



7/14/20

** 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.*

COVID-19 Testing Recommendations and Laboratory Resources to help with Extended Testing Times Experienced through some Commercial Labs

Requested Action:

- **Test all patients with a new onset of symptoms consistent with COVID-19 regardless of age or health status. Test all close contacts of confirmed cases even if the contacts are asymptomatic.** Thurston County Public Health and Social Services will notify close contacts and inform them of need for testing. Contacts may seek testing from their personal providers. A close contact is defined as being within six feet for fifteen minutes or more of a confirmed case starting two days before symptom onset or two days before positive test for asymptomatic confirmed cases.
 - **Inform all patients of the need to self-isolate or quarantine at time of testing and ensure patient has understanding of quarantine and isolation process.** Patients who have a positive test should isolate at home until they have been fever free for 72 hours without antipyretics, symptoms have gotten better and at least ten days have passed since symptom onset. Asymptomatic patients who test positive should isolate at home for 10 days after positive test unless new symptoms appear. Patients with negative test results should quarantine for 14 days.
 - **Provide all patients 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.
- Consider using alternative laboratory services to reduce the time between testing and the rapid receipt of test results.

We recently became aware of significant delays in obtaining COVID-19 test results from some large commercial labs. This is very concerning because obtaining test results quickly is critical for informing our case and contact tracing, COVID-19 monitoring efforts and containing the spread of the virus.



Below is a list of Washington-based labs that have confirmed their willingness to provide molecular COVID-19 testing to hospitals and clinics. In many cases, our in-state laboratories can process specimens and return results more rapidly than out-of-state labs. **We strongly encourage you to use our in-state labs for COVID-19 testing so that we can shorten the turn-around time for test results.** Furthermore, it would be useful for providers to identify multiple laboratory testing options so that COVID-19 specimens can be redirected to other labs in the state when necessary to ensure rapid results for patients. Please reach out to the labs to discuss testing options.

Lab Name	Address	City	Contact	Email	Phone
Northwest Pathology & Northwest Laboratory	3614 Meridian St Ste 100	Bellingham	Jenny Bull	jennifer.bull@northwestpathology.com	360.734.2800
Molecular Testing Labs	14401 SE 1st St	Vancouver	Adam Blackwell	adam@moleculartestinglabs.com	360-693-8850
UW Lab Medicine Virology (UW) MOLECULAR	1616 Eastlake Ave E Ste 320	Seattle	Alex Greninger	agrening@uw.edu (gregor@uw.edu)	206-685-6656
Atlas Genomics LLC	2296 W Commodore Way Ste 220	Seattle	Kyndra Capell	kyndracapell@atlas-genomics.com	888-618-6107
Altius Institute for Biomedical Sciences	2211 Elliott Avenue, Suite 410	Seattle	Matthew E Hartman	mehartma@altius.org = director but jstam@altius.org is contact	206-267-1091
Molecular Epidemiology Inc	15300 Bothell Way NE	Lake Forest Park	Hemantha Kulasekara	hemantha.kulasekara@iehinc.com	206-522-5432
Fida Labs	2296 W Commodore Way Ste 220	Seattle	Quinne Feng, Ph.D	quinne.feng@fidalabus.com	206-708-4221
InCyte Diagnostics	13103 E Mansfield Ave	Spokane	Cathryn Hummel	chummel@incdx.com	425-998-5561

Background:

The virus causing the COVID-19 global pandemic emerged in December 2019. As of July 11, there were 40,656 confirmed cases and 1,438 deaths in Washington State and 355 confirmed cases and 5 deaths in Thurston County.

Thank you, our public health partners, for the long and 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

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



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>

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 WE COULD NOT DO THIS WITHOUT YOU!

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>