Understanding COVID-19 Test Results

No known exposure AND no symptoms

Example: Person tested for travel, work, or peace of mind

- **Positive test**: Isolate at home for 10 days from the date of positive test (if still asymptomatic)
- **Negative test**: Continue general precautions (healthy lifestyle and self-care, wash hands, wear mask, limit social interactions)

Exposed to COVID-19 but has no symptoms

Example: Person had “close contact” with friend (spent at least 15 minutes within 6 feet) who had positive COVID-19 test

- **Positive test**: Isolate at home for 10 days from the date of positive test (if still asymptomatic)
- **Negative test**: Quarantine at home for 14 days since last exposure to the person who tested positive

Has symptoms that might be related to COVID-19

Examples: Fever, cough, trouble breathing, muscle aches, diarrhea

- **Positive test**: Isolate at home until symptoms improve AND no fever for 24 hours AND at least 10 days pass since symptoms first started. Check with health care provider to confirm it is OK to end isolation.
- **Negative test**: Quarantine at home and retest. Second test is recommended by a different lab (Example: If first NEGATIVE test was done in the village on an Abbott ID NOW machine, send second test to a hospital or state lab.)

**Important**: You cannot “test out” of a quarantine. If you are supposed to isolate or quarantine for 10-14 days but you feel fine and your test comes back negative, you must isolate or quarantine for the full 10-14 days because you may come down with the disease and/or be contagious.

Case Examples

1. **Example**
A family returns from fish camp. They all feel fine and are tested for COVID-19 “just to make sure.”

   **Test Results**
   Mom and daughter: positive; Dad and two sons: negative.
   Assuming everyone continues to feel fine (no COVID-19 symptoms) and the whole family lives together in the same house, Mom and daughter must isolate for 10 days from the day of the POSITIVE test. Dad and the two sons must quarantine for those same 10 days AND must quarantine for an additional 14 days since their last contact with (potentially) contagious Mom and daughter.

2. **Example**
A health care provider feels fine (no symptoms), but her employer requires a COVID-19 test.

   **Test Results**
   She tests positive.
   If she remains asymptomatic, she will need to isolate for 10 days from the date of POSITIVE test. She should be able to return to work after 10 days of isolation. Some employers require a follow-up NEGATIVE test, but this is not recommended by the CDC or the State because a person can continue to have a POSITIVE test weeks after they are no longer contagious.

More at: CDC Coronavirus Disease 2019, Frequently Asked Questions

**Let us know what you think!** aka-CHAPCOVID-19weeklyupdates@anthc.org
Send questions for presenters and each other, and suggest topics for discussion.
“The Power of Community to create health is far greater than any physician, clinic or hospital.” ~ Mark Hyman

CHAP Weekly Update

Timeline Examples

1. On Day #1, Sam went to lunch with friends and was unknowingly exposed to COVID-19. On Day #5, Sam feels healthy. He meets two friends for coffee and tomorrow he plans to meet four friends to work on his boat. Sam doesn’t know he is infected with COVID-19. His symptoms won’t start for another 2 days, but he is now infectious and has exposed his friends to COVID-19.

2. Barb is contacted by Public Health. They tell her she was exposed to COVID-19 seven days ago at wedding she attended in Anchorage (Day #1). She feels fine, but tests positive for COVID-19 and is told to isolate for 10 days (Days #7-17). Although Barb has no symptoms, she is still infectious.

COVID-19 by the Numbers

<table>
<thead>
<tr>
<th>Alaska residents</th>
<th>USA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total cases:</td>
<td>4,438</td>
</tr>
<tr>
<td>Recovered cases:</td>
<td>1,316</td>
</tr>
<tr>
<td>Hospitalized:</td>
<td>184</td>
</tr>
<tr>
<td>Deaths:</td>
<td>29</td>
</tr>
</tbody>
</table>

| Total cases:     | 5.52M |
| Recovered cases: | approx. 2M |
| Hospitalized:    | 236,271 |
| Deaths:          | 173,000+ |

Healthy Alaskans 2030

The State of Alaska Department of Health and Social Services (DHSS) and the Alaska Native Tribal Health Consortium (ANTHC) are pleased to announce the availability of the draft state health improvement plan, Healthy Alaskans 2030.

The plan is now open for public comment on the State of Alaska Public Notice website until Sept. 2, 2020, at 5 p.m. State Health Improvement Plan, Healthy Alaskans 2030.

http://notice.alaska.gov/199049

Save the Date

Next Session: August 25, 2020 – Dr. Ros Singleton, pediatrician
Discussion: Upcoming RSV season, Singulair, and how RSV is different from COVID-19

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NIH Treatment Guidelines
Mild and Moderate COVID-19

People with mild or moderate symptoms can usually be managed at home (Isolation, symptom monitoring, and OTC medications to help with symptoms)

Treatment
- Vitamin C, Vitamin D and Zinc may help to boost the immune system in general, but there is insufficient evidence for the NIH to recommend for or against their use specifically for COVID-19
- Acetaminophen and NSAIDs, like ibuprofen, are OK to take to help with fever and other symptoms

Definitions
Mild: Some symptoms of COVID-19, but no shortness of breath, dyspnea or abnormal chest x-ray
Moderate: Respiratory symptoms, but does not require supplemental oxygen. SpO₂ is 94% or higher on room air

Severe and Critical COVID-19

People with severe or critical symptoms are usually cared for in a hospital

Treatment
- Isolation (in a hospital, often in an ICU)
- Supplemental Oxygen (sometimes with mechanical ventilation)
- Dexamethasone (a corticosteroid) is being used in patients who require supplemental oxygen (whether or not they are on ventilators). It is not recommended for people with milder symptoms who do not require supplemental oxygen
- Remdesivir (an anti-viral medication) is being used in patients with severe or critical symptoms (those who require supplemental oxygen, with or without mechanical ventilation)
- Convalescent plasma (blood plasma collected from people who have had and recovered from COVID-19) is being used in patients who have severe or critical symptoms

Chloroquine and Hydroxychloroquine are NOT recommended except in clinical trials

Definitions
Severe: Respiratory frequency > 30 breaths per minute, SpO₂ < 94% on room air, or lung filtrates > 50% on chest x-ray
Critical: Respiratory failure, septic shock and/or multiple organ dysfunction

Thanks to Dr. Anne Musser for her presentation on COVID-19 testing this week. The recording is available on the Distance Learning Network learning website.

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