Coronavirus disease 2019 (COVID-19)
Quick Reference for Clinical Health Care Workers

National Institute for Communicable Diseases (NICD)
24-hour hotline number: 0800 11 1131|066 562 4021

25 May 2020

Clinical presentation and management of suspected cases

The clinical spectrum of COVID-19 ranges from an asymptomatic or mild flu-like illness to a severe pneumonia requiring critical care. The most common clinical symptoms are fever and cough with a few patients presenting with difficulty in breathing and bilateral infiltrates on chest X-rays. Treatment is supportive. The differential diagnosis for this syndrome is broad. Consider the possibility of influenza (Southern Hemisphere influenza season normally begins in May or June), bacterial pneumonia, tuberculosis, or *Pneumocystis jirovecii* (PCP) if immunosuppressed, and manage accordingly.

Suspected COVID-19 case definition

Any person presenting with **an acute** (≤14 days) **respiratory tract infection** or other clinical illness compatible with COVID-19, or an asymptomatic person who is a close contact[1] of a confirmed[2] case

- Symptoms include ANY of the following respiratory symptoms: cough, sore throat, shortness of breath, anosmia (loss of sense of smell) or dysgeusia (alteration of the sense of taste), with or without other symptoms (which may include fever, weakness, myalgia, or diarrhoea)
- **Note:** Asymptomatic close contacts should not be routinely tested despite meeting the suspected case definition. However, testing may be indicated in certain circumstances (e.g. institutions such as care homes)

[1]Close contact: A person having had face-to-face contact (≤1 metre) or been in a closed space with a confirmed case for at least 15 minutes. This includes, amongst others, all persons living in the same household as a case, and people working closely in the same environment as a case. Healthcare workers or other people providing direct care for a case, while not wearing recommended personal protective equipment or PPE (e.g., gowns, gloves, N95 respirator, eye protection). A contact in an aircraft sitting within two seats (in any direction) of the case, travel companions or persons providing care, and crew members serving in the section of the aircraft where the case was seated.
[2]Confirmed case: A person with laboratory confirmation of SARS-CoV-2 infection (using an RT-PCR assay), irrespective of clinical signs and symptoms. Symptomatic cases are considered infectious from 2-3 days before symptom onset to 14 days after symptom onset.

Forms to be completed (for all <u>suspected cases</u> having a specimen taken)

1. NHLS or private laboratory request form. Send to the laboratory
2. Contact line list. Retain for contact tracing

Mandatory information to be provided on lab request form

1. Facility name
2. Ward name
3. Patient information:
   a. Surname and name
   b. Sex
   c. Date of birth
   d. Address
   e. Mobile telephone number
   f. Alternative telephone number
   g. ID number (or passport number) if available
4. Specimen type
5. Collection date and time
6. Test required: SARS-CoV-2 PCR
7. Health care worker name and contact details

Case notification (for all <u>confirmed cases</u>)

COVID-19 is classified as a Category 1 notifiable medical condition (NMC). Therefore, notification of probable and confirmed cases should be made immediately, using the NMC web portal, mobile app (preferred methods), or NMC paper-based reporting form. Contact tracing will be initiated for confirmed COVID-19 cases.

Infection prevention and control (IPC)

1. Patients meeting the suspected case definition should be asked to wear a surgical mask once identified
2. Suspected case should be isolated and evaluated in a private room
3. Limit patient movement (e.g., portable X-ray)
4. HCWs should wear appropriate PPE:
   - Eye protection (goggles or visor)
   - Gloves
   - Apron or gown
   - Surgical mask for general patient interactions, or N95 respirator (or equivalent, e.g., FFP2 mask) for aerosol-generating procedures such as specimen collection

Specimens required for SARS-CoV-2 PCR testing (see page 2)

Collecting a good quality specimen is vital

1. Upper respiratory tract specimen for all patients
   - A single nasopharyngeal swab is the preferred sample type. When not possible, a single nasal mid-turbinate swab, nasal or oropharyngeal swab may be collected
   - Transport and store swabs in universal/viral transport medium (UTM) or sterile saline, between 2-8°C. If UTM is not available, use dry swabs in a sterile tube. Dry swabs can be sent at ambient temperature, but must reach the laboratory within 2 days
2. Lower respiratory tract specimen when available
   - Sputum (if produced – do NOT induce), tracheal aspirates or bronchoalveolar lavage
   - Transport in standard specimen container. Does not require UTM

Note: lower respiratory tract samples may have higher sensitivity than upper respiratory tract samples and ***should additionally be collected for severe cases***

COLLECTION OF NASOPHARYNGEAL, NASAL MID-TURBINATE OR NASAL SWABS FOR DETECTION OF SARS-CoV-2:

Respiratory viruses are best isolated from material that contains infected cells and secretions. Therefore, swabs should aim to brush cells and secretions off the mucous membranes of the upper respiratory tract. ***Good specimen quality*** (i.e. containing sufficient cells and secretions) and appropriate ***packaging and transport*** (i.e., to keep virus viable/detectable) are essential.

