



## Regional Advisory March 19 Update Regarding COVID – 19

Re: COVID-19

Distribution: All Mountain Lakes EMS Providers and REMAC Physicians

Date: March 19, 2020

Providers should continue to take an exposure and travel history in order to risk stratify, HOWEVER, considering local spread of the virus, these elements of the history cannot be used to exclude a patient from investigation for COVID-19. If you suspect the diagnosis, treat the patient appropriately. Remember that all patients with fever and respiratory and/or GI symptoms should be suspected. Suspicion should be heightened further if the patient has been exposed to a known COVID-19 positive individual or has traveled from a high risk area (see the CDC website). Use eye protection and N95 at minimum, gown and hair covering if possible. Avoid nebulized medications and CPAP if at all possible.

Please please notify the receiving ED of your suspected COVID-19 patients as early as possible so that they can prepare for your arrival.

Hospital visitor policies are changing. Currently, it is common for hospitals to prohibit visitors entirely with the exceptions of: one visitor per patient only if the patient is a minor, is pregnant with imminent delivery, or are close to the end of life. Other than those three circumstances, no visitors are being allowed. Check with your local hospital on this, but it is the DOH recommendation, so should be quite uniform.

EMS services should consider drafting passenger policies similar to the hospital visitor policy to limit exposure from non-patients and to limit contamination of ambulance cabs.

Remember to use non-recirculating ventilation in the patient compartment when caring for suspected COVID-19 patients. Open side and rear windows if possible. Close off the cab if possible. Do not take non-essential caregivers in the patient compartment.

Wear an N95 and eye protection when intubating ANY and EVERY patient, even if not suspected for COVID-19.

We are not sure of the impact of COVID-19 on pregnancy. If you are pregnant, please consider avoiding exposure to COVID-19 suspected patients.

Thank you for being the smart, heroic, compassionate providers  
that you are.

Further guidance is available from the CDC at:

<https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/caring-for-patients.html>

(This information is updated almost daily)

New York State guidance is available at:

<https://www.health.ny.gov/diseases/communicable/coronavirus/providers.htm>

More detailed information regarding presentation, assessment, protective equipment and treatment is available at: <https://emcrit.org/ibcc/covid19/>