

# Coronavirus Disease 2019 (COVID-19)

## Disease Information for Healthcare Facilities in Kansas

May 5, 2020

### Signs and Symptoms



The incubation period of COVID-19 is thought to be within 14 days, more generally 4 to 5 days post-exposure. Individuals are considered contagious **48 hours prior** to the development of symptoms.

Signs and symptoms of COVID-19 vary by the individual's age, comorbidities, immune status, as well as time in the disease course. **Elderly and immunosuppressed more frequently are afebrile or display delayed symptoms.** In general, over the course of the disease, most persons with COVID-19 will experience the following:

- **fever** (83–99%)
- **cough** (59–82%)
- **fatigue** (44–70%)
- **anorexia** (40–84%)
- **shortness of breath** (31–40%)
- **sputum production** (28–33%)
- **myalgias** (11–35%)



### Clinical course

While many remain asymptomatic or minimally symptomatic, others develop severe symptoms, deteriorating just one week after illness onset. Based upon recent studies, the clinical progression has been described as:

Among all hospitalized patients:

- Acute respiratory distress syndrome (ARDS) developed in 3-17% of all patients compared to 20-42% of hospitalized, and 67-85% of those admitted to ICU
- Admit to ICU occurred in 26-32% hospitalized patients
- Mortality amongst those admitted to ICU ranged from 39-72%
- Length of stay among survivors was 10-13 days

Among patients who developed severe disease:

- Median time from symptom onset to dyspnea ranged from 5 to 8 days
- Median time to ARDS ranged from 8 to 12 days
- Median time to ICU admission ranged from 10 to 12 days

**Atypical presentations** are more frequent in adults and persons with comorbidities, who also may have delayed presentation of fever and respiratory symptoms. In one study of 1,099 hospitalized patients, fever was present in only 44% at hospital admission but later developed in 89%, and those individuals seem to have had a more severe disease course.

#### Infrequent presentations (<10%)

- Headache
- Diarrhea, nausea
- Loss of smell and/or taste
- Conjunctivitis
- Confusion
- Sore throat
- Rhinorrhea

Print and display [symptom poster](#).

Additional information on clinical presentation is [available online](#).



## Develop a facility testing plan

The plan should address:

- Staff capable of testing ([KDHE proper collection technique](#))
- Supplies are on-hand ([swabs, collection media, cold storage](#))
- For testing at state public health lab – use [testing form](#), fax a copy to 877-427-7318, send copy with specimen
- For testing at a private lab – no approval is required, however a report of suspected COVID-19 is needed (send [general reportable disease form](#) to 877-427-7318)
- Deliver plan (who, how, and where to deliver specimens)

If in-house collection not feasible, work with nearby facilities to create agreements for resident testing

## Diagnosis

When a patient is suspected of having COVID-19 (person under investigation [PUI]), immediately implement infection control practices, notify infection preventionist, and local/state health departments. Follow your facility plan for **how** to test and **where** to send specimens for COVID-19 testing.

### Criteria for testing

COVID-19 testing should be considered primarily in patients with new fevers or symptoms as above, residing in areas or recent travel to regions where community transmission is occurring, or has had close contact with confirmed or suspected case in the preceding 14 days. Close contact includes being within 6 feet for 10 or more minutes while not wearing personnel protective equipment (PPE). As more testing capacity becomes available, considerations can be made to test outside of the above criteria. Consultation with local/state health departments is recommended if broader testing is desired.

## References:

CDC. *Interim Clinical Guidance for Management of Patients with Confirmed Coronavirus Disease (COVID-19)*. April 6, 2020. <https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html>. May 4, 2020.