



7/8/20

** NOTICE: This health alert provides written guidance for health care professionals and others who may need to take action to prevent or control a notifiable condition. It is not intended to provide guidance for the general public.*

Updated COVID-19 Testing Recommendations - a Fond Farewell to Dr. Diana Yu and a Warm Welcome to Dr. Dimyana Abdelmalek

Requested Action:

- **Test all patients with symptoms consistent with COVID-19 regardless of age or health status and their close contacts even if the contacts are asymptomatic.**
- Test all patients with new onset of symptom(s) consistent with COVID-19, regardless of their age or health status. Patients should be tested as soon as possible after seeking care, ideally within 24 hours which is critical to identifying and isolating case, quarantining contacts and reducing community spread. If healthcare providers are unable to provide testing within this timeframe, patients should be referred to another testing site. Test patients with:
 - Cough, or
 - Shortness of breath or difficulty breathing OR at least two of:
 - Fever
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell
- Test youth and young adults, under the age of 18, presenting for care without their parents or guardians under the following circumstances:
 - If they are legally emancipated
 - If they are living homeless
 - If they are considered a * 'Mature Minor'

* "Mature Minor Doctrine" means that a minor can give consent for testing if the provider deems they are capable of understanding or appreciating the consequences of a medical procedure. In determining whether the patient is a mature minor, providers will evaluate the minor's age, intelligence, maturity, training, experience, economic independence or lack thereof, general conduct as an adult and freedom from the control of parents.
- Direct individuals to self-isolate at home and provide them with the one page guidance document below that best fits their situation pending receipt of test results and direction from Thurston County Public Health and Social Services Department.
 - Individuals with suspected or confirmed COVID-19 - <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDcasepositive.pdf>
 - Individuals with symptoms- <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDconcerned.pdf>
 - Individuals who have been exposed- <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDexposed.pdf>



See: <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/Interim-2019NovelCoronavirusQuicksheetProviders.pdf> for complete testing guidance.

Background:

The virus causing the COVID-19 global pandemic emerged in December 2019. As of July 6, there were 36,985 confirmed cases and 1370 deaths in Washington State and 303 confirmed cases and 5 deaths in Thurston County.

Thank you, our public health partners, for the long, long often unappreciated and unacknowledged hours you are tirelessly spending caring for your patients and working on COVID-19 to lessen its impact on our community and flatten the curve

Fond Farewell to Dr. Diana Yu and a Warm Welcome to Dr. Dimyana Abdelmalek

We want to take this opportunity to thank Dr. Diana Yu for stepping in to help us maneuver COVID-19 for the past four months. We couldn't have done it without her. She will be missed. She is our COVID-19 Buster and Warrior. Although she is leaving us she will be returning as a volunteer with the Thurston County Medical Reserve Corps. Thank you Dr. Yu.

Help us warmly welcome Dr Dimyana Abdelmalek to the Thurston County Public Health and Social Services Department. Dr Abdelmalek is an Emergency Physician with a passion for public health. As a college student at the University of California at Berkeley she studied integrative biology and history and spent a year in Cairo where she became interested in public health interventions for schistosomiasis. Between college and medical school, she lived on Vashon Island with her grandmother and worked at the Vashon Thriftway and is excited to be back in the Puget Sound area near family. She continued her interest in public health as a medical student at Albert Einstein College of Medicine in Bronx, New York where she was on the board of the free clinic and spent time contributing to public health in Ethiopia. She attended Emergency Medicine Residency at Washington University in Saint Louis in Missouri where she continued her work in Ethiopia teaching clinical providers procedural techniques using resource appropriate simulation. As a Global Emergency Medicine Training Fellow at Case Western University in Cleveland, Ohio she worked with International Medical Corps on creating minimum standards for refugee clinics in the Middle East and earned a Master's in Public Health. For the past three years she has worked as an Emergency Physician at Kaiser Permanente Redwood City Medical Center in California. She is excited to be joining the Thurston County Public Health and Social Services Department and we are excited to have her join us. Welcome Dr Abdelmalek!.

RESOURCES:

Centers for Disease Control and Prevention (CDC) COVID-19 Website:
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Washington State Department of Health (DOH):
<https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020COVID19/HealthcareProviders>

DOH - What to do if you have confirmed or suspected COVID-19 -
<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDcasepositive.pdf>

COMMUNICABLE DISEASE UPDATE

DISEASE CONTROL AND PREVENTION DIVISION
THURSTON COUNTY PUBLIC HEALTH AND SOCIAL SERVICES DEPARTMENT
412 LILLY RD NE
OLYMPIA, WA, 98506-5132
DISEASE REPORTING: (360)786-5470
Dimyana Abdelmalek, MD, MPH, Health Officer



DOH - What to do if you were potentially exposed to someone with COVID-19 -
<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDexposed.pdf>

DOH - What to do if you have COVID-19 symptoms but have not been around anyone diagnosed with COVID-19 -
<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDconcerned.pdf>

Thurston County Public Health and Social Services Department:
<https://www.thurstoncountywa.gov/phss/Pages/coronavirus.aspx>

THANK YOU FOR REPORTING!

| TO REPORT A NOTIFIABLE CONDITION IN THURSTON COUNTY | |
|--|--|
| Voice mail for reporting non-immediately reportable conditions (24 hours a day) | Phone: 360-786-5470 Fax: 360-867-2601 |
| Day time immediately reportable conditions – Call detailed information to the 24-hour Notifiable Condition Reporting Line at 360-786-5470. Messages are picked up hourly. If a call back can't wait call 360-867-2500 and ask staff to locate a Communicable Disease staff. | Phone: 360-786-5470 |
| After hours immediately and 24-hour reportable conditions or a public health emergency | Call 1-800-986-9050 |
| No one is available with Thurston County Public Health and condition is immediately notifiable | 1-877-539-4344 |

Communicable Disease Updates are posted online at: <http://bit.ly/CDUpdatePHSS>