 - Wash your hands and face frequently with soap and water.
3. **Isolation Is Needed:**
 - Isolate yourself at home.
 - Do **Not** allow any visitors
 - Do **Not** go to work or school
 - Do **Not** go to church, child care centers, shopping, or other public places.
 - Do **Not** shake hands.
 - **Avoid close contact** with others (hugging, kissing).
4. **For All Fevers:**
 - Drink cold fluids to prevent dehydration.
 - Dress in 1 layer of lightweight clothing and sleep with 1 light blanket.
 - For fevers less than 101° F (38.3° C), fever medicines are usually not needed.
5. **Fever Medicines: (Review Medication Allergy History)**
 - For fevers above 101° F (38.3° C) take either acetaminophen or ibuprofen.
 - They are over-the-counter (OTC) drugs that help treat both fever and pain. You can buy them at the drugstore.
 - The goal of fever therapy is to bring the fever down to a comfortable level. Remember that fever medicine usually lowers fever 2 degrees F (1 - 1 1/2 degrees C).

Acetaminophen (e.g., Tylenol):

- *Regular Strength Tylenol:* Take 650 mg (two 325 mg pills) by mouth every 4-6 hours as needed. Each Regular Strength Tylenol pill has 325 mg of acetaminophen.
- *Extra Strength Tylenol:* Take 1,000 mg (two 500 mg pills) every 8 hours as needed. Each Extra Strength Tylenol pill has 500 mg of acetaminophen.
- The most you should take each day is 3,000 mg (10 Regular Strength or 6 Extra Strength pills a day).

Detailed Triage and Talking Points for Telephone Interactions—Adults

Ibuprofen (e.g., Motrin, Advil):

- Take 400 mg (two 200 mg pills) by mouth every 6 hours.
- Another choice is to take 600 mg (three 200 mg pills) by mouth every 8 hours.
- The most you should take each day is 1,200 mg (six 200 mg pills), unless your doctor has told you to take more.

6. Fever Medicines - Extra Notes:

- Use the lowest amount of medicine that makes your fever better.
- Acetaminophen is thought to be safer than ibuprofen or naproxen in people over 65 years old. Acetaminophen is in many OTC and prescription medicines. It might be in more than one medicine that you are taking. You need to be careful and not take an overdose. An acetaminophen overdose can hurt the liver.
- McNeil, the company that makes Tylenol, has different dosage instructions for Tylenol in Canada and the United States. In Canada, the maximum recommended dose per day is 4,000 mg or twelve Regular-Strength (325 mg) pills. In the United States, McNeil recommends a maximum dose of ten Regular-Strength (325 mg) pills.
- **Caution:** Do not take acetaminophen if you have liver disease.
- **Caution:** Do not take ibuprofen if you have stomach problems, kidney disease, are pregnant, or have been told by your doctor to avoid this type of anti-inflammatory drug. Do not take ibuprofen for more than 7 days without consulting your doctor.
- *Before taking any medicine, read all the instructions on the package.*

Call Back/Follow Up:

- Breathing difficulty develops
- You become worse.
- Additional questions or concerns

Education

General Information About Coronavirus 2019-nCoV

1. Coronavirus Outbreak:

- Currently, limited information is known about this novel (new) coronavirus respiratory infection.
- An outbreak of this infection began in Wuhan, Hubei Province, China in December 2019.
- The first patient in the United States occurred on January 21, 2020.
- This is a new and rapidly changing situation.

2. Coronavirus - Symptoms:

- The coronavirus can cause a respiratory illness, such as bronchitis or pneumonia.
- *The most common symptoms are:* cough, fever, and shortness of breath.
- *Other symptoms are:* body aches, chills, diarrhea, fatigue, headache, runny nose, and sore throat

3. Coronavirus - Exposure Risk Factors:

- Exposure to a person who has been diagnosed (laboratory confirmed) with coronavirus.
- Travel from an area with recent local transmission of coronavirus, such as China.
- The CDC (www.cdc.gov) has the most up-to-date list of where the coronavirus outbreak is occurring.

4. Coronavirus - How it Is Spread:

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- The virus likely spreads through respiratory droplets produced when a person coughs or sneezes. This is how most respiratory viruses spread.
 - Reports from China suggest that the initial coronavirus cases were spread from animals to humans.
 - The current large number of cases are believed to be spread from human to human.
- 5. Coronavirus - How To Protect Yourself From Getting Sick:**
- *Avoid close contact with people known to have this new coronavirus infection.*
 - Wash hands often with soap and water.
 - Alcohol-based hand cleaners are also effective.
 - Avoid touching the eyes, nose or mouth. Germs on the hands can spread this way.
 - Do not share eating utensils (e.g., spoon, fork).
- 6. Coronavirus - Travel:**
- The Centers for Disease Control and Prevention (CDC) maintains a website with latest recommendations regarding travel and your health.
 - Currently the CDC recommends avoiding all non-essential travel to countries with a level 3 travel health notice.
 - Website: <https://wwwnc.cdc.gov/travel/>.
- 7. FAQ - Should I wear a face mask to protect me from getting Coronavirus?**
- The CDC does not currently recommend the use of face masks among the general public.
 - More information about prevention is available at: <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>.
- 8. FAQ - What are examples of activities that do not cause or increase my risk of getting coronavirus?**
- Eating at a Chinese restaurant.
 - Walking by a person who has coronavirus.
 - Living in a community where there are one or more confirmed cases of coronavirus.
 - Being in the same school, church, workplace or building as a person with coronavirus.
 - Close contact with a person who was exposed to coronavirus more than 14 days ago and never developed any symptoms.
- 9. Call Back If:**
- You have more questions.

