

# Discharging COVID Positive PEH

## A GUIDE FROM HOUSING FOR HEALTH

### General

- During the 2021-2022 Winter COVID-19 surge in Los Angeles County, **healthcare staff and off-site quarantine/isolation (QI) are limited resources.**
- As a result, shelters have been asked [isolate COVID positive individuals](#) on site. These recommendations are like those offered to [families caring for their COVID positive](#) individuals.
- On 12/31/21, Los Angeles County issued updated Health Officer's Orders for [Isolation](#) and [Quarantine](#), with new shorter durations of isolation and quarantine of 5 days if specific criteria were met.
- The primary goals are decompression of hospitals and emergency departments while supporting appropriate disposition to shelters or limited QI resources.

### Transferring to shelters

- The majority of COVID positive individuals have mild symptoms. Individuals who are asymptomatic or having mild symptoms can return to an accepting shelter to complete their isolation. If the individual came to your facility from a shelter and is now ready for discharge, please have your team contact the shelter directly to arrange their return.

### Transferring to DHS QI facilities

- Appropriate for individuals with moderate symptoms, at risk for severe COVID-19, or require medical monitoring or treatment such as oxygen. Such individuals are appropriate for transfer to QI facilities. Contact the **DPH Hotline (833-596-1009)** to arrange for transfer of care.
- **Please include the result of a positive rapid antigen test (RAT)** if the individual needs to continue isolation beyond 5 days (see DPH Isolation [Health Officer's Orders](#) on why this needs to be a RAT and not PCR).

### Severe Symptoms

- COVID positive individuals with **severe symptoms** will not be accepted into QI facilities and require a higher level of care such as hospitalization.

### COVID-19 Symptoms and Stability

Mild COVID Symptoms	Moderate COVID Symptoms	COVID Emergencies
Sore throat, runny nose, headache	Fevers (Temperature 100.4 or higher) or chills	High fevers (Temperature > 104 C)
Mild cough	Moderate cough or chest tightness	Difficulty breathing and unable to speak a complete sentence
Upset stomach	Shortness of breath or oxygen saturation between 90 – 95%	Oxygen saturation less than 90% (without prior lung disease)
Fatigue, muscle aches	Profound fatigue and muscle aches	Confusion or inability to stay awake
Loss of taste or smell	Vomiting or diarrhea	Lip or skin discoloration

Like a cold, not a big deal

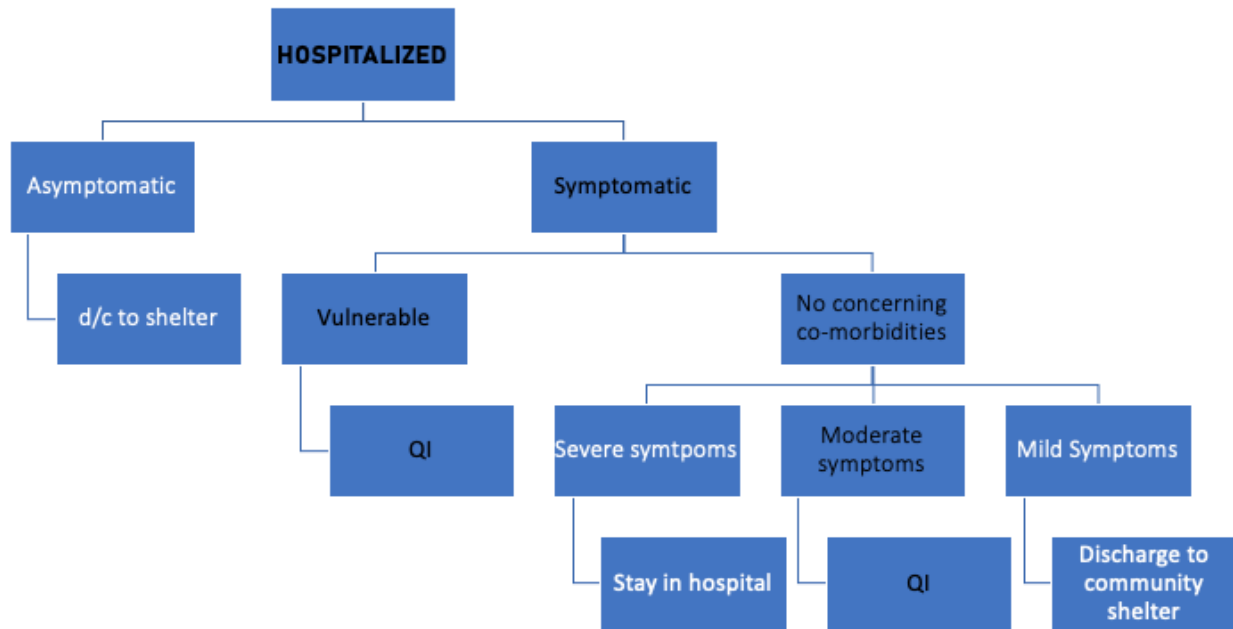


Likely has difficulty breathing



Probably needs to be hospitalized





**References:**

- [LAC DPH Stop Spread At Home](#)
- [LAC DPH Bed Positions & Barriers](#)
- [LAC DPH HOO Public Health Emergency Isolation Order](#)
- [LAC DPH HOO Public Health Emergency Quarantine Order](#)