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.

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

Like a cold, not a big deal
Likely has difficulty breathing
Probably needs to be hospitalized

Updated Jan 12, 2022
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