Information on COVID Testing, Definitions, Symptoms, and More

I've been exposed to someone with COVID, what now?
Use this helpful Quaratine and Isolation Calculator from the CDC
https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#

VACCINES

Covid-19 vaccination is recommended for everyone age 6 months and older.

COVID-19 vaccines are no longer being offered at DCPP offices; they are readily available in our region. Vaccines.gov is an excellent search tool to help you find a vaccine.

The physicians in our practices follow CDC guidelines regarding COVID-19 vaccinations, including booster doses. Information about the timing of vaccines and boosters for children and adults can be found on the CDC website:

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html

On the above site, you can scroll down to the box that states "Find out when you can get your booster," enter your information, and receive personalized guidance.

Resources for vaccinating children 6 months - 4 years

CVS Minute Clinic - CVS providers (NOT pharmacists) will vaccinate any child over the age of 18 months. Must make an appointment at the Minute Clinic online.

Rite Aid - Pharmacists will vaccinate any child 3 years and up.

UPMC Children's Hospital and Children's Community Pediatrics practices- Will vaccinate children age 6 months and up. Click here for more information. Established patients of CCP practices should call to schedule a vaccination appointment. To make an appointment for a child who is not an established patient of CCP, call 844-876-2822 between 8am and 5pm Monday-Friday.

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FAQ about vaccines:

Q: How long after having COVID should I wait to get the vaccine?

A: You can get your vaccine after you have ended your isolation period from recent infection.

Q: Can I receive other vaccines on the same day or soon before/after the COVID vaccine?

A: Yes, there is no restriction on receiving other vaccines concurrently or soon before/after the COVID vaccine.

CDC Masking Guidelines

Please visit CDC.gov for more details

Step 1: Know the COVID-19 transmission rate in your area. In Allegheny County, this can be found on the ACHD COVID-19 dashboard.

Step 2: Decide about masking based on transmission rate, along with your personal circumstances and preferences.

- Low transmission: Wear a mask based on personal preference.
- Moderate transmission: Wear a mask if you are immunocompromised, at high risk for severe illness, or in close contact with someone who is at high risk for severe illness.
- High transmission: Wear a well-fitting mask indoors in public, regardless of vaccination status or individual risk (including in K-12 schools and other community settings).

DCPP Testing Available for Member Patients Only

- In-office rapid testing (nasopharyngeal swab): available at Allison Park practice
- Home rapid tests: available at all 3 practices
- PCR swab tests: available at all 3 practices

How to schedule testing or pick-up of home kits:

- Allison Park practice: call 412-685-3373 during business hours
- Highland Park practice: call 412-219-4613 during business hours
- Mt. Lebanon practice: call 724-288-6964 during business hours

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Other Testing Options in Pittsburgh

- www.curative.com
- www.upmc.com/coronavirus/testing-centers
- www.ahn.org/coronavirus/faqs/testing
- www.health.pa.gov/topics/disease/coronavirus/Pages/Symptoms-Testing.aspx
- https://patient.questdiagnostics.com/no-cost-covid-test

Rapid tests may be available here:

- Covidtests.gov
- Blueberry Pharmacy
- Amazon.com
- Other local retail pharmacies

Free rapid home tests:

https://special.usps.com/testkits

What to know about COVID tests, from your DCPP docs

The gold standard to test for COVID-19 infection is the PCR ("send away") test.

Rapid tests have a role and are most accurate when checked within the first week of symptoms, especially days 3-5 when the viral load tends to be at its highest.

- If you have a positive rapid antigen test result, you can be very certain that you do have a COVID-19 infection.
- If you have a negative rapid antigen test result, you should follow up with a PCR test for more certainty, especially if you were exposed to COVID-19 or have any

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symptoms of COVID-19.

Reference: onlinelibrary.wiley.com/doi/full/10.1002/jcla.24203

Key Definitions Related to COVID-19

WATCH: Learn more about Quarantine vs. Isolation (https://youtu.be/l3s75_X8Xjs)

Isolation: Refers to the period of time that a person with a COVID-19 infection should stay away from other people. A 10-day isolation is recommended for those who are symptomatic as well as asymptomatic with COVID-19.

Scenarios:

- SYMPTOMATIC (sick) with POSITIVE test

  It is recommended that you isolate for AT LEAST 5 days from the START of your symptoms, regardless of what day in your illness you test positive. You may end your isolation and continue to mask for an additional 5 days if your symptoms have RESOLVED. If your symptoms persist beyond 5 days, it is recommended that you isolate for 10 days total from the start of your symptoms.

- ASYMPTOMATIC (not sick) with POSITIVE test

  It is recommended that you isolate for AT LEAST 5 days from the day of your positive test. You may end your isolation and continue to mask for an additional 5 days if you continue to be symptom free. If you develop symptoms, isolate an additional 5 days from the start of symptoms.

Quarantine: This is a strategy used to prevent transmission of COVID-19 by keeping people who have been in close contact with someone with COVID-19 apart from others.

Who should quarantine?
If you come into close contact with someone with COVID-19, you should quarantine if you are in one of the following groups:

- You are ages 18 or older and completed the primary series of recommended vaccine, but have not received a recommended booster shot when eligible.

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- You received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a recommended booster shot.

- You are not vaccinated or have not completed a primary vaccine series.

Who does not need to quarantine?
If you came into close contact with someone with COVID-19 and you are in one of the following groups, you do not need to quarantine:

- You are ages 18 or older and have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people.