Step 1: Equipment and materials

1. NHLS or private laboratory request form
2. Contact line list
3. Flocked or spun swab (appropriate nasopharyngeal swab, or oropharyngeal swab for nasal mid-turbinate or nasal sample)
4. Tube containing universal transport medium (UTM). If UTM unavailable use sterile saline or send dry in sterile tube
5. Gloves, gown (or apron), N95 respirator (or surgical mask if unavailable), and eye protection (goggles or face shield)
6. Tissue for the patient to use after sample collection
7. Biohazard bag for disposal of non-sharp materials
8. Cooler box and cooled ice packs
9. Ziploc plastic specimen bag

Step 2: Record keeping

1. Complete the NHLS/private lab request form (*include mandatory information)* **and** contact line list
2. Place laboratory request form into a Ziploc bag
3. Label the sample tube with the patient's name, date of birth and sample type

Step 3: Specimen collection

1. Don gloves, gown, respirator and eye protection
2. Open a sterile flocked swab at the plastic shaft
3. For a nasopharyngeal specimen: Ask the patient to tilt their head back. Estimate the distance from the patient's nose to the ear. Gently insert swab into the nostril and back (not upwards) to the nasopharynx until a slight resistance is met. Rotate swab 2-3 times and hold in place for 2-3 seconds. If resistance is met before fully inserted, remove and try the other nostril.
4. For a mid-turbinate specimen: Ask the patient to tilt their head back (~70 degrees). Gently insert swab less than 2 cm into nostril (until resistance is met at turbinates) and gently rotate several times against nasal wall and repeat in other nostril using the same swab.
5. For a nasal specimen: Insert the swab at least 1 cm inside the nares and firmly sample the nasal membrane by rotating the swab and leaving in place for 10 to 15 seconds. Sample both nares with same swab.
6. After collection of the specimen, slowly withdraw the swab and put it into the specimen container. If swab comes in a plastic peel pouch, remove, collect specimen and transfer swab in a separate container and close. For swabs with UTM or saline tube, break plastic shaft at the break point line into UTM/saline and tightly close the tube.
7. Place specimen tube into the ziploc bag with the lab request form. Seal the bag, taking care to keep it uncontaminated.
8. Place specimen bag in the fridge or cool place until transport to the laboratory.

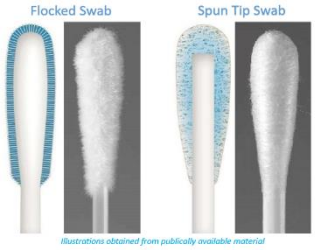
Note: There are no absolute contraindications to nasal swabbing for coronavirus but care should be taken in patients with severe coagulopathy or recent nasal trauma or surgery as epistaxis (nosebleeds) may occur.

Diagram: How to collect a nasopharyngeal swab



Recommended swab types

Flocked (polyester/nylon) or spun fibre (polyester/rayon) swabs with plastic or aluminium shafts should be used.



**Not recommended: calcium alginate swabs or swabs with wooden shafts, as they may contain substances that inactivate some viruses and inhibit PCR testing.*

Step 4: Transport of specimens

1. Transport to NHLS or private laboratory on the day of specimen collection
2. If transport to the testing laboratory is <2 days, dry swabs can be used, and transported at ambient temperature
3. If transport to the testing laboratory is ≥2 days, swabs should be transported in UTM/saline preferably at 2-8^{0}C. Close tube tightly

NB. Leaking specimens will be rejected

NHLS laboratory contact details

Eastern Cape Province:

Port Elizabeth Provincial Hospital Lab	041 395 6120
Nelson Mandela Academic Hospital Lab	047 502 4886

Free State Province:

Universitas Virology Laboratory	051 405 3162/2834
Pelonomi Hospital Laboratory	051 405 9341

Gauteng Province:

Charlotte Maxeke Laboratory	011 489 8880
Tshwane Virology Laboratory	012 319 2509
DGM Virology Laboratory	012 521 4217
Tambo Memorial Hospital Laboratory	011 917 9605

KwaZulu Natal Province:

Inkosi Albert Luthuli Academic Laboratory	031 240 2794
Addington Hospital Laboratory	031 327 2463

Limpopo Province:

Mankweng Provincial Hospital Laboratory	015 267 6530
Polokwane Hospital Laboratory	015 297 1099/1100

Mpumalanga Province:

Rob Ferreira Hospital Laboratory	013 741 1014

North West Province:

Tshepong Hospital Laboratory	018 465 4988
Rustenburg Hospital Laboratory	014 592 2792

Western Cape Province:

Green Point Laboratory	021 417 9354
Groote Schuur Virology Laboratory	021 404 5067/5202
Tygerberg Virology Laboratory	021 938 4330/9355