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Please copy and distribute to ALL physicians at your location.

Recommendation for Increased SARS-CoV-2/COVID-19 Testing in Ventura County

COVID-19 cases are increasing; it is critical to the overall health of those in Ventura County that Ventura County Public Health (VCPH) be able to implement contact tracing and home isolation of not only those with the classic symptoms of COVID-19 infection but of mild cases as well. This will lead to a decrease in the prevalence of COVID-19 infections in our county. VCPH recommends health providers test patients with **any** symptom of possible COVID-19 that doesn't have another explanation for that sign or symptom (e.g., fever in a patient with UTI).

Recommendation for all Health Care Providers:

- Have all patients with any **one or more** of the common COVID-19 symptoms tested for COVID-19

Common COVID-19 Symptoms

Symptoms appear 2-14 days post-exposure

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat

Additional Symptoms

- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

(<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>)

Patients may be tested any number of times if they have new symptoms develop.

For reporting questions, feel free to contact Communicable Disease (805-981-5201). For questions regarding specimen collection, processing, and handling call the PHL at (805-981-5131).

This bulletin is intended to improve the public health in our county by keeping physicians and nurses informed of noteworthy diagnoses, disease trends and other events of medical interest. Another goal of a public health department is to educate. We hope that you will use this information to increase your awareness. Please allow us to continue in our role of speaking to the press so that we may maximize the educational message to the benefit of all citizens of Ventura County.

Communicable Disease Office

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