- You are ages 5-17 years and completed the primary series of COVID-19 vaccines.

- You had confirmed COVID-19 within the last 90 days (i.e., you tested positive using a viral test).

Symptoms of COVID

Signs of any illness should be presumed COVID-19 unless tested negative. We are seeing patients with a range of symptoms including:

- Congestion, runny nose
- Headache
- Cough
- Sore throat
- Fever
- GI symptoms including nausea, vomiting, and/or diarrhea
- Loss of taste/smell
- Body aches
- Can feel like a sinus infection or allergies

When to Test if You Have Symptoms
If you have **any** symptoms of COVID, waiting 2 days to test is ideal. Days 2-5 is the range to do a rapid test. If you are symptomatic and initially test negative, wait 48 hours and test again either by PCR or rapid test.

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Current Treatment Options for COVID-19

Monoclonal antibodies (Sotrovumab, Bamlanivimab + etesevimab, Casirivimab plus imdevimab)

What they are: Monoclonal antibody (mAb) therapy, also called monoclonal antibody infusion treatment, is a way of treating COVID-19. The goal of this therapy is to help prevent hospitalizations, reduce viral loads and lessen symptom severity. This type of therapy relies on monoclonal antibodies. These are antibodies that are similar to the ones your body would naturally make in response to infection. They give the immune system a leg up until it can mount its own response.

Timeframe: This treatment is most effective when administered between days 1-5 of symptoms.

Process: Monoclonal antibodies are given as an intravenous (IV) infusion over 20-30 minutes. Patients are then typically monitored for an allergic reaction for up to 60 minutes.

What you should know: Currently **sotrovumab** is the monoclonal antibody of choice because it has shown maintenance of efficacy against the Omicron variant.
Who Is Eligible: Anyone who tested positive for COVID-19, has had symptoms for 10 days or less, and one of the following:

- At least 65 years of age
- BMI > 25kg/m2 (adults) / BMI > 85%ile (children)
- Currently pregnant
- Chronic lung disease (COPD, asthma, pulmonary hypertension, cystic fibrosis)
- Have one of the following medical conditions:
    - Chronic kidney disease
    - Cardiovascular disease (including congenital heart disease, hypertension, etc.)
    - Diabetes
    - Down Syndrome
    - Dementia
    - Liver disease
    - Sickle cell disease
    - Immunosuppressive disease or treatment
    - Current or former smoker

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- History of stroke
- Current or past substance abuse
- Neurodevelopmental disorders
- Medical-related technological dependence (e.g., tracheostomy, gastrostomy)
- Other condition causing medical complexity

Locations for Monoclonal Antibody Infusion:

- OLYMPUS INFUSION CENTER: www.olympusinfusions.com
- HIGHFIELD CARE: www.highfieldcare.com
- UPMC: Call 866-804-5251

Newer Antiviral Medicines

Paxlovid (Ritonavir-Boosted Nirmatrelvir)

What is it?: Paxlovid is a combination antiviral medication (nirmatrelvir) boosted with a liver enzyme (cytochrome P450 (CYP) 3A4) inhibitor (ritonavir) that has been used to boost the function of other antiviral medications in the past.

Who should get it?: Nonhospitalized patients with mild to moderate COVID-19 aged ≥12 years and weighing ≥40 kg who are at high risk of disease progression.

Dosing: Treatment should be initiated as soon as possible and within 5 days of symptom onset**.** Recommended: Oral dosing, twice daily for 5 days.

What you should know: Studies have shown that initiation of this medication within 5 days of symptom onset decreases the risk of death by 89%. This medication may have significant and complex medication interactions. Your physician should thoroughly review all medications and/or supplements prior to use.

Remdesivir

What is it?: Remdesivir is an antiviral medication.

Who can get it?: Adult and pediatric patients (aged ≥12 years and weighing ≥40 kg) with mild to moderate COVID-19 in high-risk, nonhospitalized patients, OR hospitalized patients with COVID-19.

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Dosing: Treatment should be started within 7 days of symptom onset. Recommended: Infusion of 200 mg IV on Day 1, then 100 mg IV once daily on days 2 and 3.

What you should know: Remdesivir may cause severe allergic reactions and patients must be monitored for 60 minutes after administration. It is also recommended that baseline lab work be done prior to administration and liver testing be monitored.

Molnupiravir

What is it?: Molnupiravir is an antiviral medication.

Who should get it?: Nonhospitalized patients aged ≥18 years who have mild to moderate COVID-19 and who are at high risk of disease progression ONLY when ritonavir-boosted nirmatrelvir (Paxlovid), sotrovimab, or remdesivir cannot be used.

Dosing: Treatment should be initiated as soon as possible and within 5 days of symptom onset. Recommended: 800 mg orally (PO) twice daily for 5 days.

What you should know: In studies, molnupiravir reduced the rate of hospitalization or death by 30% compared to no treatment. Molupiravir has been shown in animal studies to cause birth defects and is not recommended for pregnant women or those trying to conceive.

Locations for antiviral medicines: Available in limited supply at local pharmacies, by prescription only.

References:
(1)www.sciencedirect.com/science/article/pii/S2214109X21004484
(2)www.bmj.com/content/375/bmj.n2422
(3)www.pfizer.com/news/press-release/press-release-detail/pfizers-novel-covid-19-oral-antiviral-treatment-candidate

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