

## Updated Guidance for Long Term Care Facilities (LTCFs) July 27, 2020

**Purpose:** This guidance includes clarification on process for acceptance of transfers as well as provides recent CDC updates for release from isolation and transmission-based precautions.

### A. Transfer of Patients from Hospital to LTCFs

- a. Patients being discharged or readmitted from an Acute Care to a Long-Term Care Facility following in-patient hospitalization (not ED visit) must be tested for COVID-19.
- b. LTCFs should not deny patient transfers based on COVID-19 status or availability of results. Instead, receiving facilities should plan for the placement and observation of incoming residents for up to 14 days or until results are available. Staff should follow CDC infection prevention and control recommendations for the care of COVID-19 patients.
- c. Upon receipt of test results, the acute care facility will immediately share those results with the admitting LTCF.

**B. Facilities may continue to accept new admits** even while conducting response testing, unless otherwise directed to close to new admissions by Sacramento County Public Health.

### C. Discontinuation of Transmission-Based Precautions for Patients with Suspect or Confirmed COVID-19

- a. *Symptomatic patients can be released from isolation and transmission-based precautions when*
  - i. At least 10 days have passed since symptoms first appeared (recommend 14 days) **AND**
  - ii. At least 24 hours have passed since last fever without the use of fever-reducing medications **AND**
  - iii. Other symptoms have improved
  - iv. Patients with severe to critical illness\* or who are severely immunocompromised should have precautions continued until 20 days after symptom onset with fever and symptom improvement
- b. *Asymptomatic patients with laboratory-confirmed COVID-19:*
  - i. Continue precautions a minimum of 10 days and if possible 14 days since the date of first positive COVID-19 diagnostic test, assuming symptoms do not develop.
  - ii. If severely immunocompromised, continue precautions for 20 days after initial positive COVID-19 diagnostic test
- c. *Healthcare providers returning to work* follow same protocol, except are required to wait only 10 days since symptoms first appeared.
- d. Sacramento County uses time-based or symptom-based criteria for release from isolation. The test-based strategy results in prolonged isolation of residents who continue to shed virus even when they are no longer infectious, so repeat testing of positive cases is not recommended

\*Respiratory frequency >30 breaths per minute, SpO2 <94% on room air at sea level (or, for patients with chronic hypoxemia, a decrease from baseline of >3%), ratio of arterial partial pressure of oxygen to fraction of inspired oxygen (PaO2/FiO2) <300 mmHg, or lung infiltrates >50%. Critical Illness is defined as respiratory failure, septic shock, and/or multiple organ dysfunction.